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M. K. PIPER, Proprietor and Publisher.

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JOIN PRINTING

of all kinds, plain and fancy, executed at short
prices. Pamphlets for lodges, societies, and
clubs, put up in any style required.No item will be printed unless it is
specifically solicited.Births, deaths and marriages inserted free of
charge will receive letters or correspondence to
"MONITOR" Office.

R. S. MCGORMICK, Manager.

The Weekly Monitor.

WEDNESDAY, OCTOBER 28th, 1896.

Bridgetown, N. S., Oct. 2

Miscellanous.

Agricultural.

Facts Worth Knowing:

From the experiments of Dr. Parker he found that taking the average pulsations of the heart to be 106,000 in 24 hours in a person using water only as drink, they were increased by the action:

One fluid ounce of alcohol 4,300 times.
Of one " " " " 12,960 " "
Of six " " " " 23,004 "

And from the action of 8 fluid ounces on the following day, 25,488 times. In each of the last two days when S. omnis of alcohol was taken, the average increased work done by the heart was equal to its lifting 24 tons one foot in height.

It is any wonder, then, that after a night's dissipation the drinker feels languid, weak and used up, and his heart literally torn to shreds? It is a wonder that so many drunks go out of the world suddenly! Is it not a wonder that so many live as long as they do?

But this is not all. The drinker's heart is very liable to take on a superabundance of fat, and to die of fatty degeneration of that organ. This is a very common result of alcoholic drinking, and more especially beer drinkers. That will surely have a tendency to load the intestines of the walk, as well as to lay the foundations of the walk.

In health the blood contains two to three times of fat to 1,000, the highest is 81 to 1,000. In the drunkard and the constant beer guzzler it is 117 to 1,000, forty times more in the drinker than in the abstainer. The heart is often loaded with fat to the extent of an inch in thickness, when of course all the tension among the muscles are large deposits of the same.

Yet another, though less frequent result of drunk drinking is enlargement of the heart; and sometimes even fatalities of its valves, as I have met in my own practice.

As a result of this fat deposit a great change takes place in the power of contraction of the muscles of the heart, the organ becoming weak and feeble, the pulse later, the poor, over-worked heart unable to do its required work with any degree of perfection, and summoned to do a little more, under the stimulus of alcohol, perhaps often closes up its labors with a sudden collapse, and the poor unfortunate, blinded, besotted drinker is ushered into a drunkard's eternity, and his long faced physician issues a death certificate of "heart failure." Yes, it did fail.—Dr. D. H. Mann.

How to Buy a Horse.

"If you want to buy a horse, wait for it," says an old horseman in "Horsemen's Journal." "Your eye is your market. Don't buy a horse in harness. Unhitch him and take everything off but his halter, and lead him around. If he has a corn or sore, and has any swelling, you can see it. Let him go himself, and if he walks right into anything you know he is blind. No master clear and bright his eyes are, he can't see any more than a bat. Back him, too."

"Some horses are born with tricks that you don't know, and others that you can't get caught sometimes. Even the expert gets stuck. A horse may look over so nice and go a great pace, and yet have fits. There isn't a man who could tell until something happens. Or, he may have a weak back. Give him the whip and off he goes for a mile or two, then all of a sudden he stops on the road. After a rest he starts again, but a derick can start him. The weak points about a horse can better be discovered while standing still than while moving. If he is bad, he will stand still, and when you try to move him without moving them, with legs numb and naturally poised; or, if the foot is taken from the ground, and the weight taken from it, disease may be suspected, or, at least, tenderness, which is the precursor of disease. If a horse stands with feet spread apart or straddles with his hind legs, there is a weakness in his joints and the kidneys are disordered. Heavy pulling keeps the knees. Blister, milky cyst eyes in horses indicate moon blindness or something else. A bad tempered one keeps his ears back, and a stumbler is a bad-tempered horse. When the skin is rough and harsh and doesn't move easily to the touch, the horse is a heavy eater and digestion bad. Never buy a horse whose breathing organs are at all impaired. Place your ear at the heart, and if a wheezing sound is heard it is an indication of trouble."

What a Laugh Does.

Dr. Greene says that there is not one remotest corner or little inlet of the minute blood-vessels of the human body that does not feel some wavelet from the convulsions occasioned by good, hearty laughter. The life principle of the central man is shared by the individual cells, and the waves of life, of life, and strength, to the surface, thus materially tending to insure good health to the person who indulges therein. The blood moves more rapidly and conveys a different impression to all the organs of the body as it visits them on the particular mystic journey, when the man is laughing, from what is done to the others. For this reason every good, hearty laugh in which a person indulges tends to lengthen his life, conveying, as it does, new and distinct stimulus to the vital forces.

Blood is Life.

It is the medium which carries to every nerve, muscle, organ and fiber its nourishment and strength. If the blood pure, rich and healthy, the body is healthy. If the disease will soon overtake you. Hood's Saraparilla has power to keep you in health by making your blood rich and pure.

Hood's Pils are easy to take, easy to operate. Cure indigestion, biliousness, 25c.

A Remedy for Seasickness.

Walter Besant, who has crossed the ocean several times and therefore ought to be an authority on the subject, says: "I extenuate, as far as I can, the misery of seasickness, a piece of ice in your mouth and keep that. When it is gone, take another piece. After that it down and go to sleep in peace."

He Fainted Himself.

A Dallas couple who did not get along very well together had the following conversation:

He—"If I were to die you would never get another husband like me."

She—"What makes you think I'd ever want another husband like you?"

Catarrh and Colds Believed 10 to 20 Minutes.

One short puff of the breath through the Blower, supplied when enclosed bottle of Dr. Agnew's Catarrh Powder diffuses this powder over the surface of the nasal passage.

Painless and delightful to use. It relieves instantly, and permanently cures Catarrh, Hay Fever, Cold, Cough, Sore Throat, Tonsillitis and Deafness. Sold by S. N. Weare.

—When baking cake, on removing it from the oven place the tin containing the cake on a damp towel for a moment and keep it more readily be taken from the tin without sticking.

—Dar has been as yet no strike for an advance in wages on his part.

Minard's Liniment for sale everywhere.

Much in Little

is especially true of Hood's Pills, for no medicine ever contained so great curative power in so small space. They are a whole medicine

Hood's Pills

sheet, always ready, always safe, always effective, always satisfactory; prevent a cold and cure a cold, cure all diseases, including headache, measles, constipation, etc. etc. The only pills to take with Hood's Saraparilla.

FLOUR!
MEAL!
FEED!

Just arrived and for sale at Rock-Bottom Prices, the following well-known brands of Flour:

"FIVE ROSES."
"GOLDIES BEST."
"GOLDIES STAR."
"GOLDIES SUN."
"CROWN OF GOLD."
"VICTORIA."
"CHANCELLOR."

Also Feed Flour, Goldie's Best Middlings, Crack Wheat, Barley, Oats and Peas, Crack Corn and Oats, Shorts, Bran and Cornmeal.

Manners and How to Use Them.

We will never come to a rational method of using our manners until we imitate the Chinese and Japanese. I have a method for catching all stable urine in a trough, from which it is run into a barrel set into the ground. The contents are emptied into the gutter, and the urine's perfume is effective starting to cling to the use of manners in bulk. I am now arranging to have all my barn manures raised up from the yard and leached. The liquid will be caught in a tank and used as carefully as the pails used for carrying should be large and strong, and when not in use, kept hanging in a shedroom.

The compost piles are next in value. These should be built in different parts of the farm or gardens, and all refuse, weeds, leaves, lime and old plaster worked together. I grow on these piles in summer squashes, and in October turn them over and feed the raspberry and other berry gardens.

While it is true that for some purposes it is best to use completely rotted barnyard manure, it is a fact well demonstrated that the rotting in the pile reduces the food value to crops. While nearly one-half of the weight is gone, the nitrogen is also one-half gone. The best possible use of barn manure is to compost it as fast as possible with fresh earth, to absorb the ammonia. I am satisfied that for frequently applied manure we are simply throwing away tons of value. We are simply throwing away tons of value when we apply manure with hay, dry grass or windy weather just after spreading manure, and when the rain did come there was little left to do. Drawing manure out in winter is advisable, but I would compost it all summer, or leach it.—Farm and Fireside.

Some horses show a desire to eat grass or tricks that you don't know they don't have an other. Be as smart as you can, you'll get caught sometimes. Even the expert gets stuck. A horse may look over so nice and go a great pace, and yet have fits. There isn't a man who could tell until something happens. Or, he may have a weak back. Give him the whip and off he goes for a mile or two, then all of a sudden he stops on the road. After a rest he starts again, but a derick can start him. The weak points about a horse can better be discovered while standing still than while moving. If he is bad, he will stand still, and when you try to move him without moving them, with legs numb and naturally poised; or, if the foot is taken from the ground, and the weight taken from it, disease may be suspected, or, at least, tenderness, which is the precursor of disease. If a horse stands with feet spread apart or straddles with his hind legs, there is a weakness in his joints and the kidneys are disordered. Heavy pulling keeps the knees. Blister, milky cyst eyes in horses indicate moon blindness or something else. A bad tempered one keeps his ears back, and a stumbler is a bad-tempered horse.

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Yours sincerely,
J. H. CROCKER, Gen. Ag't, South Farmington, Annapolis Co., N. S.

AGENTS WANTED.

WRITE FOR TERMS.

DOMINION ATLANTIC RAILWAY!

ON AND AFTER MONDAY, 21ST SEPTEMBER, 1896, THE FIRST OF THIS RAILWAY WILL RUN, (Sunday excepted.)

Trains will Arrive at Bridgetown:

Express from Halifax..... 11:26 a.m.

Express from Yarmouth..... 12:35 a.m.

Accom. from Richmondtown..... 5:05 p.m.

Accom. from Annapolis..... 6:30 a.m.

Trains will Leave Bridgetown:

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