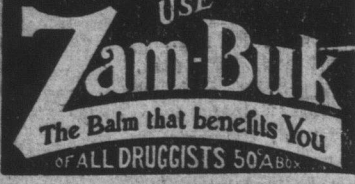


PILES FOR FOUR YEARS

Only those who suffer from piles can know the agony, the burning, throbbing, aching, stinging pain which this ailment causes and the way it wrecks the sufferer's life. Zam-Buk is blessed by thousands who used to suffer from piles, but whom it has cured. One such grateful person is Mrs. Elizabeth Taylor of Greenwood Avenue, Toronto. She says: "For four long years I suffered acutely from bleeding piles. During that time I spent an immense amount of money on 'remedies' and doctor's prescriptions but I got no ease. Zam-Buk was different to everything else I had tried and it cured me. I am grateful for the cure, and as I have never had piles since, I know the cure is permanent."

Another thankful woman is Mrs. A. G. Miller, of Caledonia, Trinity Bay. She says: "In my eyes Zam-Buk effected a wonderful cure. For 13 years I had been troubled with blind, bleeding and protruding piles. I had been using various kinds of ointments, etc., but never came across anything to do me good until I tried Zam-Buk which cured me. That this may be the means of helping some sufferers from piles to try Zam-Buk is the wish of one who has found great relief."

Zam-Buk is a purely herbal balm and should be in every home! Cures cuts, burns, bruises, scalds, hemorrhoids, itching, cold-sores, chapped hands and feet, and itching of the skin, etc. All drug stores and stores at 50c box, or from Zam-Buk Co., Toronto, for price.



Zam-Buk
The Balm that benefits You
BY ALL DRUGGISTS 50c BOX

Fasting Completely Cured Miss Godard

A few weeks ago The Sun published a paragraph telling of the case of Miss Jennie Godard, daughter of Mr. John W. Godard, of 20 Douglas Ave., who in order to bring about a cure of a disease from which she was suffering undertook to fast for upwards of forty days. This course had been advised by relatives who had heard of persons similarly afflicted being greatly improved. It was anticipated that after the first few days of starvation, Miss Godard would become very much weakened. The contrary happened, for throughout the whole period of fasting she was able to be about as usual and apparently felt absolutely no effects from her abstinence. During the forty days' fast Miss Godard took nothing excepting water. On the forty-first day, when it was considered that she had starved long enough, very weak food was given, but it was not until the forty-sixth day that she was really able to take anything. Since the last of October she has been eating as usual and during that time has enjoyed practically perfect health. During the period of her fasting Miss Godard lost in weight about thirty-five pounds. She was suffering from acromegaly, which caused a swelling of the tissues, her features were enlarged, her hands and other parts of the body swollen to an unusual size. The fasting operation has brought about apparently a complete cure. All the swelling has gone down, the features and limbs are now normal and there is an entire absence of pain. Enquiries as to the result of the treatment have been received by the family from persons in different parts of Canada and the United States who are similarly afflicted and it is apparent that the happy result which has been reached in Miss Godard's case, will be of value to others who are struggling against this baffling disease. It is of course possible that a permanent cure has not been effected, it is too soon for this to be known—but at present Miss Godard is perfectly well, and if the disease should happen to return in a few years there is no reason, according to medical science, why she should not repeat the treatment.

George Washington's copy of Don Quixote was sold in New York the other day for \$1,000.

Black Watch
"Biggest and Best"
Plug
Chewing Tobacco

Parents and the Public School Teacher

(By Mrs. Trewartha, Holmesville, Ont.; courtesy Ontario Women's Institute.)

In preparing this paper I tried to recall the days and years spent in that noblest of all professions and to give you a few ways in which the parents of the sections in which I taught did help me through their thoughtfulness and interest in the teacher of their children, and also stated how some might have extended to me their help if they had only given part of their time and thought to teacher and pupils.

I have jotted down the different ways of helping as they occurred to me. In the first place, I really think that some parents do not fully realize the importance of providing their children with good food! Good food does not mean expensive food, such as cake, pastry, etc., but rather food containing nourishment that tends to build up a strong, healthy body. The condition of the mind and the activity of the brain depend almost entirely on the physical condition of the body. Parents send their children to school to learn to think, reason and acquire that general education in different lines which will in time make them good citizens.

Usually speaking, teachers are encouraged and helped by those pupils who come from homes where plenty of good whole-wheat bread and butter are used instead of cake, and where milk is drunk instead of tea and coffee, homes which provide a variety of plain, nourishing food. Pupils have been actually known to come to school and from breakfast until supper have nothing to eat except some fancy-bought cakes! Many pupils fail in examinations for no other reason than that they are not given food which nourishes brain and nerve tissue as well as muscle tissue, and gives the required amount of heat to the system. If improperly fed children grow sickly and do not progress in their studies, who is responsible? Not the teacher!

Parents should, as far as possible, endeavor to send their children neatly dressed to school. The effect on the child is great. A pupil who is taught at home to be neat, tidy and thoughtful will necessarily exhibit the same traits at school. He will see that his desk is in order, that the floor beneath it is not littered with bits of paper and rubbish. He will handle his books carefully and see that he has all the necessary books at school. All these help a teacher wonderfully, as every moment is more than filled with work. Such a pupil, too, will not appear after an intermission with a smeared face. It always gave me pleasure to have pupils begin work after an intermission with clean hands and faces. When parents supply children with handkerchiefs, we always find the children more cleanly in this respect and in other habits than if they come without them.

A neatly dressed pupil will gain the respect of his fellow-pupils, and will also have that self-respect which is necessary to his success, to say nothing about the effect on the teacher.

A great drawback to teachers in many schools is that parents do not supply their children with necessary books, with the result that the teacher has to lend his book, weak in and weak out. Pupils must have the necessary books in order to progress as they should.

Regular attendance and punctuality are two things in which children should be trained by their parents, for much of their success in after life depends upon it. This is never obtained without an effort on the part of children, parents and teacher. Can you imagine the effect four or five pupils, sauntering in the school-room at 9.15 or 9.30, has upon the progress of the school and the patience of the teacher, who is struggling to make them a success? The teacher is kept back by repeating work for such pupils, otherwise they miss their regular class work. Then consider the distasteful habit that grows upon such children, a habit which can only spell "failure" if allowed to continue.

To exemplify the point of regular attendance, take a class one pupil of which stays at home, or is kept there perhaps, two days in a week. That class each day must take up new work, cover new ground, for teacher and pupils have to accomplish certain work and meet certain requirements at stated periods of time. When such a pupil is present the teacher, through pity and interest in him, has to take the time of the school just to teach him what others were taught when he was absent.

In the country especially mothers should do their utmost to have the little ones go regularly to school. In many instances when boys are able to drive a team or use a fork or spade they are kept at home by fathers who need even the little assistance these boys can give. In my experience with parents I will say that the mothers were, generally speaking, the more anxious about the education



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and is on every bottle of it sold in the world—which amounts to several millions yearly. Why—because it has made so many sickly children strong and well-given health and rosy cheeks to so many pale, anemic girls and restored to health so many thousands in the first stages of Consumption.

Send this advertisement, together with name of paper in which it appears, your address and four cents to cover postage, and we will send you a "Complete Handy Atlas of the World" FREE.

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of their children than were the fathers. However, different sections are different.

Now, it stands to reason that before a teacher can do his best with his pupils certain conditions must exist, such as good discipline, regular attendance and punctuality, but above all, the teacher must have the respect and love of his pupils.

How is this last "to be obtained?" To my mind the best and speediest method is through the parents. If parents would only think it their duty and pleasure to work with and consult on matters with the teacher this would easily be accomplished. Teachers would be only delighted to have parents call at the school occasionally and inquire after the progress of their children. Let the children understand this and they will quickly respond to the interest others are taking in them. They will hurry home to tell of the successes they have had or the wonderful things the teacher has said or done. Where this mutual interest exists the parents will feel amply repaid for their time and effort by the improved progress of their children.

I do not mean that parents should encourage children to carry tales of fault-finding from school. Teachers are not infallible, and if a child has been wrongly dealt with the teacher should be quietly consulted at once. This is the only satisfactory one. Parents who run down the teacher before their children are making a great mistake. They are injuring both pupil and teacher, but in the majority of cases it is the pupil who loses most. His confidence in his teacher is shaken, and he does not learn as he should. Where there is co-operation between teacher and parent the pupil has a powerful incentive to make his best effort.

If a child is sickly or has a weakness in any part of his little body, why not let the teacher know of this? The teacher will find it out in time, but until he does, the child may not receive the right treatment. I have known many instances where parents neglected to acquaint the teacher with the weaknesses of their children with the result that unnecessary trouble was made for both pupil and teacher.

There are parents who use or allow profanity to be used in their homes. No one will pick up these profane words more readily than a child, although to him, perhaps, they are meaningless. You may depend upon it that if the father uses profanity so will little Johnny, because, in his eyes, whatever father says or does must be manly. As a result, these words will be heard in the schoolyard. This is a violation of school law which teachers are obliged to punish severely. Parents, watch your boys and girls at home and save the public school teacher this much-distasteful work. A teacher is in duty bound to keep up the moral tone of the school in every line.

In short, if there is obedience and discipline at home, the work of the teacher is made much easier and the progress of the pupil more rapid. A certain experienced teacher said not long ago that many parents send their children to school to get training not only in public school work, but also in certain lines that should be altogether separate from the public school course. Before teachers enter their work, they are taught how to teach and control their pupils. Parents also should have some training to enable them to perform their duty to their children.

Not long ago a Toronto paper contained a valuable extract upon the evils resulting from parents neglecting to teach their boys and girls the physiology of all parts of their bodies. The writer stated that many young women and girls, young men and boys, and indeed families, would

in many cases escape not only deep disgrace, but disease, if parents would only do their duty in this line. On account of the failure of parents in this respect, it was suggested that in high schools and colleges it would be wise to take up a course of study for young men by themselves, and for young women by themselves.

Many public school teachers have a great difficulty to meet here! Boys, ignorantly, by their language and actions, are most insulting to any modest girl, no matter how young. Here the teacher is brought into the matter by the boy's conduct being reported, and the teacher has to talk to the boy and do work his parents should have done.

I know of a certain mother who purchased these books which should be in every home, and as her boys and girls reached the proper age, she had them read these books. For boys and young men there are such books as "What a Boy Ought to Know," "What a Young Man Ought to Know," "What a Young Husband Ought to Know." For girls and young women there are, "What a Girl Ought to Know," "What a Young Woman Ought to Know," "What a Young Wife Ought to Know."

From these books girls, boys, men and women obtain a knowledge that results in nobler, purer thoughts and actions, in nobler, purer characters, and no one will appreciate and be encouraged more by mingling with such boys and girls than the public school teacher.

A NEW BRUNSWICK WOMAN NEARLY 107 YEARS OF AGE.
(St. John Sun.)

There lives today in Kouchibouguac Kent county, one of the oldest women in the province, and in fact all Canada. It is nearly one hundred and seven years ago that Janet Patterson was born in the parish of Kilmichael, Dumfriesshire, Scotland. Her maiden name was Janet Potter. In the year 1833 she emigrated to Canada and settled in this province, in the parish of Carleton. With her husband, the late James Patterson, she lived the strenuous life and endured many hardships when the country was young. She raised a large family, Robert, John and Margaret live in Kouchibouguac, the latter having the care of her mother, two, Mrs. Kee and Mrs. Cummings, reside in the United States, while four others with her dear husband have gone to the "palace of the King."

That Mrs. Patterson's health is exceptional for a lady of her years goes without saying. She regrets that her eyesight is failing so that, as she herself puts it, it is difficult to make sure of what she reads, and that her memory also is failing, and yet she can converse intelligently upon many things, and asks questions about persons and events which really surprise one. She has been a member of the Presbyterian church for many years, and her faith in the eternal truths is strong. She occasionally lapses into the dialect of "my ain country" and you have to listen with all your ears. When asked if it was her strong constitution that had brought her through so many years she said, "No it was just the goodness of God."

AFTER YOUR BOY.

One of the delegates to a state convention of Christian Endeavors, a young business man, every movement alert and eager, and telling of bottled energy within, came suddenly upon a red-faced citizen who evidently had been patronizing the hotel bar. Buttonholing the delegate, the latter said—

"What are you fellows trying to do down at the meetings? You are hot temperance, I see. Do you think you could make a temperance man of me?"

"No," replied the delegate, looking him over from head to foot, with a keen glance, "we evidently couldn't do much for you, but we are after your boy."

At this unexpected retort the man dropped his peculiar tone, and said seriously: "Well, I guess you have got the right of it there. If somebody had been after me when I was a boy I should be a better man today."—Exchange.

SICK HEADACHE.

This distressing disease results from a disordered condition of the stomach, and can be cured by taking Chamberlain's Stomach and Liver Tablets. Get a free sample at W. A. WARREN'S, BRIDGETOWN, A. E. ATLEE'S, ANAPOLIS ROYAL, and BEE RIVER DRUG STORE and try it.

EDITOR KNIGHTED.

Montreal, November 8.—Despatches from England announce that amongst the Canadians who received king's birthday honors are Hugh Graham, of the Montreal Star, who becomes Sir Hugh Graham, knight bachelor, and E. S. Clouston, general manager of the Bank of Montreal, who receives the somewhat rare colonial honor of a baronetcy. Brigadier-General D. A. McDonald, of Ottawa, is made a C. M. G.

PANDORA RANGE



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"The biscuits which please us must be brown and crisp and firm and dainty, with a well-raised, evenly-baked crust.

"Mother says such buns require a steel oven, scientifically constructed, uniformly heated, perfectly ventilated—'PANDORA' OVEN EXACTLY."

When you see a "Pandora" Range the sale is made.

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SEVEN PERISHED, RESULT OF POURING COAL OIL ON FIRE.

Winnipeg, Nov. 6.—A disastrous fire occurred at Swan River, a small village on the Canadian Northern Railway, in the northern part of the province, in which seven people lost their lives.—Mrs. Edward Carey, her five children, and a Miss Gillespie, a school teacher, of Swan River, who was stopping over night with the Carey family. Mr. Carey was badly burned and cannot recover.

Early this morning Mr. Carey and his eldest son, Herbert, arose to do the chores, the boy going to the stable, while the father remained in the house to light the fire. On his return from the stable the boy noticed smoke issuing from the house, and on opening the door, the father staggered out, his clothing all ablaze. The whole interior of the house was a mass of flames, and shortly after the roof fell in. No sound was heard, and it is thought that the family were suffocated as they slept.

Neighbors rushed to the scene and the work of getting out the bodies was begun. They were recovered, but were burned beyond recognition. It appears that Mr. Carey started the fire with coal oil, which exploded, and immediately he was enveloped in flames, the clothing being burned from his body.

The Carey family was one of the best known and highly respected in this part of the country, and the tragedy has cast a gloom over the district.

FURNESS, WITHEY & CO., LTD. STEAMSHIP LINERS.

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Almerians	Oct. 13
Rappahannock	Oct. 23
Kanawha	Nov. 2
Oct. 17—Tabasco	Nov. 10
Oct. 27—Shenandoah	Nov. 17
Nov. 2—Almerians	Nov. 24
Liverpool, St. John's, Nfld., and Halifax.	
London City	Oct. 13
Halifax City	Oct. 23
Oct. 22—(To Halifax direct)	
Evangeline	Nov. 3
Oct. 24—(Via St. John's, Nfld.)	
Ulunda	Nov. 13
Nov. 7—(Via St. John's, Nfld.)	
London City	Nov. 23

TO LIVERPOOL DIRECT.

Florence, about	Nov. 13
S. S. "Kanawha," "Shenandoah," and "Rappahannock" have accommodation for a limited number of saloon passengers.	
S. S. "Ulunda" has excellent first-class passenger accommodation.	

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Gentlemen,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consider it has no equal.

I would not start on a voyage without it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN, Sch. "Stroker," St. Andre, Kamouraska.

SMALL POX AT EDMUNSTON.

A Fredericton despatch says—Dr. E. B. Fisher, secretary of the Provincial Board of Health, said last night that there are sixty cases of smallpox in the town of Edmundston, N. B., and that 25 houses are quarantined. The disease, he said, is of a mild type and he thinks its spread can be prevented. The only explanation of the source of contagion is that it was brought by navvies working on the Grand Trunk Pacific Railway construction.

DYNAMITE EXPLOSION ON TRANSCONTINENTAL.

Winnipeg, Nov. 5.—Seven laborers were instantly killed on Tuesday night on the line of the Transcontinental Railway, eighteen miles north of Dryden, Ont., being buried under tons of rock which was hurled upon them by a premature discharge of large quantities of dynamite.

Four others were terribly maimed or injured in the same incident.

DO THEY CARE?

(From Woodstock Sentinel-Review.)

The rector of an Episcopalian church was suddenly seized with heart failure in a New York town the other day. It was assumed from the garb that he was a Roman Catholic. A priest was hastily summoned, who administered the last rites of the Roman Catholic Church. It does not appear that any great calamity followed the mistake. Perhaps the great Powers that rule the universe pay less attention to our nice distinctions of creed and garb than we sometimes imagine.