

# THE CENTRAL GUARDIAN

RESERVE FRIDAY, 21st for big entertainment in Pownall Hall. 9362-5-19-21.

**WEST RIVER, KINGSTON AND CORNWALL.**—Services Sunday, May 23rd: West River, 11 a. m.; Kingston, 3 p. m.; Cornwall, 7:30 p. m. These services will be conducted by Rev. C. U. MacNevin. Sabbath School in Cornwall at 11 a. m.

**THE WATERFRONT.**—The S. S. Fredensborg docked at Railway Wharf at 6 a. m. Monday, May 17th, having anchored off the harbor for the night. Capt. Jansen, who commanded her when she loaded here last fall with potatoes is still her master. She encountered some fog on the trip up from Baltimore, which extended the trip up practically one week. R. T. Holman, Ltd., expect to get cargo of six and a half million pounds of fertilizer unloaded this week. The whole shipment goes out by train. The S. S. Start with about half the above quantity is expected Tuesday or Wednesday. She will dock at Holman's Wharf and local deliveries will be made from her or from Holman's Wharf Warehouse.

### PERSONALS

Mrs. P. V. Robin left yesterday on a visit to Boston.

Mr. Laughlin McDonald, East Point was in the city yesterday.

Mrs. Peter A. McMahon, Emerald spent the week end in the city visiting her many friends.

Mrs. H. C. Spence left yesterday morning for Montreal where she is undergoing treatment at the Royal Victoria Hospital.

### Spring Clean Up

As the winter season is closing and we are entering the spring, we look forward with expectancy and in anticipation of clear spring air and sunshine. Springtime is the most glorious season of the year. For its fullest enjoyment it brings certain responsibilities too. It is the growing season and to assure well being in the fullest sense we must be assured of a condition of Healthful Cleanliness.

So important is this that Clean-Up Week becomes a community undertaking that means an individual responsibility and now is the time to clean up thoroughly and make the corners and the hard-to-get-at places spic and span. Clean up the house and the yard, and the Alley as well. When you "Chase Dirt," completely away you are assured of better health.

Nothing more strongly symbolizes the spirit of Healthful Cleanliness than the little Old Dutch Lady chasing dirt and would be a worthy ensign for this clean-up campaign. The reward of a successful "Clean-Up-Week" is the pride of a spic and span community, a spic and span home, and the added enjoyment and comfort which Healthful Cleanliness brings.

**ALEXANDRA ROSE DAY, EMPIRE DAY, Friday, 21st.**

**EVERY PAGE** in our Spring Bulletin contains values not surpassed anywhere in Canada. Investigate and be convinced.—**SEN-CLAIR & STEWART, LIMITED,** 9372-5-20-21.

**DON'T FORGET** to attend sale of George Kelly's, Emerald Junction on Thursday, May 20th instead of Saturday, May 22nd.

### Stock Quotations

**HALIFAX, May 19.**—Quotations furnished by Johnston and Ward, Members of the Montreal Stock Exchange:

At. Top. and Santa Fe Ry.	130 1/4
Am. Can. Co.	41 1/2
Atlantic Refinery Co.	23
Am. Locomotive Co.	94 1/2
Am. Smelt. and Refng. Co.	114 3/4
Anacosta Cop. (Min. Co.)	45
Canadian Pacific Co.	159
Chile Copper Co.	32 3/4
N.Y. Cen. and Hud. Riv. R.R.	121 1/2
Consolidated Gas Co.	91 1/4
International Paper Co.	46 3/4
Mis. Kan. and Tex. Ry.	19 1/2
Kelly Springfield Tire Co.	12 1/2
Pan-Am. Petroleum	84
Reading Co.	83 3/4
Am. Sug. Refng. Co. Pfd.	36
Southern Pacific Co.	100
Union Pacific Ry.	147 1/2
N.Y. Industrial Alcohol Co.	47 1/2
Westinghouse Electric	66 1/2
United States Steel	119 1/2
Bell Telephone	138 1/2
Abitibi	94 1/4
Brazilian	18
B.E. Steel 1st Pfd.	15
B.E. Steel 2nd Pfd.	15
Can. Steamships Pfd.	69
Bridge	94 1/2
Howard Smith	43
Howard Smith Pfd.	96
Laurel Pulp	82 1/2
Montreal Power	223
National Breweries	59
Spanish River	96 3/4
Spanish Ry. Pfd.	108
Steel Co. Can. Com.	99 1/2
Winnipeg Electric	47
Asbestos Com. New	23
Asbestos Pfd. New	73 3/4
General Petroleum	61 1/2
Int. Petroleum	31 3/4
Standard New Jersey	43 1/2
Standard New York	31 1/2

Wheat—May, 159%; July, 135 1/2%; Sept., 131 1/2%.  
Corn—May, 69%; July, 73%; Sept., 77%.  
Oats—May, 39%; July, 41; Sept., 41 1/2%.  
Wheat—May, 150%; July, 148%.

Use Minard's Liniment in the stables.

### Keeping Your Bathroom Clean

By Bertha Morris Parker and Mary Koll Heiner from Hygeia for March, 1925

An unclean bathroom is a problem in sanitation. For ordinary cleanliness there is nothing better than soap and hot water. Most bacteria will not live in their presence.

But after the bath there is usually a line of discoloration around the tub. No amount of soap and water will remove that line. What is the easiest way to remove it?

Mrs. Heiner and Miss Parker tell you about the best types of cleaning agents, and how to keep your bathroom clean, beautiful and sanitary.

When is a bathroom clean? If you have ever watched a hotel maid pick up a soiled towel (discarded by the last occupant), polish the tub and lavatory with it, and walk out, you realize how widely standards of cleanliness differ.

A tub and lavatory cleaned in this superficial way might look sparkling, but cleanliness in a bathroom implies something more than spotlessness. It implies bacteriological cleanliness as well. A spotless bathroom may not be a sanitary bathroom.

Every housewife should certainly clean her bathroom so carefully that there is little risk of body organisms being carried from one member of the household to another. There is one type of bacteria (bacillus coli)—a normal inhabitant of the lower intestine—that will be found in ALL tubs not thoroughly cleansed.

Must Be Free From Bacteria

One question, therefore, which every housewife should ask herself is: Does my method of clean-

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ing make for bacteriological cleanliness as well as for spotlessness? A common reaction when housewives are asked to consider this question is the query: What disinfectant should I use to kill the bacteria? Making the room bacteriologically clean as well as spotless does NOT necessitate two distinct operations. The right cleaning method will do both things at one time. Emphasis should be placed, not so much upon killing bacteria, as upon cleaning fixtures so effectively that no lodging place for bacteria is afforded.

A smooth glazed surface with no film or grease, and with no rough places, is a most inhospitable place for bacteria. If we afford bacteria no opportunity to collect and multiply, it is unimportant whether we kill them or wash them down the drain.

The whole problem really resolves itself into a study of cleaning agents. A housewife should consider the various cleaning agents with the problems of her own particular bathroom in mind. In an ideal bathroom—easily accessible for cleaning, unmarred by previous bad treatment—the problem is comparatively simple.

But most of us, unfortunately, are concerned with keeping in good condition bathrooms which are far

from ideal. Stained and roughened surfaces offer special problems.

- The following questions offer a good test of any cleansing agent for use on lavatory, closet and tub:
1. Will it mar the smooth surfaces of the fixtures?
  2. Will it kill or remove bacteria?
  3. Will it remove the unsightly dirty water line without an undue amount of rubbing?
  4. Is it a grease solvent?
  5. Is it easy to apply?
  6. Is it soluble in water?
  7. Can it be rinsed off easily?
  8. Has it a disagreeable odor?
  9. Will it leave any stains?
  10. Is it injurious to the skin?

**WATER**—Plain water does not meet all the requirements suggested by these questions. Water does not dissolve grease and hence does not remove the film of oil which may adhere to the tub and afford a lodging place for bacteria. It has little effect upon the dirty water line.

**KEROSENE**—Kerosene is a cleaning agent sometimes recommended. It is an effective grease solvent. It will not mar smooth surfaces. It has some germicidal value. But it has certain disadvantages. Its odor is disagreeable. Much hot water must be used to remove it. It is irritating to the skin. Moreover it is claimed, apparently with some justification, that kerosene attracts cockroaches.

**NAPHTHA SOAP**—Naphtha soap is useful if fixtures are in good condition. It will not mar smooth surfaces. It is effective if the water is not exceptionally hard. It is easy to apply and leaves no stains. Many object to its odor, however.

**CHLORINATED LIME**—Chlorine is useful if fixtures are in good condition. It is good for cleaning the toilet. But it will not remove the dirty water line. It often causes skin irritations.

**POWDERED CLEANSERS**—The cleaning agents most commonly used in bathrooms are the powder-

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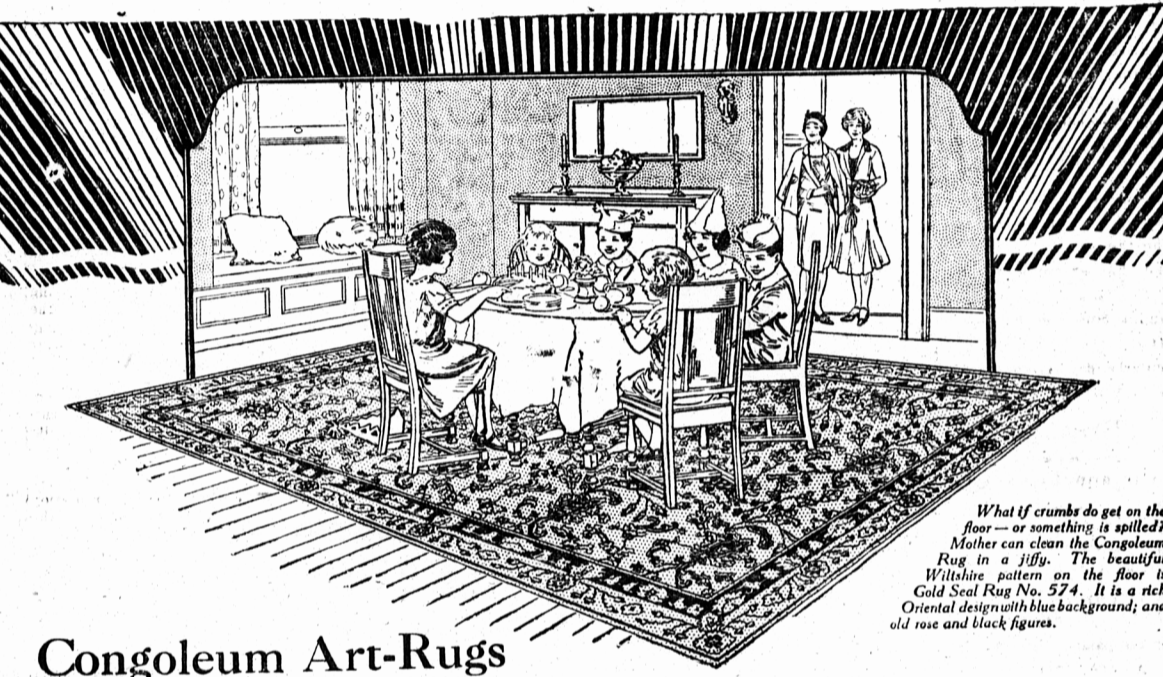
ed cleansers. They are convenient to use and are in most cases odorless. There are various kinds. Whatever its good points, a hard coarse cleanser should be condemned utterly because it mars smooth surfaces. Scratches on these smooth surfaces mean lodging places for dirt and bacteria. The housewife uses more of the coarse cleanser to remove the dirt and bacterium which accumulate in these scratches, and thereby scratches the surfaces to a greater extent and offers increased hospitality to dirt and germs. Any housewife will have increasing difficulty in keeping her bathroom clean.

Very fine powdered cleansers, such as whiting (powdered chalk) do not mar the surfaces on which they are used. The important objection to them is that they are insoluble. The very fine particles, heavier than water, tend to collect in traps, and interfere with drainage.

Plumbers consistently advise against them for this reason. The ideal cleanser is one that is soft, flat and flaky—one that will neither mar fine surfaces, nor clog drains, and will leave surfaces so clean that bacteria cannot thrive.

### Family Must Co-operate

So far as keeping the lavatory, closet and tub clean is concerned, one matter cannot be overstressed—the importance of family co-operation. The housewife should hold each member of the family responsible for seeing that the fixtures are left clean after each using. Dirt which is allowed to dry on the surfaces of the bathroom fixtures does not yield easily. More vigorous methods than would otherwise be necessary have to be used, and time and energy are wasted. If every member of the household does his share the occasional thorough cleaning of the bathroom entails no great effort.



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