

**The Weekly Monitor.**  
ESTABLISHED 1873  
—AND—  
**WESTERN ANAPOLIS SENTINEL**

Successor to  
THE BEAR RIVER TELEPHONE.  
Published Every Wednesday.  
BRIDGETOWN, ANAPOLIS Co. N.S.

TERMS OF SUBSCRIPTION:—  
\$1.50 per year. If paid in advance  
\$1.00 per year. To U. S. A. sub-  
scribers, 50 cts. extra for postage.  
SUBSCRIBERS ARE HELD RE-  
SPONSIBLE until all arrears are  
paid and their paper ordered to be  
discontinued.

WE INVITE readers to write for  
publication on any topic of general  
interest and to send items of news  
from their respective localities.

ADVERTISERS ARE REQUESTED  
to notice that changes of copy must  
be in the hands of the foreman not  
later than Monday noon to ensure  
publication on following Wednesday.

M. K. PIPER  
PROPRIETOR AND PUBLISHER.

WEDNESDAY, JUNE 8, 1910.

—What we should eat, and what  
deny ourselves is one of the questions  
that the writers of the day are try-  
ing to solve for us. Meat has been  
under the ban for some time and we  
are persuaded to believe that flesh-  
food is the chief cause of all the ills  
that human flesh is heir to. One  
clique of faddists, inspired by the  
well-known writer, Upton Sinclair,  
would try to convince us that we  
should return to the habits of our  
monkey ancestors who lived on raw  
food, and for which, only, they claim,  
our alimentary canal is designed. Mr  
Sinclair quotes instances of remark-  
able improvement in health and  
strength in individuals and families  
living on uncooked foods. Before  
starting upon it he advocates a peri-  
od of fasting. He personally has  
fasted twelve days twice, and start-  
ing off carefully with raw fruit, juices  
and milk has felt only benefit from it.  
He lost in his fastings a total of  
forty pounds "of very poor flesh", he  
says, and after that put on "a total  
of sixty pounds of the very best qual-  
ity of muscle." The staple articles of  
his diet are nuts, prunes, raisins,  
figs, bananas, oranges, apples and  
the summer fruits adding if the fancy  
strikes him raw vegetables or flaked  
grains.

Just as Mr Sinclair has almost  
persuaded us that the human race  
can never rise to its highest and best  
while indulging in flesh diet and  
cooked foods our new theories are  
unsettled by the statements of an-  
other writer of prominence in the  
scientific world, Charles E. Woodruff  
who contributes an article to the  
North American Review, in which he  
assures us that the nitrogen foods,  
milk, eggs and meat, are absolutely  
essential, and that "all living matter  
"is an unstable compound built of  
"nitrogen and needing nitrogen for  
"its continued existence." Also that  
"in England and other countries it  
"has been found that defective de-  
"velopment and what is called de-  
"generation are largely due to defec-  
"tive nitrogen nutriment supplied  
"to the young both before and after  
"birth. For many years observant  
"English school-masters have noted  
"the irritability of underfed school-  
"boys and the deplorable condition  
"of the girls, whose food is mostly  
"the carbon compounds. When nitro-  
"gen is increased—meat twice a day  
"the children become normal. The  
"same observation has been made  
"with other carnivorous animals for  
"we are carnivorous at least in  
"infancy—and they, too, show grave  
"inanition when the nitrogen is re-  
"duced."

Referring to tuberculosis, Mr.  
Woodruff is of the opinion that the  
"most important element in  
its cure, next to outdoor life, is ni-  
trogen nutrition. He does not mean  
stuffing the patient, but giving him a  
generous diet of milk, eggs and  
meat to the limit of his digestive  
powers. The results are marvelous,  
and leave no reasonable doubt that  
the main reason why the tissues lost  
their resisting powers was the fact  
that they had previously suffered  
from deprivation of nitrogen.

"When the scientist took up the  
"work of experimental dietetics, it  
"was with keen expectations that the  
"medical profession looked forward  
"to enlightenment—and the enlighten-

"ment we got was the new fad that  
"we eat too much of the thing of  
"which we are built, a fad which will  
"destroy a nation as surely as it  
"will destroy an army. Long before  
"there was a "science" of dietetics,  
"Napoleon said that an army "trav-  
"els on its stomach," and every  
"other man who has ever had the  
"management of bodies of workers  
"has said that they work on their  
"stomachs. And we can apply the  
"same rule to the nation and to the  
"whole race.

"Though we cannot build a ship  
"without nitrogen, yet, after the  
"building is done, we can well reduce  
"these elements; and it is surprising  
"the small amount of nitrogen with  
"which an old sedentary man can re-  
"tain efficiency—but that is another  
"story, for we are here concerned  
"with the danger of insufficient nitro-  
"gen until well along in middle life.  
"It has been reported that within a  
"year two college boys have died  
"while subjecting themselves to low  
"nitrogen diet, and in each case the  
"physicians in attendance were of  
"opinion that the lowered vitality  
"from partial nitrogen starvation  
"was the real cause of death. Names  
"and places have been suppressed as  
"a matter of course, but there does  
"not seem to be any doubt as to the  
"reality of the facts. So let us teach  
"good feeding, and then, perhaps, we  
"will not hear of so many students  
"who have broken down from "over-  
"work," which is too often, if not al-  
"ways, "underfeeding."

"Praise up your town—don't run  
"it down. Stand by your merchants  
"and manufacturers—they are the  
"bone and sinew of your municipal  
"structure. Stand by your churches  
"and your schools—they are the  
"hopes of your future. Stand by  
"your press—it is the tireless senti-  
"nel that guards your interest."

In every live town it will be found  
that the principles inculcated in the  
above paragraph have been the  
means of advancing its material  
progress.

President Johnson of the Halifax  
Board of Trade, is quoted as saying  
that twenty-five men can make a  
town if they are energetic and force-  
ful." Doubtless twenty-five men or  
even less could do much towards in-  
spiring and enthusing the people with  
a spirit of enterprise and progress,  
but one "croaker" can block the  
wheel of progress to a most discour-  
aging extent. Which will you be a  
"pusher" or a "blocker?"

**"DON'T CLEAR YOUR  
THROAT SO MUCH."**

(From the New York Medical Record)  
The impulse to clear an obstructed  
air passage is perfectly natural. When  
air fails to pass freely it is usually  
because the passage is narrowed by  
congestion and swelling of its lining  
membrane. But a person thus affected  
is apt to think that the trouble is  
caused by an obstruction, which must  
be removed by forcing through the  
tube a column of air under pressure.  
He, therefore, either coughs, clears  
his throat or blows his nose.

The facts are about as follows:—  
An extra supply of blood is summon-  
ed to resist an invading foe, and ir-  
ritation, swelling and secretion are  
incidents of the ensuing conflict. It  
may be said that irritation sounds  
the alarm, swelling indicates the  
presence of reinforcements, and secre-  
tion provides a covered way under  
which the affected part returns to a  
normal condition. The removal of  
mucus by the successful application  
of a blast of air does not justify the  
effort made, but really indicates that  
a natural protection has been sus-  
tained. A similar situation is seen  
in the case of a cutaneous abrasion.  
It would not be good practice to  
wipe the part by the frequent applica-  
tion of a brush. It would be better  
to leave it untouched until healing  
takes place under the protective coat  
which inflammatory action had  
brought and spread over the affected  
part. When the throat is sore, inter-  
ference aggravates the irritation, and  
the irritation in turn prompts fur-  
ther interference, forming a "vicious  
circle," which calls for the exercise of  
reason and self-control. Excessive se-  
cretion induced by repeated muscular  
effort does not prove that the case is  
a severe one, and that action was  
justifiable. It indicates rather that  
inflammation and its products have  
been increased by ill-advised exer-  
tion. It is better to omit trying to  
remove obstructions which do not ex-  
ist, and to apply, if necessary, for  
professional advice.

**LUMBER MILLS BURNED.**

South Maitland, June 5—The An-  
thony lumber mills were destroyed by  
fire this afternoon and property val-  
ued at \$100,000 was burned, with in-  
surance of half that amount. The  
mills are the finest in Nova Scotia  
with the exception of the Davison  
mills at Bridgewater.

**A Chat With the June Brides**

(Joan in the Halifax Recorder)

There are those who say they can-  
not bear to see a marriage ceremony  
there is something so sad about it.  
But pessimists are everywhere with  
their dismal prophecies that tend to  
take the vim out of life. If the young  
woman has taken a comprehensive  
view of her responsibilities before-  
hand; if she has not rushed headlong  
into matrimony through some hyster-  
ical and imaginary delusion that she  
is marrying a god instead of a "mere  
man," her wedding day ought to be a  
happy one—that day on which they  
plight their troth, each to each, to  
take up life together and make it the  
beautiful thing it ought to be—if both  
are only loyal to the underlying mo-  
tives which sanctify, enoble and in-  
spire the really ideal life.

Never was there a better age in  
which to marry and build the home  
beautiful no matter who may say the  
contrary. Modern science and educa-  
tion have done so much for us that  
the problems of domestic economy  
are made easy to the intelligent  
young wife. Thanks to these, she  
need no longer be the slave of house-  
hold drudgery. If she is methodical  
and resourceful, an economist of time  
she can have plenty of leisure to keep  
herself brainy and normal—never for-  
getting that her most irresistible  
charm is to keep intact the youthful  
enthusiasm of her wedding day; and  
there is no reason why she should not  
do so, for ten, twenty, thirty—aye  
and for fifty years, should she live so  
long.

You know there are some people  
who never grow old. I know couples  
right here in Halifax who have been  
married fifty years and they are still  
lovers. I have known parents and  
children who were always chums. In  
such homes love strikes deep roots.  
There you will find mothers who never  
seem to grow old, for love has  
crowned them with eternal youth.  
The heart remains young, which is  
the secret of those happy natures we  
meet now and then and wonder how  
they do it.

The wise woman will hold on to her  
youth with all her might. Don't al-  
low yourself to grow careless about  
your personal appearance as some  
women do, who seem to think that  
anything is good enough for the hus-  
band when they are alone. Make it a  
point to always look your best at  
that moment, and remember that a  
shirtwaist and linen collar as in the  
most elaborate dinner  
dainty and fresh at the breakfast  
table as you are charming and attrac-  
tive when you sit opposite him at  
dinner in the evening. It will have  
more to do in making home the best  
place of all to both of you than you  
perhaps realize.

Be enthusiastic about your home.  
They tell us nowadays that nothing  
goes without enthusiasm. Try and be  
an expert in making yours the pret-  
tiest, daintiest and most attractive  
of homes, over which I hope you may  
be clever enough to preside with all  
the gentle gracious power of a queen.

**Light and Power at Cheap Rate**

The time is coming when people  
will get heat, light and power easier  
and cheaper than they do now. The  
outcome of the Bell process, lately  
introduced in London, promises to be  
the greatest economic fact of many a  
day. It means that small cost heat can  
be stored, and that all surplus ener-  
gy, in any water power or steam  
plant, may be converted into heat,  
and stored in the house or factory,  
and released as wanted for heating  
water, for house heating, steam or  
raising temperatures in any way. It  
abolishes the use of coal, and makes  
a state or province such as Ontario,  
independent of Pennsylvania or  
Nova Scotia. It means that the mil-  
lions of horse power in the back  
country can all be wired to the popu-  
lated centres for heat and for indus-  
try, and never be exhausted. The  
conservation of national resources is  
the forward policy of the day.

The proper and careful conserva-  
tion of our natural resources, whether  
they be our mines or minerals, our  
forests, our fisheries, our vast and  
unlimited water power, contained in  
our rivers, streams and lakes, means  
a great deal to the future of the  
maritime provinces. If we are to be  
an industrial and manufacturing  
country, as nature evidently intends  
we should be, we must save those  
natural assets that we possess, take  
the best care of them, and preserve  
them, as a heritage for future use.

The time is coming when the vast  
and unlimited power, contained in  
our rivers, streams and lakes, will be  
used to advantage in these maritime  
provinces, in manufacturing and all  
departments of industry. By the ap-  
plication of electricity, heat, light  
and power will be within reach of all,  
and at a cheap rate. That will be a  
consummation devoutly to be wished.  
—Observer in Westville Free Lance.

**Real Estate  
FARM FOR SALE**

Fruit and Dairy Farm of 350 acres,  
in West Paradise, Annapolis Co.,  
Sixty acres cultivated, balance in  
pasture and wood land containing  
plenty of timber and fire wood.  
Brook running through pasture. This  
year wintered twenty head of stock.  
Orchard of 800 trees, 350 of which  
are in bearing, 300 just beginning to  
bear, and the remainder young trees.  
Half acre of Cape Cod cranberries.  
Two good (the) one of nine rooms  
heated by wood furnace with water  
in house. Two barns and other out-  
buildings. Church adjoining farm,  
school within five minutes walk.  
For further particulars inquire of  
MRS. FLORENCE SANFORD,  
Paradise, Annapolis Co.

**FARM  
FOR SALE**

The subscriber offers for sale his  
pleasantly situated farm one mile west  
of Bridgetown, consisting of orchard,  
hay land, pasture with wood and poles.  
For information apply to  
HOWARD H. TROOP,  
Bridgetown, May 28th.

**RESIDENCE FOR SALE**

Dr. A. A. Dechman offers his home  
and orchard on South Queen St. for  
sale or exchange for town property.  
House fitted with all modern con-  
veniences. Hot water heating, etc.  
Price and terms apply to  
DR. DECHMAN,  
So. Queen St.  
Bridgetown, May 30th.

**FOR SALE**

An Eight Room Cottage pleasantly  
situated on Court Street. Land con-  
taining fruit trees and several shade  
trees.  
Apply to owner,  
A. J. WEIR,  
Bridgetown, May 30th.

**FARM FOR SALE.**

The subscriber offers for sale his  
farm of seventy acres, situated at  
Lawrencetown, consisting of a small  
orchard, hayland, pasture with wood  
and poles.  
The farm will be sold in bloc or  
in parts to suit purchasers.  
For information apply to  
B. H. JONES,  
and a few cases of Law.

**HOUSE FOR SALE.**—Mrs. John E.  
Sancton offers for sale her cottage  
on Washington street, recently re-  
modelled and in excellent repair.  
Very desirable for a person of moder-  
ate means wishing a snug, pleas-  
ant home.  
Apply on premises to  
MRS. SANCTON

**FARM FOR SALE.**

Situated one and one-half mile west  
of Paradise, containing one hundred  
acres of land. With two hundred trees  
in bearing, good pasture and hay  
land. For full particulars apply to  
J. C. YOUNG,  
Paradise  
March 29th.

**BUSINESS NOTICE**

Mrs. Longley wishes to  
inform the public that she  
has purchased the business  
formerly conducted by  
Mrs. H. E. Brown in the  
Shafner building and  
would respectfully request  
the patronage of the  
public.

**I Have For Sale**

Edison Phonographs  
Edison Records  
Organs and Pianos  
Singer Sewing Ma-  
chines.  
Needles for all makes of sewing ma-  
chines and the best of Sewing Machine  
Oil.  
Sewing machines cleaned and repaired.  
Call and see me or drop me a card.  
C. B. TUPPER,  
Granville St. West,  
Bridgetown, May 30th.

**Lamb! Lamb!**

Try our 1910  
Spring Lamb  
Hind quarters 18c., lb.  
Fore quarters 15c., lb.

Arthur Bent

**TAILORED SUITS FOR LADIES**

Save expense, time and trouble by examining these goods.  
You will be convinced of what we say. They are carefully select-  
ed from the most approved models. The tailoring is the best that  
can be produced by the most expert tailors.

**New Styles in Spring Walking Skirts**

Never better value for the money. Sure to please you  
SEASONABLE WAISTS at remarkably low prices, an endless assortment.

**DRESS GOODS**

We have put this in large letters to attract  
your kind attention to what we have to say. Our  
stock includes the Newest Shades and Textures  
We have the goods that are in demand, at prices  
that are right.

**PONGEE SILK**

A splendid assortment, natural and colours, you will find  
these goods very popular during the coming season. Add to that  
their great durability and reasonable price, and you have several  
reasons why they are so desirable.

**LINENS, GINGHAMS AND ZEPHYRS**

An immense assortment. If you cannot come to select your  
own Goods sit down and write out your order and send it RIGHT  
NOW. We guarantee satisfaction or money refunded

BUTTERICK FASHIONS FOR MAY now in stock. Order  
pattern early and avoid delay.

Spring house cleaning is now on. Do not forget us when you  
need CARPET SQUARES, RUGS, STAIR CARPETS, LINOLEUMS  
MATTINGS, LACE CURTAINS, ROOM PAPER. In fact anything  
to make the home attractive.

**Strong & Whitman**

Ruggles Block, Bridgetown.

**Carpet Squares**

We have just opened several bales of Car-  
pet Squares of the same make as we had  
last season, and which gave such satisfac-  
tion. Get our prices and compare with  
any catalogue house in Canada. : : :

<b>Tapestry Squares</b> 2 1-2 x 3 yards 3 x 4 yards 3 x 3 1-2 yards Three qualities.	<b>Tapestry Squares</b> Seamless 3 x 3 1-2 yards 3 x 4 yards
<b>Brussels Squares</b> 3 x 3 1-2 yards 3 x 4 yards	<b>Velvet Squares</b> 3 x 3 1-2 yards 3 x 4 yards 3 1-2 x 4 yards.

**LINOLEUMS and OIL CLOTHS**  
We are showing the largest variety to be found in the county. We have all  
widths from 5-8 of a yard to 4 yards.

**JOHN LOCKETT & SON**