

THE LINDSAY POST

\$1.25 per year; \$1.00 if paid in advance direct to publisher We have no subscription agents.

WILSON & WILSON, Proprietors.

Office - - - - - William st.

LINDSAY, FRIDAY, APRIL 1.

THE DEADLY HOUSE FLY

Can flies be abolished? The answer must be in the negative, but if we ask can the fly nuisance be modified, mollified or mitigated, the answer would be in the affirmative.

WHITE SLAVE TRAFFIC

The Moral and Reform Council of Canada, through Rev. J. G. Shearer, D.D., has published a pamphlet of fifteen pages, entitled, "Canada's War on the White Slave Trade."

"The day has passed for proving the existence of a traffic in girls for immoral purposes. It has been demonstrated beyond a doubt. All the world has been convinced of the truth of this terrible statement.

"One thing alone should satisfy us of the existence of the terrible traffic—namely, the fact that more than twenty governments—our own being one—have signed an international treaty, in terms of which each has entered into covenant with all to cooperate in detecting and punishing traders in innocent or foolish girlhood, or in restoring their victims to their own country and friends.

Do You Want Separator Supplies

- or PURE CASTOR OIL (Lubricating) We have it
or STOCK FOODS We have it
or LEC BANDS for chickens We have them
or KENNY'S CONDITION POWDER We have it
or PURE SALT PETRE We have it
or PURE SULPHUR We have it
or PURE CASTILE SOAP We have it
or HOOF OINTMENT We have it
or FINEST SWEET PEAS We have them
or ALL KINDS OF SEEDS We have them

Dunoon's Drug Store

without reason, sign treaties for any purpose. Official and diplomatic inertia is proverbial. Only an unusual need, a need fully demonstrated, a most urgent need, can result in well-nigh all the nations of the world binding themselves together in a great common effort such as that undertaken in the treaty for the suppression of the white slave traffic.

A SPRING BATH

Nature herself exemplifies the truth of the saying that "cleanliness is next to godliness." Old mother earth has had her face thoroughly washed and cleaned of the grime and filth and accumulated unsightliness of winter, and comes forth shining like the rosy cheeked schoolboy fresh from his ablutions at maternal hands.

MEDICAL EXAMINATION IN THE SCHOOLS

The question of medical examination in the schools is a subject receiving considerable attention throughout the province at present. Many papers have pointed to the importance of, and the great and pressing need for medical examination in the schools.

"Medical inspection in the schools has been revived by the meeting of the Women's Council, and one is inclined to believe that as a result of the campaign which is now being conducted, the schools will be better cared for.

"The public schools have been improved in many respects. They are airy and comfortable, well heated and well ventilated, and the course of study is such that the average pupil should make good progress. But the want of medical examination is the drawback, and is a positive disadvantage.

"The children should be subject to medical examination for their own sakes. They should be helped by kindly advice, rendered at the proper time, when they are young. They should be classified when there is a tendency towards diseases or bodily ailments that are contagious. The competition of the school, or its spirit is very desirable, but the physical condition should be acceptable in any case.

Now what can or should be done in Kingston is not apparent to the board of education. The subject is on which the trustees as well as the people want light, but is available for the asking. Dr. Knight journeyed all the way to Guelph to enlighten the people on the question, and he would no doubt be quite willing to serve the people of Lindsay in the same way if asked to do so.

The Hamilton Spectator, in answer to the suggestion from Stratford that the government should bear part of the expense, makes the following statements:

"Medical inspection of public school pupils, and in particular, regular medical inspection, is a good thing, as has been proven in Hamilton, but it is a good thing which should be undertaken by municipalities. Taking advantage of the authority given by the School Act, the Hamilton Board of Education, a couple of years ago, appointed to the staff a trained nurse, working under the direction of the medical health officer of the city, who was to regularly visit each of the schools and personally examine the pupils.

"Not only has it proven its value, in the cases of the scholars in connection with their work in class, but the city has been benefited by it an extent that it would be difficult to estimate. As is well known school rooms are the spreading places for epidemics of various contagious diseases, peculiar to childhood, and the records show that since the appointment of this regular health visitor to the schools, this city has been singularly free from any serious epidemics of this sort.

"Stratford would do well to try medical inspection in her schools and if her experience is like Hamilton's the people would not object to paying the whole cost of the work, as they should."

Pleasant Trip To Sunny South

Mr. Bert Naylor Had Delightful Outing in Land of Sugar Cane and Cotton

Mr. Bert Naylor, who for the past three months has been through points of interest in both Florida, Cuba and the Southern States, returned home on Friday evening last.

HOW HE TRAVELLED.

Bert reports a most enjoyable trip, and that's saying nothing for the time spent at the historical centres.

Mr. Naylor left Lindsay on the morning of December 27th, 1909, and landed in Jacksonville, Fla., on Jan. 2nd 1910. On leaving Lindsay, he travelled by rail to New York, where to change and make his trip somewhat more interesting he boarded an ocean liner for Charleston, arriving there on Friday morning, December 31st. After spending several days in Charleston he passed on through to Jacksonville from where he crossed the Gulf of Mexico for Cuba. Some time was spent at Havana, after which a return trip was figured among the historical centres in the Southern States and Northern Mexico.

A BEAUTIFUL CITY

Charleston is a most beautiful place in Mr. Naylor's estimation. It nestles on the sea shore, is wafted by sea breezes and has beautiful parks. It is a centre not alone for fruit shipping, but a busy centre, for the export of tobacco and cotton. The buildings in this city are more historic than any other centre in the south, being strictly associated with ante-bellum days.

In arriving at Jacksonville a sight meets the eye that very few tourists can describe in words. The city is a mass of beauty, beautiful boulevards, flower centres and palm trees in abundance. The city has a beauty about it which attracts the visitor, like a subject under a spell of the magic wand. The city is surrounded with

FRUIT ORCHARDS AND GROUNDS

Peach and orange trees fringe the city for miles, thousands of acres lying along the sea coast railroad, while the country loads cut through the orchards like a lane through a Canadian farm. The fame of this city is not alone centered on its orchards but also on account of the hospitality of its citizens. Tourists are in abundance from all centres of the globe, Canadians, Americans, English, Irish, French, and practically all countries of the world are represented. Jacksonville is protected

by a large sea wall on the east and north sides, being on a sort of neck of land or point almost surrounded by the Atlantic. It is near this city at Ormond, Daytona, beach that the

LARGEST AUTOMOBILE RACE TRACK

in the world is situated along the sandy beach of the Atlantic. It is also on this track that Mr. Naylor had the privilege of witnessing the world's greatest automobilist, Barney Oldfield, speed along in his powerful two hundred horse power Benz machine at a clip ranging in 2 miles a city, at Palm Beach that Mr. Naylor witnessed a large regatta, in which he saw the fastest launch in the world travel at an easy clip of 35 miles an hour. Jacksonville and the surrounding neighboring country was in the eyes of the Lindsayite, while visiting the Southern States, one of the finest of any of the cities minute and it was also near this

WENT TO CUBA

In crossing the Gulf of Mexico Mr Naylor visited one of the prettiest as well as most renowned cities, Havana. This city exceeded the beauty of any other centres visited. The population of this city is composed of Spaniards, Negroes, Americans and Cubans. The population is nearly 900,000 people, and the city extends for miles in length along the Bay front while in depth it runs for many miles back into the island. About Havana, sights of never ending interest are to be witnessed. In the heart of the city proper is what is known as the "Parada," this consists of a long two mile street some 120 feet wide, with two drive ways six sidewalks, and a beautiful centre shrubbery extending not for quarter distance or half distance, but for the full length of this street. On this thoroughfare Mr. Naylor witnessed a beautiful automobile parade. The sight of the costumes and expense of the decorations on these cars and streets would exceed many thousands of dollars. This city is not what the local citizens would call extremely hot as a

COOL REFRESHING BREEZE

sweeps up the narrow streets from the sea, putting the temperature at 90 to 98 in the shade. Havana is a tobacco centre. Cigarettes and cigars are made in abundance and smoked by all, girls, boys, men and women. Sugar cane is also grown in large quantities about this city and made into a sort of raw state to preserve it, until it reaches the refineries. Oranges grow in large numbers, but not in such large quantities as in Florida, but they can be had as cheap, the highest grade ranging at 10c. per dozen.

Havana is a most historical city. It extends around a bay in which can be seen the remains of the United States battleship, Maine which was sunk in some unknown manner. The blowing up of this vessel was practically the cause of the well remembered Spanish-American war. The old ship lies visible from the shore in many fathoms of water. Above the surface extends the centre and hind mast, on which are the lookouts. Just around the shore on the extreme right stands the

FAMOUS OLD CASTLE OF MORRO,

built far back in the days when Spain was in the zenith of her power. The building is built of a material similar to cement, found among the sands of the Atlantic shore, and rises for about 250 feet above the level with an outer wall of about four feet in diameter and eighteen feet high. Shells are to this day buried among the material of which the walls are composed. In this city the darky or negro is looked down upon at worse than a dog and to show the dislike which exists, a coach on the railroads is entirely set apart for them, while in the city and towns they are considered so unclean that the white man is strictly prohibited to associate with them.

A most beautiful centre of interest is the Spanish cemetery at Havana, which is from the large 60 foot arch at the front gate to the rear gate a mass of marble and cut stone. Underground vaults are used, in which body after body are placed one on top of another. In this cemetery, placed in the centre, stands a large monument given the firemen who were lost in the recent tidal wave. The memorial is of solid cut marble with the dead firemen's likeness on the face and the names in Spanish carved below. The monument stands fully 90 to 100 feet in height and

"Progress Brand" Styles are Patented

"PROGRESS BRAND" styles are not only exclusive and distinctive — they have definite value.

Government experts have passed on the utility of the various "Progress Brand" creations and have granted patents to the inventions of the famous "Progress Brand" designer.



When you go for your new spring Suits and Overcoat, insist on seeing the "Progress Brand" styles—with this label in the coat.

Made and Guaranteed by H. Vineberg & Co. Limited, Montreal

Sold with a Guarantee by

M. J. Carter, 40 Kent St., Lindsay.



After Easter Shopping

Now that Easter bonnets have been disposed of, and that expense done away with, it is time to talk about housefurnishings.

Your home will look brighter and fresher if you buy a few new draperies, lace curtains, a few new rugs, or a new carpet.

We can give you beautiful lace curtains finished at both ends, good borders and up-to-date styles, all the way from 25c to \$15 a pair. Draperies from 15c to 50c yd. If you want coverings to match the decorations of your room, we have the most dainty art sateens, art denims, tapestries, brocades, all at reasonable prices.

Don't have your wife scrubbing when you can get a floor oilcloth or linoleum very cheap. It will save health, it will save temper. Oilcloth in floral designs, 2 yds. wide, 25c and 35c sq. yd. Heavy English linoleums (Nears) for hall, diningroom, offices, lodge rooms, lunch rooms, kitchens etc., in block and floral designs at 50c yd.

O'Loughlin & McIntyre CASH AND ONE PRICE

can be seen from out in the Bay of Mexico.

BEAUTY, INDESCRIBABLE Mr. Naylor spent most of his time at Havana in Cuba and states that the country and city in itself have points of interest that are indescribable.

ROUGH AND BOGGY COUNTRY In returning through Florida on his return homeward Mr. Naylor visited more of the outlying country than of the cities and states that the

unbroken country which extends some miles northward of the Bay is very rough and boggy and is to the eye to be worthless, but Mr. Naylor's surprise was when the price per acre was told, it ranged between \$20 and \$30.

General debility and a "run down" calls for a general tonic to the system. Such is L. Emulsion. Builds you up, increases your weight, gives you