

# The Weekly Monitor

## AND Western Annapolis Sentinel.

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BRIDGETOWN, ANNAPOLIS COUNTY, NOVA SCOTIA, MARCH 31, 1909

NO. 50

### TO FIGHT THE WHITE PLAGUE

The Department of Public Health of Nova Scotia has issued a Circular Treating of the Cause and Cure of Consumption.—Fresh Air, Rest, Food, Cheerfulness are Specifics for Cure.

Consumption is a disease of the lungs. It is caused by a very small, living thing called a tubercle bacillus. This living thing, the germ of the disease, comes through the spit. Many thousands of these germs are coughed up and spit out by a consumptive in a single day. When the spit falls on the street or floor, or carpet, or soils the clothes or bedding, it may dry, and as fine dust, mix with the air and be breathed into the lungs or get into the food of other people and cause them to have the disease also.

#### REMEMBER—

That a consumptive who is clearly and carefully is not dangerous to those with whom he lives or works. He will not transmit his disease if he takes proper care of his saliva or sputum.

Consumption can be prevented by educating people to observe the following three rules:—

1. Do not spit on the sidewalk. Ask others not to do it. It is against the law.
2. Do not spit on the floor of your home, office or workshop.
3. Always destroy the spit before it dries.

Always spit into a cup of paper which must be burned with its contents, or into a cup of china or metal, containing a solution of household lye. This cup must be washed or boiled for at least ten minutes every day. Or spit into paper napkins which you use once and put into a paper bag and burn.

Do not spit into your handkerchief.

All druggists sell cheap pocket paper spit cups.

#### WHY FIGHT CONSUMPTION?

Because more people die of consumption than of any other disease.

Because consumption can be cured and need not spread.

Because 2,500 die every year of consumption in the maritime provinces alone.

Because with one-seventh of the population of the Dominion, the maritime provinces have one-quarter the deaths from consumption.

Because over 100 die annually of this disease in Halifax city.

Because you yourself, or your son, or daughter may be a victim.

#### THE CURE OF CONSUMPTION.

Fresh air, rest, food, cheerfulness. Avoid crowded rooms, meetings, theatres or other places of amusement where the air is sure to be bad.

Rest in the open air every day, winter and summer, when fine, from the time you get up until sunset.

If it rains or storms and you have no proper shelter outside, stay in your room with the windows open, but keep the door shut, never sit in a draught. Always have plenty of warm wraps. If you have to work, get work in the open air.

Go to bed early; plenty of sleep is necessary. Sleep with your windows open all the year round.

Do not take walks, drives or any form of exercise except on the advice of your doctor. One single fatigue may change the course of your disease from being favorable to becoming unfavorable.

Eat as much food as you can digest. Raw eggs, milk, bread and butter (use plenty of butter) meat, raw beef juice—these are the best foods for you.

If you suspect you have consumption, if you are losing appetite, losing weight, coughing, feeling tired all the time, go at once to your family physician. Do not spend your time and money on patent medicines and so-called Consumption Cures.

Keep up your courage. Do not lose faith in your treatment because you do not get well quickly; it takes a long time to get well, but the odds are in your favor. More people recover from tuberculosis than die from it.

#### WHEN FIGHT

Now.

Every day.

Tell your friends these things that they may know how to avoid giving this disease to others.

See that the law against spitting is obeyed in your neighborhood.

### That Moose Law

(The Yarmouth Telegram.)

As there are many different opinions of the laws regarding the killing of moose, we would like to add our little differences to those already contributed. It seems to be the opinion of some that the close season for moose should extend to November 1st, thus doing away with the calling season. They give as their reason that at that time the bull moose is not wary, but will walk headlong into danger with closed eyes. Perhaps they are correct, but if so, they have a different kind of moose from that which inhabits our parts. He is always suspicious.

But allowing them to be right, and that the bull is more easily captured at that time, what about the cow? Is it not a rare thing for a cow to come to the call of a hunter? If we knew the policy of these people, we might be better able to judge what they are coming at. If their policy is to protect the cow, we believe the law of 1908, if properly enforced, will do it. But if they wish to protect the bull at the expense of the cow we would say cut out the calling season.

Any man who is hunter enough to know that a bull moose has antlers, knows, too, that in the month of November a bull moose is about as eatable as a boiled shirt, and that at that time the cow is at her best. Then, does it not follow that the nice fat cow is more liable to fall a prey to the hunter's rifle than is the frame of the bull? Under the present law we are sure that there are ten cows killed after October against every one that is killed in October. It generally happens that after October the bull and cow are found not far distant from each other, and no hunter is liable to shoot at a pile of bones when he knows that near him is a nice piece of the choicest meat.

Now this is the hunter of whom we are speaking, not the sportsman. He would not submit to the charge of shooting moose for the meat, that would be pot hunting; but, although the sport is all right at talking, the pot hunter generally gets the game. Usually, when a person does a thing he does it with some purpose in view, so if the sportsman does not hunt for the sake of the meat we would like to know his purpose. So far in this season, we are informed, that in this vicinity alone have been found the carcasses of three fine bulls that have been shot, robbed of their horns and left to rot in their forest home. Is this the sportsman's purpose? If so, call me a pot hunter.

But looking more closely at the law, does the moose law have any effect on the increase of our moose? If we are not much mistaken, the moose unlawfully killed would stock quite a forest. Then why should the Game Societies over-exert themselves fighting on a new law? Why not try to advise some plan for having the present law observed, for without a doubt the greatest drain on our moose to-day is the moose thief, and until he is put out of existence we may have a new law every week to no effect. If they wish to increase the moose, better protect the cows, for the bulls alone are not very fruitful breeders. Then don't keep the season closed after October 1st. But let people get tired trying to get a bull, and the cows will go unmolested. We would judge a close season on cows as a good article.

#### POT HUNTER.

Blue Hill, March 8, 1909.

Marion Bridge, C. B., May 30, '02.

I have handled MINARD'S LINIMENT during the past year. It is always the first Liniment asked for here, and unquestionably the best seller of all the different kinds of Liniment I handle.

NEIL FERGUSON.

"Any person who sends abroad for materials which can be purchased advantageously at home, is an enemy to his town and a traitor to his neighbor."

### A Suggestion For Our Schools

The Bridgewater School Board have a series of "talks" inaugurated for the benefit of the pupils, the speakers being citizens with expert knowledge of the subject dealt with. No doubt the instruction thus received by the pupils will be far more effective than the

studying books, and commend the system to the consideration of our school board.

The Bulletin says— On Friday afternoon, Dr. Rehfuess delivered an address and gave a demonstration on "First Aid to the Injured," before the students of the Academic Department. The doctor spoke of the great saving of life the knowledge of a few simple facts would occasion, and then proceeded to demonstrate how one would act if a person were found drowned. One of the boys acted as a subject and by movement of the arms and chest the doctor illustrated the method of artificial respiration. Emphasis was laid on the importance of protruding the tongue and timing the movements of the arms and chest of several cuts were then dealt with. The doctor clearly explained the method used to restore consciousness in the case of a fainting and to check the flow of blood in the other. Following his talk the doctor held a "quiz" and found that some of his words had had an effect.

A vote of thanks was tendered the doctor for his interesting and instructive demonstration. Several visitors were present and enjoyed the address.

#### PROGRAM.

Academic Department.

Mar. 12—"Public Speaking"

Rev. Dean Gelling

Mar. 19—"First Aid to the Injured"

Dr. W. Rehfuess

March 27—"The Power and Position of Journalism Today"

C. J. Craig

April 2—"Duties of Citizenship"

J. W. Margeson

April 8—"Thursday"—"Round the World under the British Flag"

J. A. McLean

April 16—"The Value of an Ideal"

Rev. F. W. Thompson

April 23—"Common Mistakes in Everyday Life"

A. Roberts

April 30—"Politeness and Culture in Everyday Life"

W. E. Marshall

May 7—"The Germ of Greatness"

Rev. C. S. Brewer

May 14—"Banking that Every Boy Should Know"

F. St. C. Harris

May 21—"Wanted—A Boy"

A. C. Barnaby

May 28—"Recreation—What It Means"

Rev. J. E. Hockin

June 4—"Spare Time—Its Use"

Rev. E. B. Sourr

June 11—"Early Times in Bridgewater"

R. Dawson

June 18—(Subject to be announced later)

Mayor Stewart

Preparatory Department.

April 2—"Nature as an Educator"

Rev. P. C. Reed

April 16—"The White Plague"

Dr. Churchill

The subjects and speakers for later dates in the Preparatory and other departments will appear in a later issue.

The public are cordially invited to attend these addresses which begin at 3.10 p. m.

### Granville Centre.

Mrs. William F. Gillatt is recovering from her recent illness.

Mrs. Gilbert Willett is the guest of her daughter, Mrs. Calnek, at Granville Ferry.

Mr. J. B. Gillatt is home from St. John, having to leave his work there on account of sickness.

The members of Seymour Division Sons of Temperance have recently placed in their hall a fine new 'Karn' organ.

Mrs. James Morrison, senior, of Lower Granville, who recently made a visit with relatives here, has returned home.

The W. M. A. S. for the month of April will be held at the home of Mrs. Harry Goodwin Thursday afternoon, April 8th.

Miss Mabel Troop has gone to New Brunswick for the summer where she has charge of a millinery business in Stanley, York Co.

### Press Association Plans

An effort to bring about the formation of a Maritime Provinces Press Association, was the principal object of a meeting of the New Brunswick press association, at Fredericton, on Thursday and Friday. There are about one hundred and forty papers in New Brunswick and P. E. Island, and they print an aggregate of possibly sixty million copies a year for home and foreign consumption. Averaging the advertising which these papers carry, at twelve columns for each paper and twenty inches to the column there is a total of sixteen hundred and eighty columns of advertising or thirty-three thousand six hundred inches.

John W. Regan, who attended the New Brunswick meeting as a delegate from the Nova Scotia press association estimated that by short measurement and lack of a uniform scale of prices among all maritime papers according whether they are daily or weekly, maritime publishers lost \$100,000 revenue annually, or an average of \$750 to \$1,000 each paper. In job printing he said it was a common thing for industries enjoying large public aid to utilize local papers for writing up extensions of their works and giving them lots of other free advertising and then send their job printing away and spend their advertising appropriations anywhere but in provincial papers.

The speaker of the New Brunswick legislature, Hon. Mr. Clarke, like the speaker of the Nova Scotia legislature, is a weekly publisher. He attended the press meeting at Fredericton and strongly advocated a general maritime press association. He showed how paper manufacturers and makers of typesetting machines impose monopolistic prices on publishers and gave an illustration of a large maritime manufacturer who gets all his printing done away from home.

J. L. Stewart, of Chatham, presided at the gathering of New Brunswick journalists and was re-elected president. A resolution favoring a union of maritime papers and journalists carried unanimously and it was decided to hold the next annual meeting at Sackville in the fall, simultaneously with the meeting of the Nova Scotia press association to be held at Amherst. P. E. Island journalists will be invited to attend. The three bodies will probably meet together in joint session at Amherst to consider a plan of merging and forming one association which is to be drafted in advance. A. D. Ross, editor of the Amherst News, and other Amherst newspaper men have taken hold of the matter, and an interesting program of entertainment will be arranged by the Amherst people. It is expected that this will be the largest gathering of maritime newspaper men which has ever been held and several prominent Canadian and New England editors and publishers will be asked to contribute practical addresses.

The New Brunswick press association also adopted a resolution reaffirming a previous protest against the postage on papers sent to the United States.

A strong resolution was adopted calling for the intervention of the federal government in the excessive prices for repair parts which the type-setting machine monopoly is now charging. The advance in these goods during the last year is said to be from fifty to two hundred per cent. on former prices, although metal and machine labor are no higher.

#### HORSE SALE.

(The Outlook.)

The carload of horses brought from Pictou Co. by Messrs. Parsons and Saunders arrived on Monday and were auctioned off on Tuesday in front of Phippen's stables by Major J. L. Phippen. There was a big crowd, many buyers being present from a distance. All the horses but one matched pair were sold, the prices averaging \$188 per horse. It has been suggested that as this sale took so well it should be made a sort of monthly horse fair.

Repeat it:—"Shiloh's Cure will always cure my coughs and colds."

### IMPORTANT MEETING OF TOWN COUNCIL

New Debentures to be Issued for the sum of \$22,500.—Rate of Taxation Fixed at \$1.95 per Hundred.—Interest and Sinking Fund to be Provided for Upon Loans for Sewer Purposes.

A meeting of the Town Council of the Town of Bridgetown was held in the Council chamber, March 27th, 1909, with Mayor Ruggles in the chair and councillors present as follows:—Messrs. Calder, Chute, Longmire, Freeman, deWitt, and Dixon.

It was ordered that the following bills be paid, viz: A. & W. MacKinnlay for water service book, \$9.10; express charges on same, \$0.40; A. Steele Crowe, keys for jail, etc., \$2.85; expense of Mr. Bishop's trip to town at request of street committee, \$12.80; William Hudson, work on streets, \$2.67; E. A. Craig, for commissions on collections of 1908 taxes, \$30.60; T. McAvity & Sons, for water service boxes, \$28.50.

It was ordered that the bill of W. H. Burns be referred back for explanation and that the bill of R. Allen Crowe as executor of John L. Cox for a year's salary as stipendiary magistrate of the town be not paid.

A resolution was passed authorizing the issuing and disposal of new debentures for the sum of \$22,500, as follows:

Whereas by chapter 98 of the acts of the legislature of the province of Nova Scotia for the year 1906 the town of Bridgetown is authorized and empowered to borrow on the credit of the said town of Bridgetown and of the assessable property therein and to issue debentures for the sum of \$22,500, for the purpose of repaying the debentures issued under the authority of chapter 58 of the Acts of 1887.

And whereas J. C. MacIntosh & Co., of Halifax, have offered to pay 99 for such debentures bearing interest at the rate of 4 1/2 per cent annually, payable semi-annually.

Therefore resolved that such offer be and it is hereby accepted and the town clerk is hereby directed to prepare the necessary debentures at once and to have them issued under the hands of the mayor and town clerk and the seal of the town and sold to the said J. C. MacIntosh & Co., and the moneys supplied in retiring the said debentures issued under the said Act of 1887.

New taxation rate, \$1.95.

It was resolved that the town council of the town of Bridgetown authorize the levying and collection of a rate of one dollar and thirty cents on the hundred dollars of assessed value of the property and income assessed in the assessment roll of the town to raise the sum required to defray the expenses of the town of Bridgetown for the current year, and also a rate of sixty-five cents on the hundred dollars of assessed value of property and income assessed in the Town of Bridgetown and County of Annapolis assessment roll of the school section of the Town of Bridgetown and of all the property outside the said school section liable for taxation for the support of the schools of the town of Bridgetown to defray the expenses of the public schools of the town for the current year, and also a rate of fifty-eight cents on the hundred dollars of assessed value of the real estate in the town of Bridgetown liable to be taxed for the new sewer system and of thirty cents on the hundred dollars of assessed value of the real estate in the town of Bridgetown liable to be taxed for the old sewer system, to provide interest and sinking funds upon the two loans made for sewer purposes.

It was also resolved that the \$4,000.00, debentures issued July 2nd, 1908, and pledged with the Union Bank of Halifax for raising funds for the extension of the water system be sold for 92 to J. C. MacIntosh & Co. Minutes read and approved. Council adjourned.

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### Narrow Escape From Drowning

John Roberts, the four-year-old son of Captain Roberts, had a narrow escape from drowning yesterday afternoon. With little Morris Armstrong son of Dr. Armstrong, he was playing on the marsh back of Captain Roberts' home. The little boy fell into the brook which at this time is very deep. The children's cries attracted the attention of a Goldsmith boy who was assisting Mr. Joseph Moses in the barn of Moses and Young on the opposite side of the marsh. Mr. Moses ran to the assistance of the child and reached him just as he was going down for the third time. He was wholly unconscious when rescued and Mr. Moses endeavored for some minutes to restore consciousness but seeing no signs of returning life he took him in his arms and ran to the house and had the satisfaction of seeing consciousness return just as he placed him in his mother's arms. But for Mr. Moses' alertness and presence of mind the child would surely have met his death.

The only Baking Powder made from Royal Grape Cream of Tartar

## ROYAL Baking Powder

Absolutely PURE