

THE HOME

A PHYSICIAN TELLS HOW TO GET REST.

When rest is ordered it is a common thing to be met with the reply that it is impossible; but it is often quite possible to get a great deal more than is taken. There are always some people who cannot be induced to rest until some serious illness is brought on and they are compelled to lie by altogether. Vitality is produced only at a certain fixed rate, though this varies greatly, at times and in certain individuals, and unless a proper amount of rest is taken there is danger of the strength being overtaxed. In some cases where this has occurred there is no treatment that can take the place of rest and the patient's whole future depends upon his getting it. He may have to keep his bed for weeks, because in that position he cannot even take exercise, for there are times when exercise of the mildest character would save themselves from falling into any such serious state if they would use reasonable care as to resting generally. Where vital force is low, and the organs that supply it feeble in their action, fresh air for example is most necessary, but it must be obtained without exertion of any kind.

To lie on a comfortable couch out of doors, or even by a wide open window will do good, and precaution may easily be taken against catching cold.

A quarter of an hour, or better still, half an hour spent in sitting or lying down quietly after the midday meal is a good means of strengthening anyone and resting the nervous system. There is no need to go to sleep, though the rest will be more complete if the eyes are kept closed. Many a man or woman would find health benefited by the purchase of a really comfortable chair, for true rest can never be had in a forced position; the muscles of the entire body must be relaxed. Again, many people neglect to get enough sleep at night; if you are called on to rise early you must not keep late hours; eight hours should be the measure for any one who works hard either with head or hands. In the case of a woman whose rest is broken by a baby, she must do her utmost to get a short nap during the day unless she can go to bed very early at night. The same applies to anyone who may bear the charge of an invalid. The old description of burning the candle at both ends may be used for the often highly unselfish people who work continuously without resting; but they would do well, before it is too late, to consider whether it is worth while running the risk of serious illness that might quite possibly incapacitate them from any duty at all.

HOUSEHOLD HINTS.

Add a little boiling water to an omelette to keep it from being tough. If you grease the iron rim of a kettle its contents will never boil over.

If you find the oven too hot and your cake commencing to burn, set a pan of cold water in the oven.

Never fold a fur-lined garment when putting it away for the summer. Put around it a large cloth lined with newspapers and hang it up.

Keep your spices in glass bottles with screw tops—such as peanut-butter jars. A glance will tell you the contents, even if marked covers did get mixed.

As a substitute for hot-water bags, use common flannel bags made in convenient sizes, with drawstrings. Fill them with hot sand or salt, keep a half-dozen ready.

Stuff wet shoes with oats or paper, and rub the outside with sweet oil to prevent stiffening of the leather.

If a little sweet milk is rubbed over the tops of rolls or loaves of bread (just enough to moisten them) before they are placed in the oven, the crusts will be a rich brown and much softer.

If there's the faintest suspicion of moths about the edges of the carpets cover with a damp cloth and iron with very hot irons that will drive enough steam through to destroy moths and their larvae.

All nails and hooks used where damp articles will be hung should be dipped in paint and dried before being put up. Then there will be no rust.

To swallow a dose of castor oil heat a cup by pouring boiling water into it. As soon as the cup is thoroughly heated, pour the water out and immediately put into the hot cup your dose of oil. You can then swallow it as you do a raw egg, and with as little inconvenience.

A dirty well is more dangerous than a dirty kitchen, but both are abominations.

HEADACHES.

Headache may be due to dozens of different causes. It may be due to a lack of sufficient supply of blood to the brain, as in an anemic condition. There is often in this instance a light, empty feeling at the top of the head. The anemic person should be given the temporary assistance of a blood tonic. He should be turned out of doors, and kept there, to get his blood thoroughly oxygenated. He should drink as much milk as will agree with him, and also should eat raw eggs.

A dyspeptic headache may be known by the pain being worse after eating. It is accompanied usually by costiveness, acidity, and a sick feeling. Hot water with a little bicarbonate of soda should immediately be administered, followed a little later by a dose of castor oil.

For the hysterical headache, a plunge into the cold bath, head and all will bring immediate relief.

The congested headache, which may be a periodical result, should be treated by hot mustard foot-baths, or the sitz bath, or both, and a cold compress may be applied to the head.

When the headache is caused by persistent drinking of hot water, the use of the emma, followed by a very hot, relaxing bath will prove remedial.

The neuralgic headache is difficult to treat, for there is so little that will bring relief. In the writer's experience a hot bread and oatmeal poultice has been found to bring some relief, and to induce sleep.

Sick headache comes on violently, lasts about an hour or so, and is followed by sickness, nausea and yawning. The patient usually raises a sour liquid, after which relief is experienced. This disease is often inherited from gouty parents. Its treatment is unsatisfactory and uncertain.

But it may be said of all headaches that hygienic living is the best antidote. In the first place, the patient must distinctly refuse to love his headache, and make a pet of it. He must become wholesome in mind and body. He must rid himself of every impurity possible by sensible diet. If he will cut out meat, tea and coffee as an experiment, when he has been habitually subject to headaches, will keep the bowels relaxed by the liberal eating of fruits at the proper time will, temporarily, eat less and not as frequently as usual, will take daily exercises in the open, and as much as possible will drink water liberally, and not worry, we believe that his chances for a wholesome recovery from almost any kind of headache are legion.—G. F. B.

WHEN YOU DO NOT SLEEP.

Take the thousands of nervous people who do not sleep well. All day long they fear they will not be able to sleep. As night approaches they become more and more convinced they will not be able to sleep. They go to bed with the settled conviction that they will not go to sleep. Now such individuals, in addition to baths and other physical treatment, will do well to go to bed with the idea uppermost in their minds that they will go to sleep, and not care at all if they do not sleep.

If you can't sleep, relax and rest. That of itself will not only do you good, but by giving up you will be surprised how soon you will be asleep.

It is the knowledge that they are awake that keeps thousands of people from sleeping. Relieve the mental tension remove the anxiety and you effectually destroy the state of worry. If anxiety comes to you, and you are prone to say "It never rains but it pours," repeat to yourself the philosophy of the old woman who steadfastly by one saying refused to allow herself to worry: "Perhaps, after all, maybe it isn't so."

WORRY AND FEAR.

Worry and fear are at the root of nervous prostration and possibly half our ills. If we could wrest ourselves from the clutches of these two tyrants what a world this would be! As it is, we go through life in a fear of almost everything. We fear it is going to rain or be too cold or be too hot; that we are going to have rheumatism or appendicitis; that this or that is going to give us dyspepsia, that the banks are going to fail, that world's, neither some of us that cholera or typhoid fever or some epidemic is coming next year. And sure enough the things that we fear and dread generally come; it is a way we have, and it is in accord with law. We are beginning to understand this, in some degree, and the sooner we think of health and prosperity and all good things, the better it will be for us. The old law of "everything shall thou eat" is all right.

Let us take the good things with gratitude and not with health and happiness destroying fear.—Edward B. Warman.

A MARTYR TO HAY FEVER

"Fruit-a-lives" Cured After 15 Years' Suffering

CORNWALL CENTRE, ONT., NOVEMBER 27th 1911.
"I was a martyr to Hay Fever for probably fifteen years and I suffered terribly at times. I consulted many physicians and took their treatment, and I tried every remedy I heard of as being good for Hay Fever but nothing helped me.

Then I heard of "Fruit-a-lives" and decided to try them, and I am thankful to say that this remedy cured me completely.

To every sufferer from Hay Fever, I wish to say—"Try Fruit-a-lives." This medicine cured me when every other treatment failed, and I believe it is a perfect cure for this dreadful disease—Hay Fever!"

Mrs. HENRY KEMP.
The real cause of Hay Fever is poisoned blood, due to the faulty action of the bowels, kidneys and skin. "Fruit-a-lives" cleans the blood by regulating bowels, kidneys and skin—and thus relieves the excessive strain on the nervous system. Try "Fruit-a-lives".

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

OUR BABY.

When the morning, half in shadow,
Ran along the hill and meadow,
And with milk-white fingers parted
Crimson roses, golden-hearted
Opening over ruins hoary,
Singing larks and pleasant thrushes
That's the time our little baby
Strayed from Paradise, it may be,
Came with eyes like heaven above her
And we could not choose but love her!

Not enough of earth for sinning,
Always gentle, always winning,
Never needing our reproving,
Ever lovely, ever loving;
Starry eyes and sunset tresses,
White arms, made for light caresses,
Lips, that knew no word of doubting;
Often kissing, never pouting.
Beauty even in completeness
Overflow in childish sweetness—
That's the way our little baby,
Far too pure for earth, it may be,
Seemed to us, who while about her,
Deemed we could not do without her.

When the morning, half in shadow,
Ran along the hill and meadow,
And with milk-white fingers parted
Crimson roses, golden-hearted,
Opening over ruins hoary
Every purple morning glory,
And outshaking from the bushes
Singing larks and pleasant thrushes
That's the time our little baby,
Pining here for heaven, it may be,
Turning from our bitter weeping,
Closed her eyes as when in sleeping,
And her white hands on her bosom
Folded like a summer blossom.

Now the litter she doth lie on,
Strewn with roses, bear to Zion,
Go, as past a pleasant meadow
Through the valley of the shadow;
Take her softly, holy angels,
Past the rank of God's evangelists,
Past the saints and martyrs holy
To the Earth-born, meek and lowly;
We would have our precious blossom
Safely laid in Jesus' bosom.
—From "Poems and Parodies," by
Phoebe Cary, Boston, 1851.

PLAIN FUNG.

When making bread reserve enough to make one large loaf. Add to it one-quarter cup of butter softened, a saltspoon of salt, three well-beaten eggs and three rounding tablespoons of sugar. Work well together, then knead five minutes. Put the dough in a bowl, cover and let rise very light. Turn out on the board and shape into small buns. Set these together in a buttered pan, brush with milk and let rise again which will take but a short time. Press a raisin into the top of each, brush again with milk, dust with sugar and bake.

S. S. Westport Ashore

The Insular S. S. Co.'s steamer Westport, bound from Yarmouth for Westport, struck a ledge at Deveau's Cove about four miles from Cape St Mary's at 4:40 Wednesday afternoon. She had on board at the time of the disaster seventeen passengers, all of whom were landed in a small boat without any difficulty, the water being smooth with the ebb tide. The passengers were sent to Metegan and afterwards across the bay by power boat.

The steamer was floated about 11 o'clock the same night and taken to Metegan where she will probably be repaired. She will require a new keel and other repairs to the hull, as it was quite rough during the flood tide. We understand the loss is covered by insurance.—Digby Courier.

FURNITURE POLISH.

This is a very effective and quickly made furniture polish. Take equal parts of turpentine and vinegar, and a quarter part of salad oil. Mix all well. To use, dip a flannel rag in the mixture, and rub it well on the furniture; then polish with a duster.

Never marry a man with the belief that you can reform him, girls. If his self-esteem has not been strong enough to save him, the influence of the best woman on earth will not avail.

A Notable Example

"I have a sister-in-law who is seventy-eight years old, and for the last fifty years she has not eaten a particle of meat, fish, eggs, chicken, butter, nor anything in the way of grease of any kind. She has never had a day's sickness nor a pain nor an ache. She lies down at night and awakens in the morning in the same position. She lives on fruit, grains, vegetables and nuts. She never drinks tea or coffee—nothing but water. Fifty years ago, and for twenty-five years, we considered her a crank, but she buried her parents, two sisters and one brother, her husband and two children, and is likely to bury the entire generation in which she lived. She is so active that she asks the privilege of going up and downstairs and doing errands for the family, considering that she can do it more easily than those much younger than herself. This may certainly be considered a strong tribute to her hygienic and strict manner of living, and I can see no reason at all why she may not live to be a full hundred years old."

God bless her old soul! Here's hoping she may come in on the home run as fresh as a daisy kissed by the morning dew. She richly deserves it.

Milk is a cheap food. One quart of milk is equal in food value to: Three-fourths pound lean round of beef.

Five pounds spinach.
Seven pounds lettuce.
Four pounds cabbage.
Two pounds salt codfish.
Three pounds fresh codfish.
Two pounds chicken.
Four pounds beets.
Five pounds turnips.
One-sixth pound butter.
One-third pound wheat flour.
One-third pound cheese.

Compare the prices of the above articles; the time required to prepare the amount of gas and coal required; the amount of waste, and realize how cheap and good a food milk really is. Milk is the best food for the nursing mother. Best food for the weaned baby. It is a cheap food. It is a clean and safe food. Milk makes muscle. It has no waste. It requires no cooking. Milk is a good food for the sick. It is the best food for all—from infancy to old age.

A CLOSE CALL.

What might have been a more serious occurrence took place near Hebron on Friday night. Our esteemed fellow citizen, George Treffy, was returning to Yarmouth when his carriage was struck by an auto which was returning to town. Mr. Treffy heard the auto horn but being well over on his own side of the road, did not anticipate any trouble. He was mistaken, however, as the auto, instead of taking the opposite side in order to pass him, kept to the left and so doing broke several spokes of the wagon. Mr. Treffy was thoroughly alarmed, not knowing the force of the collision and fearing his horse might bolt. The following morning he endeavored to locate the auto and its driver but failed. If there is any excuse for such an accident Mr. Treffy would like to know it.—Yarmouth Times.

Men's Cool Furnishings

FOR WARM SUMMER DAYS.

Shirts--

MEN'S NEGLIGEE SHIRTS, made in all Newest Styles, 60c, 85c, 95c, \$1.00, \$1.25, \$1.50, and \$1.75.
MEN'S SILK SHIRTS, \$3.75 each.

Half-Hose--

We have a very fine stock of HALF-HOSE in Plain Black Cotton, Colored Cotton, Black Cashmere, Fancy Lisle Threads. Prices run from 20c. to 50c. per pair.

Straw Hats--

MEN'S STRAW HATS in the very Newest Shapes. Prices from 50c. to \$2.00.

GILBERT E. HARTT.

Corner Granville and Queen Streets, Bridgetown.

Merchant Tailoring

I am placing a range of twenty suit ends of TWEEDS and ENGLISH WORSTED in a sale for CASH at \$15.00 per suit, (your choice) marked down from \$20.00 and \$22.00 per suit.

These suits are made up by me to your measure and guaranteed in every way.

Call and see them.

EDWIN L. FISHER,

Merchant Tailor

Men's Low Shoes at a Bargain.

We have about 50 pairs of Men's Low Shoes in broken lines and sizes, which are clearing out at greatly reduced prices. Look over the list below and if you find your size do not fail to buy at once. All high class goods.

ASTORIA, Patent Blu. Oxford, Goodyear Welt. sizes 1-5. 1-6. 1-6. 2-7. 2-7. 2-8. 2-8. 1-9.

Regular price \$4.25 now only \$2.98

DERBY, Tan Calf Blu. Oxfords, welt. sizes, 1-5. 1-6. 1-8. 3-8. 1-9. 1-10.

Regular price \$4.25 now only \$2.98

DERBY, Gunmetal & Box calf Oxfords, welt. sizes, 1-5. 1-6. 2-7. 2-7. 1-8. 1-8. 1-9.

Regular price \$4.25 now only \$2.98

Many other good shoes at similar reductions.

J. H. Longmire & Sons

The Monitor Wedding Stationery

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.

NEW SPRING GOODS

JUST ARRIVED! A large shipment of Spring Goods in the latest shades. Leave your order now for your SPRING SUIT.

T. J. MARSHALL

Real Estate

For Sale

ORCHARD FOR SALE.

23 acres of choice orchard land, situated at Wilnot in the heart of the apple-bearing district of the Annapolis Valley. Land once owned by the late Brower G. Stronach. Fine young orchard of about 400 trees, about seven years old, now on the property. Property will be sold on easy terms to purchaser. Apply to Eastern Canada Savings & Loan Co., Halifax, or FRED W. HARRIS, Annapolis Royal.

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.

FOR SALE.

One-half double house, nine rooms, with barn and garden plot. Also small house and barn with acre of land, containing fifty fruit trees. Also ten acres field, situated on Granville street. Sold separately or combined. Apply to H. M. CHUTE, Bridgetown, May 20th.

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.f.

RESIDENCE FOR SALE.

Situated on Granville St., Bridgetown, contains large dining room, and pantry on first flat. Six bedrooms and bath room on second flat. Basement contains summer kitchen, laundry and cold storage room. Heated by furnace. Hot and cold water. Apply to JOHN IRVIN, Agents

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.

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At the Head

The man at the head of affairs whether at home or in business, is the one whose attention you wish to attract.

Our paper goes into the best class of homes and is read by the head of the family. That accounts for the results obtained by the use of Classified Want Ads.