

How to Avoid Tuberculosis

(Issued by the Department of the

Public Health, Nova Scotia.) Of all the infectious disease with which we have to contend, none compare in frequncy, in fatality, in widespread prevalence, or in eccnomic importance with tuberculosis-or, as if necessary confine. But there is an it is commonly called, consumption. enemy, constantly at work, that is

In the last five years, tuberculosis doing more harm than many Gerof the lungs alone has been responsible for 4337 deaths in the Province ing, especially our young men who of Nova Scotia.

Inasmuch as everyone is more or less constantly exposed to infection of time comes thousands have been killthis disease, this becomes a personal ed and of those that are left one matter for 'everyone. No one who fails to adopt reasonable precautions has any right to expect to es- commission reported that beer and cape attack by this disease.

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following instructions are is- the nation and the, German Emper-The sued by the Canadian Association or has, for some time, been warning for the Prevention of Tuberculosis, his troops that the great battles of cn "How to Avoid Tuberculosis." "A healthy body is the best pro- erest nations. In this present war tection against the tubercle bacillus Russia, Germany and Norway have or any other disease breeding germ. prohibited the manufacture and sale Therefore, keep well by observing the following rules:-

"Live, work and sleep in rooms fooded with fresh air an'l purified by sunlight every day. See that your sleeping room is thoroughly ventilat-

"Use good nourishing food, and thoroughly masticate what you eat. "Cultivate cleanly, temperate and regular habits of living.

"Avoid breathing dust-laden air. it go on its murderous course unhindered? Will they let it go on Wea-In sweeping and ousting use a moist kening the vitality of our young men broom and duster. till it will be easy for a sober peo-"Don't spit on the floor of the

ple to come and make slaves of our dwelling, shop, school, public building or on the sidewalk. If you must children? do so spit in the gutter or into a spittoon.

H. ARNOTT, M. B., M. C. P. S.

Traitors

Webster defines a traitor as one

who aids on enemy to injure or de-

stroy the country. According to that

definition we have a great number of

traitors in our midst worse than

Germans for those we can watch and

man spies. It is killing and weaken-

should be the defenders of our coun-

try in time of need. But when that

half are not fit to serve in the army.

It is many years since a German

whiskey were the greatest enemy of

the future would be won by the sob-

of intoxicants and England and

France have curtailed their use to a

considerable extent. Lord Kitchener

forbad even presents of wine being

sent to the soldiers and Lord Rob-

erts pleads with the people not to.

What is Canada going to do about

this enemy that is destroying the

nation? Are our rulers so scared of

the liquor traffic that they will let

treat soldiers to intoxicants.

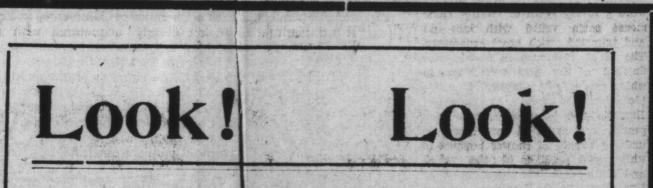
"If you have a cough do not re- The entry into Canada of four sort to quackery, but consult a phy- newspapers published in New York sician or go to a dispensary. Make has been prohibited. They are antifull use of good food, fresh air and British in tone, and it is a criminal

Since the beginning of the war

here. hundreds of millions of dollars' worth of art treasures have been Miss Lizzie Woodworth has gone to transported to England from the Manc ester, N. H., to spend the with her brother, John Wood-Continent for safe keeping, just as | Winter in the days of Napoleonic wars. worth, formerly of this place.

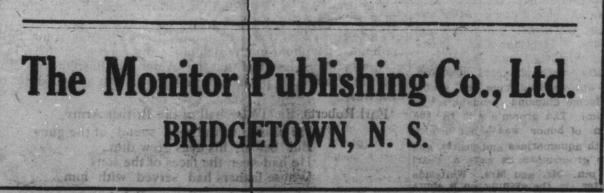
Wm. McKenzie and other relatives

The superintendents and teachers throughout the county are requested to do better work this year, than ever before, and to make greater efforts to keep the young people in the town. Sunday School.



Only one more week to get a great War Atlas Free. Get one new subscriber and secure the cele tated Atlas before the opportunity is gone. Those who have received it say it is the best they have ever seen.

Remember Only One More Week



N. H. PHINNEY & COMPANY, LIMITED Head Office: Lawrencetown, N. S. Branches throughout Nova Scotia

Mr. Lowell is a builder and contractor, well and favorably known. Doubtless his new house when finished will be the neatest home in the

> William Selig is building a Mr. neat cottage on Station street, north of the D. A. R. progress of the school is

gratifying. The rooms are filled to their utmost capacity. It is to be regretted that we are not in a position to accommodate all the pupils wish to take advantage from school

We need a bigger and better school plant.

The teachers and pupils enjoyed a visit last week from Dr. J. B. Calkin the former principal of the Provincial Normal College.

On his return to Truro Dr. Calkin was the recipient of a number of letters from the pupils of the school congratulating him on the anniverary of his eighty-fifth birthday. To writers of each of these letters

Calkin wrote a note expressing his personal thanks. Principal Banks is as / usual suggesting something outside the rouine of school work to interest and inspire his pupils. The latest move direction is an effort to sethis large picture or photograph of the various universities, colleges, colleges and other important educational institutions in Nova Scotia, and have them properly framed and hung on the walls of the school room. The long evenings are here and

with them the lecture season. There are persistent rumors that prove, both by more cultured men. we shall soon have the pleasure of hearing some of the ablest public speakers in the Province. We are informed that the outlook

for better prices for our apples is more promising now than earlier in who could act as despatch runners the season. in the polyglot fields of Europe. We There is some surprise expressed

that there has been no steps as yet and strategists ready to take the taken to form a company of "Home Guards" in this community. The drill would be excellent discipline for the men and a fair index of the patriotic spirit of our people in the spirit of sour people in

A People's Army

(Montreal - Witness)

Ladies' Coat

left. To clear out quickly we

Discount of 50 p. c.

Men's Suits

To reduce a to k we have

placed 50 Suits on Rack with a

Discount of 25 p. c.

If you want a suit you cannot

afford to miss this sale.

offer a straight

straight

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One great effect of this war will be the democratization of the armies. Every standing army should be a school. There is no reason why the soldier should not really be at college, learning, along with the military act, all that is necessary to fit. him for the higher walks of life. If this were the case, it would remove one of the greatest objections to the wasted years of military service. It would also fit every common soldier. if he had it in him, to rise to the officers' mess, and would thus supply what has been found to be the most serious lack in all the armies a sufficiency of officers. As it is, the picking off of the officers has made it necessary to give commissions to men from the ranks, and it seems likely that this process will be accelerated as the war goes on. In the German army there has been a good deal of it done already, resulting in. may be imagined, some distressing social jars. This has not resulted so much from the unfitness of the sergeant-major to sit beside the lieutenant at the dinner table and drink and smoke beside him in the lounge room, as from the unspeakable caddishness of the officer class, who have been bred to an infinite contempt for the men under them and for the people generally. With them it is gentlemanly to use their boots on a soldier, whether disrespectful in his cups or lagging in battle, or to use a horsewhip on the face of a more than usually adven-

hands. The British officer, as a rule, not always, is a gentleman. He no longer swears at his men. He is careful of them and friendly to them, and they are fond of him-much fonder than they are of the ungentlemanly non-com. But as education and refinment increase among the people and that is, in different degrees, the case everywhere, the difference will lessen. If the barrier between the soldier and the officer were removed, and promotion was as easy from sergeant-major to lieutenant as from lieutenant to captain, the kind of men that would be found below the present barrier would greatly imentering the ranks and by ambitious improvement after enlisting. We should find sergeants who had mas-

turous foe who has fallen into their

tered the Indian languages and those

