

Insurance Agents

INSURE
in theNova-Scotia-Fire
Strong-Liberal
PromptGet our rates before placing or re-
newing your insurance

C. B. LONGMIRE

Halifax Fire Insurance Company

ESTABLISHED 1809

We are insuring properties of every
description, and solicit your patron-
age. Our rates are low. Cash assets
over \$400,000. Losses promptly set-
tled.

Agent,

W. W. CHESLEY

Bridgetown, N. S.

Stock,
Workmanship,
Design & Priceare the points to be considered in
buying GRANITE OR MARBLE
MONUMENTS. It is my aim to
please in each of these points those
who favor me with their orders.

Catalogues on request.

Address Bear River Post Office.

THELBERT RICE,
Bear River and NictauxBRIDGETOWN
SHORTHAND SCHOOLA Class for the teaching of Short-
hand will be held on

MONDAY and THURSDAY Evenings

(7.30 p.m. to 9.30 p.m.)

in the

MONITOR HALL.

TERMS:—25 Cents per Lesson.

N.B.—A Typewriting Class will com-
mence at an early date.F. W. MICKLEWRIGHT,
Principal

FARM FOR SALE.

At Albany, farm of 250 acres; 15
acres under cultivation, part orchard,
90 acres pasture, balance wood and
timber land, including 25 acres hard
wood never cut. Good house of 8
rooms, barn, carriage house, etc.
For terms and other information
apply toM. K. PIPER,
Monitor Office.NATURAL GAS FOR
I. C. R. WORKSHOPS.Furnishes Heat, Light and Power at
Big Plant of Government
Railway.The workshops of the Intercolonial
Railway are now piped with natural
gas which is being used extensively
for the generation of power. Ex-
periments conducted for some time
have demonstrated that the natural
gas could be used more economically
and to better purpose than the pro-
ducer gas from the Railway plant
and this is to be closed down and
held in emergency reserve.The entire Railway plant is now
supplied with the natural gas which
is used under six large boilers and
in all the forges and gas engines as
well as for heating purposes and for
the generation of electricity for both
power and light.Natural gas is also being used in
the General Offices and the station as
fuel with the most satisfactory re-
sults.Successful experiments have also
been made in car lighting, and pipe
lines now supply the Pictou Gas pro-
ducing plant and the cars passing
through Moncton are charged with
natural gas for illumination.If you are troubled with chronic
constipation, the mild and gentle ef-
fect of Chamberlain's Tablets makes
them especially suited to your case.
For sale by druggists and dealer.

We take this opportunity of
thanking the general public
for the very generous patron-
age we have received during
the past and wishing one and
all a Happy New Year.

J. HARRY HICKS



The delicate flavor of
Morse's Tea appeals to
particular people, and its
rich strength quickly re-
freshes. It is an ideal
blend of fine Indian and
Ceylon Tea.

MORSE'S
Standard
TEA

Stable Fittings

We are agents for the celebrated "Beatty Bros." line of Stable Fittings and are prepared to give low prices on steel fittings of all kinds, such as STALLS and DIVISIONS, STANCHIONS, LITTER CARRIERS, and steel and wood Hay Track fixtures.

Write for free book called "How to build a Dairy Barn." It is worth having.

Bridgetown Foundry Co. Limited

NERVOUS PROSTRATION.

What Causes it and How it May be Avoided.

Nervous prostration is a more or less complete collapse of the nervous system. It occurs when the sufferer has urged himself beyond the limit of the nervous endurance. It is most common in early or middle life, when the nervous system is most constantly taxed. When it occurs in the very young, excessive work at school is usually the cause. When it comes on later in life, it is because of the struggle for existence is proving too severe.

The breakdown is not always caused by actual overwork. Sometimes it means, in old-fashioned phrase, that "the candle is being burned at both ends." Only very strong people can work hard and keep late hours as well. The man of average physical powers must make up his mind to devote himself to his work and get his recreation in healthful occupations outdoors. As a means of rest and amusement for the tired business or professional man nothing is better than a game of golf—not taken too seriously.

Nervous prostration does not declare itself without warning. There are many danger signals. It may be no longer possible to accomplish the usual quantity or quality of work because of impaired memory or loss of the power of concentration; peevish irritability and tendency to constant fault-finding may appear in a person formerly equable and serene; headaches may return each day at about the same time—that is to say, as soon as a certain degree of fatigue is reached; there may be nervous indigestion and the simplest food may cause distress. In some cases the mental depression is so great that a strong man at the least provocation will burst into tears like a girl.

Most cases of nervous prostration could have been prevented if taken in time. The ordinary man is intelligent enough to recognize in himself the many signs of overstrain, and there are few so driven by circumstances that they cannot, if they choose, relax a little and evade the coming trouble.

If another hour is added to the night's sleep, another mile added to the daily walk, an occasional day deliberately taken for complete rest, an interesting hobby taken up, the habit of worry firmly checked, the nervous system will quickly right itself. Worry is the greatest spendthrift of nervous force. We should all learn to be as obstinate about not worrying as we often are about worrying unnecessarily.—Youth's Companion.

The Charlottetown Guardian is authority for the following: "In one of the Charlottetown schools the other day a number of children were found smoking cigarettes. The cigarettes had been sold to these children by a person who could scarcely be ignorant of the fact that he was not only violating the law, but that he was committing a much more serious crime, namely, starting innocent children on the road that leads almost inevitably to ruin. There is a severe penalty for selling cigarettes to children and the penalty should be exacted with merciless severity. The man is little less than a fiend who will commit this crime, and we trust that the parents of those who have been given this first push downward will see to it that the villain will get the full benefit of the law." Probably in most of our towns similar conditions exist. We have seen boys of tender years, on the streets of Halifax, smoking cigarettes. If a few examples were made of those who, in defiance of the law sell tobacco to minors, a check might be given to this evil.

TO TEACH LOVE.

Novel Idea Planned to Increase Marriages and Births in Germany.

Germany like France has been steadily facing a declining birth rate. This is causing much worry, especially in a country where every boy born is counted as a military asset. In Prussia the total number of births in 1911 was 1,222,000, a loss of 84,000 from the preceding year and a loss of 69,000 from the average of the decade.

The situation is becoming so alarming in Germany that Dr. Wolfgang Hassall, of Munich, is planning to start a university of love. He claims that this is the only way to save Germany's marriage and birth rates. Just as universities of science fit men for life by making them scientific, so will universities of love fit them for domesticity by making them amorous.

In his idea Herr Hassall is very serious. He does not intend to call his place of learning university of love, but High School of the Marriage-Sciences. However, the High School will approach marriage only by way of love.

The practical obstacles are great. The High School will hold at most only 500 pupils, male and female, while there are 60,000,000 Germans who love, will love, or could, would, or should have loved. To teach all is impossible.

Herr Hassall states that the university will not train lovers, but teachers of love. When the 500 men and maids have graduated in the High School of Love, they will be turned out not to love selfishly and narrowly themselves, but to spread the gospel and science of love among the loveless of Germany.

The curriculum of Dr. Hassall's university of love is outlined roughly. There will be regular lectures, illustrated by pictures, diagrams and the biograph. One series of lectures will elucidate coquetry and flirting.

Biologists, zoologists and anthropologists will expound coquetry as observed among lower animals and savages, and experts on ethics will draw the fine line between legitimate coquetry which grants kisses in dark rooms and other dangerous flirting which so very often has such a direful ending.

Next in the curriculum is The Psychology of Attraction. Attraction differs from coquetry in being a real, though minor, part of love. Professors of the science of attraction will tell what things attract and what repel; why fair women like dark men; why fluffly maids who dread mice ache for masterful husbands who tame lions.

While the graduates are studying attraction they will also attend lectures on The Instillation of Love, to learn how to inspire love in indifferent hearts. Dr. Hassall stands for "conscious, consequent wooing."

Dr. Hassall proposes seven other courses of lectures. The last deals with that dull subject, Love After Marriage. It will teach brides and bridegrooms to keep alive forever the sacred flame.

Many prominent Germans have been appealed to by Dr. Hassall to support his scheme and so far he has had many favorable answers. Whether the university of love will ever be founded remains for time to tell. At present it is only a one man's idea, but still there is much in the argument that might later further plans for such an institution of learning.

The Parisian Aristocrat of To-day.

"I once heard a mischievous Englishman," says Miss M. Amnesley in her book, "My Parisian Year," "ask a duchesse of the old school if she were going to a garden party at the President's palace. Her head went up into the air and she answered haughtily, 'I am sending my janitor.'" The writer adds that nearly all these Faubourgeois are royalists and nearly all religious; that they live in a world of their own, ignore the republic as much as possible and keep up as well as they can the old pomp. "It always seems to me that they are waiting. They and their ancestors have seen republics come and go. 'Will it last forever?' they seem to ask."

Curious Murder Case.

Some years ago a murderer in the duchy of Brunswick escaped death for a curious reason. For over twenty-five years there had been no murder in the duchy. The law enacted that the murderer should be beheaded, but no one could be found who would undertake this but of date method of execution.

Finally the regent commanded that the condemned man should be shot or hanged, but here arose another difficulty. The method of execution could not be altered without a special act of the Legislature. Finally the regent had to send a despatch to the governor of the prison commencing the sentence.—Pearsons.

The Moat.

Before the days of artillery the moat was an effective means of defense, particularly when filled with water. In very large forts or castles it sometimes assumed the dimensions of a lake, being often 100 yards wide and ten to twenty feet deep. The moat was crossed by a drawbridge, which could be raised at an instant's notice. When the moat was too wide to permit of this bridge covering the entire distance a slight wooden bridge was employed.

St. Peter's in Rome.

In Rome fifteen architects succeeded one another in the construction of St. Peter's during the pontificates of twenty-eight popes and during a period of 176 years. According to the calculation of Carlo Fontana, the cost of the building, exclusive of the gifts used, was over \$60,000,000. It takes \$50,000 a year to keep the edifice in repair.

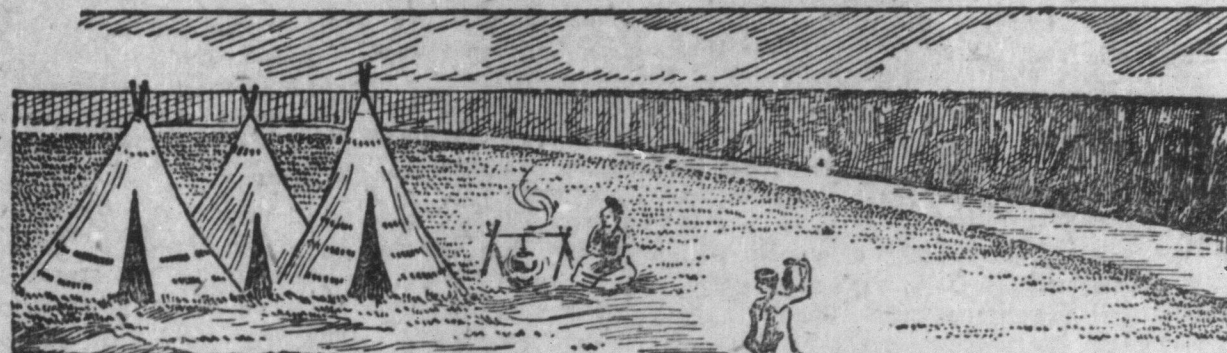
He Will Find His Mistake.

She—So Jack married that girl who used to make him so angry by trumping his ace at whist.
He—Yes; he probably thought he could manage a woman who didn't have any more brains than that.

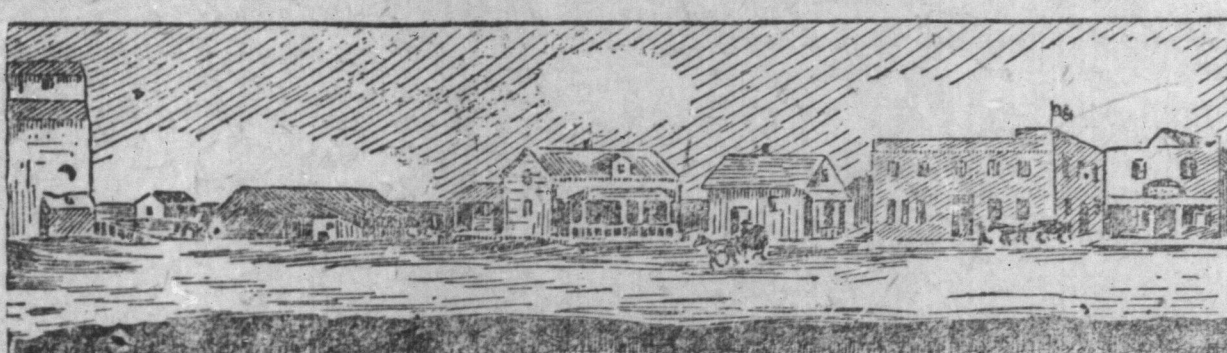
YOU CAN MAKE MONEY IN

Carmangay

"The Star of Alberta"



PAST The splendidly strategic site of Carmangay was discovered by a far-seeing, shrewd railway engineer attracted to the district by the lure of the finest wheat in the Canadian West. He snapped up lands where the wide canyons of the Little Bow River narrows to a point. Here must all railways cross. The C. P. R. came and the shipping center created went ahead by leaps and bounds.



PRESENT Carmangay to-day is a thriving incorporated town, with not less than 53 business places. Her up-to-date electric and natural water supply systems are owned and operated by the people. Carmangay boasts an eight-roomed schoolhouse, two banks and four big elevators, shipping over a million bushels in 1911 and 1½ millions in 1912. Carmangay has coal mines operating, and the entire district is underlaid with coal of finest Galt quality.



FUTURE Carmangay grows as Alberta grows. That means a wonderful future. Four new railroads are heading for Carmangay. Four new elevators are trying to cope with the tremendous wheat yields of the district. The mines are opening up splendid prospects. Carmangay is being rapidly developed into one of the greatest towns in the Canadian West. YOU can just as confidently invest in Carmangay as her own people do, who are building in brick and stone for a tremendous future. Carmangay has her own supply of finest brick clay and stone right at her doors, and will soon supply her sister cities in Alberta.

We are Now Meet-
ing the Demand For
Choice Lots In

Alta Vista

The High Class
Residential Section
of Carmangay

Already Alta Vista has beautiful homes costing as high as \$4,000. Every lot is guaranteed high, dry and level. Alta Vista is only a block from the Post Office and City Hall.

ON THE FIRST OF THE MONTH PRICES IN ALTA VISTA WILL INCREASE \$25 A LOT
Time is money in Alta Vista (Carmangay) to-day! Buy at once. Send coupon for booklet with views, maps, etc. DO IT NOW.

Western Canada Real Estate Co.

Head Office, 204 KENT BUILDING, TORONTO ONTARIO

HEAD OFFICE:
204 Kent Building, Toronto

BRANCHES

Montreal, 812 New Birks Building.
London, Ont., 11 Dominion Bank
Chambers.
St. Thomas, 384 Talbot St.
St. Catharines, 700 Queen St. East.
Halifax, Kingston, Ottawa,
Midland, Brantford, 6 Temple Bldg.

Cut Out and Mail This Coupon To-day

WESTERN CANADA REAL ESTATE CO.
204 Kent Building, Toronto, Ont.

Please send, without obligation on my part, literature
containing facts, figures and views of Carmangay.

NAME.....

ADDRESS.....

MONITOR-SENTINEL, Bridgetown, N. S.

UNITED STATES AND MEXICO.

There is a growing feeling in the United States that the situation in Mexico is becoming intolerable. The failure of the Mexican Government to afford protection to American life and property, if it should continue, will compel the United States to resort to force. The point is about reached beyond which the United States cannot, with self-respect, endure more. A sharp note of warning was sent to Mexico three months ago, and now Secretary Knox has found it necessary to draft another note to President Madero. It is said that conditions in Mexico are worse than before. The United States Government has been very patient with the neighboring republic in its difficulties, but there is a limit to human patience, and when that limit is reached, something is bound to happen.—Presbyterian Witness.

ADOPTING GERMAN SYSTEM OF CITY GOVERNMENT.

In some German towns managers are engaged by the municipal council for the purpose of carrying on the corporation business. These managers are especially qualified for their task, and are engaged usually as a result of advertisements calling for applications. A similar idea is now being worked out in the town of Sumter, South Carolina. This town has advertised for a city manager, who is to have complete administrative control of all branches of the municipal government. One who is an expert in managing public works, such as water supply, lighting and paving, is especially desired. It is assumed that his activities will be limited to the carrying out of construction and repair work, the work of providing education and policing the town being left in other hands.

SUFFRAGETTES AT ALBANY.

Albany, N. Y., Dec. 29.—Tired and footsore but still enthusiastic and gloriing in the fact that they reached their destination two days ahead of the schedule, the little band of suffragette pilgrims, who walked one hundred and seventy-four miles from New York to present a message to Governor-elect Sulzer, advocating votes for women, arrived in Albany shortly after four o'clock this afternoon.

A Des Moines man had an attack of muscular rheumatism in his shoulder. A friend advised him to go to Hot Springs. That meant an expense of \$150.00 or more. He sought for a quicker and cheaper way to cure it and found it in Chamberlain's Liniment. Three days after the first application of this liniment he was well. For sale by druggists and dealers.