

**COMFORT SOAP**  
IT'S ALL RIGHT  
GIVES DIRT A HARD TIME.  
POSITIVELY THE LARGEST SALE IN CANADA

**THE HOME**

**FATIGUE DESTROYS BEAUTY.**  
Causes Sunken Eyes, Sagging Muscles and Deepened Lines.

The action of fatigue on the brain and nerve cells is to lessen the elasticity of those cells and consequently of the muscular tissues which they control, says McCall's Magazine. A gradual deterioration of the muscular tissues sets in which shows most plain in the face.

As far as the face is concerned, prolonged fatigue shows itself in the sinking of the eyes at the socket, in the sagging of the facial muscles, and the lengthening and deepening of the lines from nose to mouth, at the side of the jaw, and after a certain age an increasing of the line in front of the ears.

Almost all beauty preparations are sold with the idea that they will erase the traces of fatigue, first by eliminating lines or wrinkles and then by building up the complexion. An ugly or muddy complexion is indirectly the result of fatigue since it reflects the condition of the stomach and intestines, which over-tired refuse to function properly.

I believe in going to the root of the matter and in getting the much-needed rest quite as much as in applying face lotions or taking medicine, and so to the woman whose facial contour is drooping or whose eyes are sunken and show deep rings under them, would say learn to rest and relax as much as possible and then you can apply such tonics as you have with complete success.

The woman who is very tired after a day's work will find a hot bath bracing because for the time being it stimulates the circulation into renewed effort. For others, especially for her of the pale, wan face, a basin of ice water with a few drops of camphor water added and a face cloth dipped in the water and then held over the face until it becomes warm, forms the proper ice treatment which costs several dollars when you have it done at a beauty shop. After applying the ice cold cloth for ten or fifteen minutes rub a good face cream into the skin while it is still wet. Dry with a very soft linen cloth.

Whatever your work may be, whether it is presiding over the meetings of popular clubs, strolling behind a counter, or sitting for hours over the home sewing machine, if you want to avoid fatigue learn to sit and stand correctly. Women believe that they are more comfortable and can rest better if they stand with the weight resting on one hip, or if they sit bent almost double with their chests sunken and their backbones forming an exact crescent. That is not true, however, for the person who stands fatigue best is she whose carriage is perfectly balanced and who sits with her spine erect. Of course that doesn't mean with rigid shoulders and chest advanced like a pouter pigeon's.

It is through sleep, however, that the brain and body receive their perfect rest. But how many people sleep in bedrooms which give them the benefit of absolute quiet, the

darkness which is necessary for perfect slumber and fresh air, without which sleep loses half of its benefits? Eight hours of sleep are recommended by the laws of health.

The sleeping room should be absolutely plain, devoid of all gewgaws which attract and accumulate dust. The really up-to-date sleeping-room is half out of doors, and several that I have seen lately are tiled so that they can be washed from the ceiling to the floor and kept spotlessly clean. Many a woman sleeps on a cot or couch and sacrifices her health to the appearance of her room. The studio habit is a miserable one for health, and no one should sleep in the room in which she works or receives her friends by day.

If you want to get perfect rest at night never go to bed with a hairpin in your hair; braid the hair loosely in two braids. Don't have too many pillows; pillows prevent ventilation, hinder circulation, and too many of them render the flesh flabby. Choose a hard bed and do with as small a pillow as possible.

If she can, I should advise every woman to sleep out of doors in a sleeping porch for some part of the year. In this way she will acquire the habit of fresh air and will not be able to tolerate the bad ventilation of the average bedroom. Her health will improve, her lungs develop and the open air will invigorate and refresh her as nothing else can do.

**TREATMENT FOR MEASLES.**

Measles is the most contagious of all the infectious diseases, with the possible exception of smallpox in the unvaccinated, according to a bulletin of the Health Department. Consequently at the present day nearly every adult has at one time or another suffered from it. Those who reach adult life are, therefore, apt to look upon measles as a disease which every one must have and are consequently apt to under-estimate its dangers.

In children under two years of age the disease is exceedingly fatal. Among older children the death rate is lower and it is generally true that when death occurs it is due not to measles itself but to complications. But complications and untoward sequelae are so frequent in measles that the occurrence of the disease should be a matter of concern to the community.

The most common of those complications is pneumonia. Inflammation of the ear, necessitating mastoid operations, is also not infrequent, while bronchitis and inflammation of the eyes, sometimes of a very serious nature, are invariable accompaniments. It is thus evident that measles is a disease which should be avoided, and the old time idea that it is better to expose children to measles in order that they may contract it and be done with it should be discouraged. Cases of measles should be strictly isolated.

"Hark how all the welkin rings:  
Glory to the King of Kings,  
Peace on earth and mercy mild,  
God and sinners reconciled."

**Fathering of the Children.**

Father, we know that you are away from home a great deal; that you must toil through the day in order to earn wherewithal to clothe and feed your brood. We know, too, that when you come home you are tired, and perhaps irritable. When a man's brain has been operating for hours like a windmill in a gale, he needs some moments of quiet and relaxation. You come home, and although wife gives you some attention, you find her still occupied with her duties toward the children. They must be fed at supper time, as well as you; and somebody has got to see that they attend to their studies, and get to bed at the proper hour. The chances are that you begin to fume inside of yourself like a spoiled child, thinking yourself a neglected member of the family. You light your cigar and stroll away by yourself, down the street. You may or may not get into mischief. Your occupation may be one requiring principally brain work, in which event your physical energies become rampart as soon as the blood is released to other parts of the body from the brain. You may come home early, but after the little ones are all in bed, read your paper, and retire yourself. Then again you may come home late, climb unsteadily into your own couch, get up early the next morning with a groan and a headache, and rush off to business almost before the babies have their eyes open.

You may spend a little time with the kiddies Sunday, and then again they may be sent out to play that they may not bother you, and you may go over to your neighbor's to discuss politics.

In any event, it is too often the case that the children do not become properly acquainted with daddy, nor daddy with the children. Sometimes it is because the man does not wish to interfere with his wife—and "doesn't know anything about kids, anyway." Sometimes it is because the mother will brook no interference in her rule. She is making a mistake. Too many children are exclusively woman-brought-up.

They need the influence of father in their lives and upon their characters as well as that of the mother. To the fact that children so seldom have it is due the fact that there is much incompleteness in the formation of character, and so many hard knocks when the boy or girl comes in contact with the outside world.

Of course the mother, being with the children through the day, naturally knows more about them, and all of their little peculiarities than daddy does. Daddy often understands this, and does not like to "put in his car." The taking-it-for-granted, indifferent attitude does an immeasurable amount of harm to the home life. Things are allowed to take just their own course. The magic that first touched the marriage has been allowed to die out. The man and the woman no longer take the trouble to try to please each other. Children are accepted as a natural consequence and the parents jog along with them with the least possible discomfort and inconvenience. Suddenly the parents awaken to find these children grown up to manhood and womanhood, strangers in their own home—at least they are too often to father. He may have the humiliation of finding that he has no hold upon them, perhaps he control over them. They do not know him. How can they respect him?—Or if they respect, it is only outward and compulsory.

Father, make it your business to become acquainted with your children while they are children. It will be a liberal education both to them and to you. They need to associate with you—to mix with you, and learn of life—from a man's standpoint as well as that of the woman.

Do not sacrifice the duty nearest to your hand for some real or imaginary duty beyond. You cannot leap over a moral obligation to success or attainment of any kind. This obligation has strings attached to you, and they will pull you back some time, no matter how cleverly you may have escaped them.

Make all of the small sacrifices that courtesy and chivalry demand, even to your dearest enemy. If he is cold, give him your cloak; if he is hungry, feed him with your bread; if he is shelterless, provide him protection; if he is deserted, comfort him. But let him not into the vineyard of your soul, to trample down the vines and destroy the fruit.

In fine, sacrifice all you please—sacrifice is beautifying and strengthening—but only when the sacrifices pushes the person or persons to whom it is made to a higher fulfilment of their own destiny.

When you have a bilious attack give Chamberlain's Tablets a trial. They are excellent. For sale by druggists and dealers.

**A Cure for Catarrh.**

One of the most salutary measures in a case of catarrh is to force fresh air into the diseased and half-clogged channels. Exposure to the air is beneficial to any abraded or diseased surface of the flesh. Furthermore, the forcing of the current of air through the nostrils loosens dead and effete matter, and enables the subject to expel it. The most effective process is to lay a finger over one nostril, closing it, the air being drawn in through the other one. Then the finger is laid over the opposite nostril, and the air expelled through the one which was formerly closed. The mouth must be closed. After inhaling and exhaling in this manner for a number of times, the inhalations are taken through the nostril which at first exhaled, and the exhalations transpire on the opposite side. This treatment is given as a successful catarrh exterminator, if persistently followed. Of course the inhalations must be made in fresh air.

**THE INNER MEANING OF CHRISTMAS**

We have been too prone to assume that the happiness of Christmas is ours to enjoy with folded hands of self-satisfaction; and in so far we have missed the spirit and meaning of its message. We have taken it that peace and good will are given to us as a gift, needing aught on our part in return, or rather before they can really be ours. But it is not so. The Christmas message is far more than that. The Nazarene Teacher Himself declared that He came not to bring peace but a sword. The long silver trumpets of the angel host announcing His coming are trumpets of war as well as of peace. Their clarion call is a challenge, a call to arms and warfare, which must first be waged, and that with success, before ever the promised peace and good-will can be truly known among men. Not the warfare of man against man, or nation against nation, but the warfare against the evil in our own natures, first to set our own house in order, to achieve self-quest, the first and greatest of all victories, and to seek to redress the wrongs of the world.

It is for the sake of our weaker brothers and sisters that we must fight, it is to them that we must vow an eternal good-will and for them prepare the paths that lead to peace. This then is the inner meaning of the Christmas message; in this consists its lasting joy—not for a mere moment of time, but enduring throughout the years and the ages—the joy of service, the joy that comes from the acknowledgement and acceptance of our responsibility as our brothers' and sisters' keeper and helper.

And in our celebration of Christmas let us revive sweet childhood's memories with all its associations; let us make this Christmas and all future Christmas mornings sacred not only for ourselves but for the children, and all the children, that they too may learn the meaning of its message, as we also can learn and must learn it from them. "For except ye become as little children, ye cannot enter the Kingdom of Heaven."—Charles Mason, in the Theosophical Path.

**IT GROWS HAIR.**

Here Are Facts We Want You to Prove at Our Risk.

In all our experience with hair tonics there is one that has done more toward gaining our confidence than any other. We really believe this remedy, known as Rexall "93" Hair Tonic is so superior to other preparations that we offer it to you with our personal and unqualified promise that if you use it and it doesn't prove in every way satisfactory to you, we will, upon your mere request at our store, return to you the money you paid us for it.

Rexall "93" Hair Tonic acts scientifically, destroying the germs which are usually responsible for baldness. It acts to penetrate to the roots of the hair, stimulating and nourishing them. It is a most pleasant toilet necessity, is delicately perfumed, and will not gum nor permanently stain the hair.

We want you to get a bottle of Rexall "93" Hair Tonic and use it as directed. If it does not relieve scalp irritation, remove dandruff, prevent the hair from falling out and promote an increased growth of hair and in every way give entire satisfaction, come back and tell us, and get your money back. Two sizes 50c. and \$1.00. Sold only at our store—the Rexall Store, Royal Pharmacy, W. A. Warren.

**Christmas**  
Our Stock of Dried Fruit is most satisfactory both in price and quality.  
Oranges, Grape Fruit, Nuts, Grapes, etc.  
Earthen Ware, China, Glass Ware in great variety, Tea Sets, Dinner Sets, Toilet Sets.  
Pipes in cases, suitable for Christmas presents, at prices to suit all Tobaccos of highest Quality.  
**Groceries.**  
Our groceries cannot be beaten in quality or price. Everything necessary for the Christmas festivities can be purchased at this store. Many remarkable values for money invested.  
SOFT DRINKS of all kinds, luscious to the taste. Ideal Xmas drinks.  
**J. E. LLOYD & SON.**

**Winter Overcoats**  
Call and examine my Winter Overcoating.  
A splendid Coat or Ulster made to order for \$15.00.  
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will suit the most fastidious of brides. Correct in style, excellent in workmanship. Old English Wedding Text, Imperial Script, Tiffany Script on smooth or kid finish stationery. Ask for samples.

**T. J. MARSHALL**  
Is Opening  
**NEW WINTER GOODS**  
Call and Get Prices

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in the Monitor-Sentinel

**Real Estate**  
**For Sale or To Let**  
My residential property on Granville street, including house, stable and half acre of land in garden. A number of fruit trees and small fruits. Possession given on or about July 1st.  
Apply to E. L. Fisher, Bridgetown, A. S. BURNS, M.D.  
Bridgetown, June 18th, t.i.  
**HOUSE FOR SALE.**  
The desirable cottage, the property of the late Mrs. John Munro, on Rectory St., is offered for sale. A bargain to a quick purchaser. About a half an acre of orchard in good bearing. Barn on premises. Buildings in good repair. Apply to  
J. W. SALTER,  
Bridgetown, July 30th, t.i.  
**HOME FOR SALE.**  
Fine country residence, just on the limits of the town, suitable for summer house or all-year-round residence. House modern, commodious and convenient, with good stable. Orchard yielding over three hundred barrels of apples, besides other fruit. Fine situation, beautiful view of river and valley. For information apply to  
M. K. PIPER,  
Monitor Office.

**FOR SALE.**  
That very desirable residential property situated at Carleton's Corner, Bridgetown, consisting of modern dwelling house, stable, shop and orchard and garden. Also one hundred acres of woodland. Possession can be given first of May.  
For further particulars apply to  
J. B. WHITMAN,  
Province Bldg., Halifax, or  
F. R. FAY, Esq.,  
Bridgetown.

**HOUSE FOR SALE.**  
A very desirable, centrally located house, with large garden or building lot, suitable for a single family or two small families. Small sum of money buys it. For particulars apply to  
M. K. PIPER,  
Monitor Office.  
Bridgetown, June 18th, t.i.

**IMPORTANT NOTICE**  
According to the postal law now in force newspaper publishers can hold for fraud anyone who takes a paper from the post office and refuses payment, and the man who allows subscriptions to remain unpaid and then orders a postmaster to send notification of discontinuance to the publishers lays himself liable to arrest and fine. Postmasters are also liable under the law for the cost of papers delivered to other persons after the death or removal from their office district of the persons to whom the paper was first addressed.

**Mega-phone & Methods**  
If you had a voice like thunder, with a megaphone attachment you could not reach as many people as you can through our want ads. You have not got the voice but our paper is at your service all the year around.

**MUNICIPALITY OF ANNAPOLIS.**  
**Tenders for Rates.**  
Tenders will be received by the undersigned till Jan. 2, 1913, at noon, for the collection of the County Rates for the ensuing year.  
(1) All tenders must be sealed, marked "Tenders for Rates" and addressed to one of the undersigned.  
(2) All tenders must be accompanied with the names of two responsible bondsmen.  
(3) The full amount of the rate roll must be guaranteed in each case, subject only to such reduction for illegal rates as may be allowed by council.  
FREEMAN FITCH,  
JOSEPH I. POSTER,  
J. C. GRIMM,  
Committee on Tenders and Public Property

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Must be a competent, keen and aggressive salesman, clean-cut in appearance, of good character and upon familiar terms with the general public. Experience in our business not absolutely essential. Very liberal arrangements and every help given to man capable of producing results. Apply  
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