```
Lock lock = new Reentrontlock;
final Condition notFull = lock.newCondition();
final Condition notEmpty = lock.newCondition();
public Message get(...){
    lock.lock();
    try {
        while(garde) notEmpty.await();
         notFull.signal();
    } finally {
        lock.unlock();
    }
}
public void put(...){
    lock.lock();
    try {
        while(garde) notFull.await();
         notEmpty.signal();
    } finally {
        lock.unlock();
    }
}
```