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## The Canadian Legion in the Porcupine

By the Secretary-Treasurer.

Once again an old pen writes the news and doings of the Timmins Post for this column, and will try to uphold its standard and give for the benefit of public and members alike an outline of our activities.

The reason for the change has been caused through the resignation of the secretary, Comrade A. E. Mortimer, who placed the Post in a very firm and strong position. It was with much regret that the resignation was accepted and even yet persuasion may be brought to bear upon Comrade Mortimer to resume his old position. Quite a long discussion took place at the general meeting on Wednesday, and two resolutions were passed regarding his resignation from the Post.

Monday's meeting was one of straight talks, "ipso facto," "pro tem," and other phrases of similar kind, but much good business was completed and plans laid for future activities.

One very striking point brought to light was the amount of relief that is being done and during the past week we have helped out two families.

The committee of the Ladies' Auxiliary are proving a great asset in this work. Bugles were blown and drums banged, but the final outcome was the matter of bugle band be kept in abeyance until the Post hears further from a communication sent to the Ordinance Corps at Ottawa.

Following the business there was a short social hour, songs being given by Comrades Forrester and Stirling also community singing. Refreshments were served by the entertainment com-

mittee. In passing it would be well to mention what the writer thought was a matter of vital importance to the Canadian Legion, this being an editorial in last week's Porcupine Advance.

The article dealt with the inadequate facilities at Halleybury jail for insane patients and the suicide of two persons in a very short time, and asking the government to do something to remedy this condition. The Legion can help in this matter by forwarding resolutions, etc. In the past two years we have had three very bad cases of shell-shock among the returned men in the camp. When taken under care they have been placed in the Timmins police court cells, and then forwarded to Halleybury, where they are held until such time as removal can be made to an institution for treatment. One such case aroused quite a lot of criticism against the Legion as the patient's friends looked upon the situation that the man had been placed in jail for creating a disturbance. Despite the fact that the Legion tried to explain that there was no other place available to keep these unfortunate men, his friends were of the opinion that the Timmins Post were to blame for having the man kept in jail. There is not the least doubt that the same thing applies to several towns in this district and a united effort should be made to have proper accommodation made for these men. The Timmins jail, it should be noted, has a padded cell for such cases, and does give them good care.

Mention was made of the St. Patrick Day dance and it will be fully reviewed in later issues of this paper.

The entertainment committee are working on plans for the Vimy banquet and another big night is planned.

If there is any member who would like to fulfill the duties of secretary of the Post, the president or any member of the executive will be pleased to hand in his name.

In closing this week's letter and having in mind the Latin in the earlier paragraphs the writer suggests that "semper fidelis" be adopted as our motto.

—W. A. Devine, Scribe pro tem.

## LADIES OF LARDER LAKE SHOW THE NORTHERN SPIRIT

Newspapers are often accused of preferring to publish the mean things and the horrors of life, instead of the good things that may arise. This is not so. The ordinary newspaper (and that does not include certain and uncertain newspapers that might be named) miss no opportunities for extolling the good deeds and the good thoughts of life. The newspapers are restricted by the interest of the people in general and by the fact that they must hold the mirror up to life. At the same time The Advance is willing to wager that The Northern News of Kirkland Lake got more pleasure out of publishing an article last week about the striking kindness and ready help of some ladies in Larder Lake to a family in need of nursing aid and attention than the newspaper received from all the police court news it ever printed, or all the murder, suicide or other tragedy cases coming to its attention in any six months. The article in question was a despatch from the Larder Lake correspondent at Larder Lake and read as follows:—

"Another demonstration of the true spirit of brotherhood and ready help for the stranger within our gates has been witnessed recently in Larder Lake. Quite recently Mr. and Mrs. Eino Mommo arrived here from Kirkland Lake, to take up residence, a few days later Miss Aili Mommo, sister of Mr. Mommo, arrived to visit them, and immediately after her arrival was seized by a very severe attack of pneumonia.

Strangers in a strange place, with doctors miles away, and none too well fixed financially Mr. and Mrs. Mommo found themselves faced by the problem of caring for the invalid and securing the best possible attention for her. News of the young woman's illness, however, became quickly known in the community and ready help was immediately forthcoming. In acknowledgment of this help and the many kindnesses shown them Mr. Mommo has written a letter of thanks to The News in which he says—I feel I must take this public opportunity, which is a small thing, indeed, to thank the following inhabitants of Larder Lake for what they did for my sister. For I figure it out that the present life of my sister is due to the constant care of Mrs. Geo. Vincent, Mr. and Mrs. Geo. Grainger, Mrs. Haggart, Mrs. W. Hansen, Mrs. Sheldon, Sarah Kempf, Mrs. and Miss Basham, Mrs. Bonnier and Mrs. Dubeau, who organized themselves for a day and night fight against the disease, and her recovery is undoubtedly due to their constant care. This is my first real experience of where such a load has been borne by neighbors, but I understand Larder Lake has a good record in helping others when the case is known to be a worthy one. I cannot thank, those who helped, enough."

The totals for the whole list of diseases computed for the two periods were 600,000 for 1847-1850, and 123 for 1916-1919, showing a saving of over half a million lives or 125,000 annually in England and Wales alone, which may be credited to the advance of medical science.

To this it may be added that the same benefit from public health service obtains in Canada, in Ontario, in the North Land, in Timmins. What is chiefly needed now is a whole-hearted support by the people of the efforts along this line for the general good. A close observance of the very easy terms of quarantine to-day is one way the public may help.

## Attractive Concert by the Ambulance Brigade

The St. John Ambulance Brigade announce an attractive programme for the concert to be given in the New Empire theatre on Sunday evening next, Feb. 23rd, after the church services. A large list of talented artists will provide the programme for the evening. Mr. C. G. Keddie will be the chairman for the evening. The artists on the programme will include:— Messrs T. Williams, A. Williams, A. year.

## VALUE OF PUBLIC HEALTH WORK SHOWN BY FIGURES

Comparison of Figures in Former Times with Those of To-day in Certain Dreaded Diseases Shows Value of Work Being Done.

It is a fact that people generally do not realize the value of the public health work done to-day. On various occasions The Advance has called attention to the benefit accruing to Timmins, for instance, from the activities and skill of the local medical health officer and the local board of health. Timmins has been remarkably free from epidemics of all kinds that have visited practically all other towns similarly situated. The epidemics that have struck here might well be charged to the lack of attention of many of the people to the advice of the health authorities, to a selfish disregard of quarantine, and to a general thoughtless neglect of the excellent suggestions made by the medical health officer and the board of health. Through the work of the local medical health officer, the town is practically guaranteed against any smallpox epidemic for some years to come. The medical health officer, in co-operation with the board of health and the Porcupine Medical Association, and with the support of the town council, last year made a move that if continued will mean the entire elimination of the menace of diphtheria here. This was the inoculation of children with the toxoid that gives life-long immunity from this disease. In other ways the health of the people of the town has been guarded and improved. Equal credit should be given to the medical health officer and the board of health in Tisdale township for the improvement in public health matters. There is much credit also due to the provincial board of health and while there is a considerable distance yet to go to secure the best health service in the province and the Dominion, it surely must be admitted that much good is being accomplished. What seems to be needed is full appreciation of the work by the people and the fullest co-operation from citizens in general.

There is a saying that has become about a proverb among the man who could not see the forest for the trees. If people are too close to the forest of health matters to see by the trees of local ideas, it might be well to remember that local and provincial health authorities are doing the same sort of service as other similar bodies elsewhere. And looking elsewhere, the work accomplished is certainly impressive. A London, England, journal, "The Diplomat," recently referred to the fact that the greatest saviour of life to-day is the public health official, who by the practice of preventive medicine is saving from unnecessary sickness and premature death countless thousands of people who go their every-day way, utterly unconscious for the most part of what is being done for them. "The Diplomat" in proof of the assertion quotes from an astounding summary made public by Sir William Hunter in regard to the achievements in disease prevention in England and Wales. A contrast is made between the four years of 1847, 1848, 1849 and 1850, and the four years of 1916, 1917, 1918 and 1919, showing what would have been the results if the death rate for different diseases had been the same in the second-named four-year period as in the first. Among the diseases mentioned are the following, the number who would have died had the conditions and mortality remained the same in 1916-1919 as had obtained in 1847-1850 being contrasted with the deaths actually occurring in the latter four-year period:—

Typhus would have killed 100,000, whereas the actual number of deaths was 7.

Typhoid would have killed 70,000 whereas the actual number of deaths was 3,626.

Cholera would have killed 114,000 instead of which there were no deaths from cholera for 30 years.

Smallpox would have killed 42,000 whereas the actual number of deaths was 110.

Scarlet fever would have killed 122,000 whereas the actual number of deaths was 5,390.

The totals for the whole list of diseases computed for the two periods were 600,000 for 1847-1850, and 123 for 1916-1919, showing a saving of over half a million lives or 125,000 annually in England and Wales alone, which may be credited to the advance of medical science.

To this it may be added that the same benefit from public health service obtains in Canada, in Ontario, in the North Land, in Timmins. What is chiefly needed now is a whole-hearted support by the people of the efforts along this line for the general good. A close observance of the very easy terms of quarantine to-day is one way the public may help.

Bellamy, C. Roberts, G. Rees, J. Jago, A. W. Snow, C. Johns, B. Halverson, G. Lucas, A. Jenkins, A. George, and Mrs. Geo. Jenkin, Mrs. James, Miss M. Williams, Miss L. Grant. The Timmins Welsh Choir is also to give a number of selections on the evening's programme. It is thought that the programme as now outlined will prove one of the most pleasing and enjoyable yet presented at any similar event recently.

The Temiskaming County Orangenmen, including lodges from Temagami to Charlton and Englehart, are planning to hold the Twelfth of July celebration at New Liskeard beach this

## Three Keen Contests in the Ostrasser League

In the Ostrasser bowling league last week the Lions took three points from the Tigers. The Hounds won three points from the Gold Belts. All four points were taken by the Supremes from the Power and Telephone team.

The following is the week's honour roll for the Ostrasser league:—A. Saive, 690; M. Donaldson, 690; L. Cohen, 683; M. Angelo, 668; H. Daher, 649; R. Fournier, 616.

The scores for the games were as follows:—

LIONS			
D. Reid	135	149	266
H. Daher	192	147	310
H. Fuke	184	163	176
M. Donaldson	193	274	223
E. Dickson	167	130	297
B. Tonkin	—	—	199
Totals	871	863	1174

TIGERS			
L. Torchia	179	160	205
A. Saint	150	163	228
V. Ray	—	—	242
R. Fournier	220	213	183
C. Brown	166	233	196
J. Doe	135	130	265
Totals	850	899	1054

HOUSES			
M. Shinehoft	141	227	185
K. Sutherland	146	144	156
M. Martin	118	212	166
L. Cohen	188	261	234
J. Platt	—	—	169
Totals	593	978	910

GOLD BELT			
S. Brown	134	161	172
H. Gallagher	189	181	176
A. Burroughs	158	199	119
J. Clemens	131	184	205
A. Wilson	—	—	93
Totals	612	828	766

SUPREMES			
A. Tomkinson	152	222	206
E. Hill	134	233	367
M. Angelo	261	179	228
J. Aspin	137	—	208
A. Saive	238	195	257
P. Nicholson	—	—	197
Totals	922	1026	1038

POWER & TELEPHONE			
O. McGrath	169	161	259
J. Faithful	87	—	87
T. Towers	175	164	144
T. Whitney	178	179	141
B. McQuarrie	213	198	188
W. McHugh	—	—	190
Totals	822	892	880

This (Thursday) evening a card party and bean supper will be held in the I.O. O.F. hall, commencing at 8.30 p.m., under the auspices of the Timmins Rebekahs. Events by the Rebekahs are always enjoyable and this evening's card party and supper will be up to the usual good standards of enjoyment and interest.

## ALMOST SIXTEEN MILLIONS PAID TO POLICYHOLDERS

Metropolitan Life Reports Record Year. Nearly a Billion Dollars Insurance in Force in Canada. Activities Increasing.

Canadians from coast to coast who have 2,739,258 policies in the Metropolitan Life Insurance Company will be interested to know that payments to policyholders in Canada in 1929 amounted to \$15,992,826, representing an increase of over three million dollars over the preceding year. Insurance in force in Canada amounts to almost a billion dollars, being \$947,927,397. These figures are particularly interesting in view of the fact that the Metropolitan is a mutual company, that is, it has no stockholders but is owned by the policyholders themselves who are the sole beneficiaries in the company's progress. In the latter part of the past year the soundness of life insurance as an investment, as well as a protection, was brought home to people and the increasing appreciation of this fact is reflected in the greater amount of new insurance issued in 1929, which totaled \$232,324,966 an increase of over twenty millions of dollars. This total comprises Ordinary, Industrial and Group policies, all of which show a substantial increase.

Canadian investments of Metropolitan Life continue to increase, having reached \$189,300,437, an increase in the twelve months of almost \$18,000,000. These investments are in Dominion and Provincial Government and Municipal Bonds and Mortgage Loans. Growth of Metropolitan Life is graphically shown in a survey of ten-year periods. Total policies in force at the end of 1929 amounted to 44,363,332, covering \$17,933,600,452 insurance. Assets total \$3,010,500,051. Of particular interest in Canada is the attention being paid by the company to welfare and economic activities. The Welfare Division reports a total of 368,310 visits to policyholders. Of this total 206,871, were on Maternity cases, constituting a valuable contribution to the country's child welfare movement. Nearly 3,000,000 pamphlets on health subjects were distributed, bringing the total to date to more than 28,000,000. In co-operation with local health boards, Metropolitan participated in over 50 health campaigns. During the year the Metropolitan Policyholders' Service Bureau conducted 40 special investigations covering merchandising, distribution and manufacturing problems. One classified industrial survey was carried out as well. These activities constitute an invaluable economic service to the business of the country.

Sudbury Star—There is big money in Wall Street for anyone who knows how to play the market, and Beethoven's sonatas are on any piano if you just happen to hit the right notes.

## Nevertheless North Bay Not Recognized as North

Despite the following editorial from The North Bay Nugget last week most people in the North will continue to agree with The Northern News that North Bay is not of this North, but despite all its ambitions is still but a more or less typical Old Ontario town after all. The editorial says:—

"Judging from an editorial in a recent edition of The Northern News, the editor of our Kirkland Lake contemporary is not feeling quite as friendly as he might towards North Bay. In no uncertain tones he deprecates the claims of this city to be regarded as a part of Northern Ontario, and feels that the appropriate answer on the part of the "real" north would be to adopt the name of Greater Ontario. According to our brother scribe, we broadcast the fact that our main purpose of existence is to serve only as the gateway to the North, unaccountably overlooking the fact that there are one or two other claims for our usefulness. He also fails to notice that our claim is, not to be the gateway TO the North, but to be the gateway OF the North, which is a vastly different matter. Toronto, for instance, could quite justifiably claim to be one of many gateways to the North, with claiming to be an actual part of the region itself. Of course, the great question, and one which will never be settled satisfactorily, is, where exactly does the North begin?"

"The pioneers keep on pushing farther towards the Arctic circle, and towns which were once on the frontier are rapidly being left behind. It may be that in a hundred years or so, North Bay may no longer be able to justify its claim to be part of the North, but until then we feel that the majority of the towns to north of us will not refuse to admit us to their august company, and will feel that their contributions to the stone gateway at the eastern entrance to our city will not have been spent in vain."

## High-Grade Samples From Week's Run of the Press

Brockville Recorder and Times:—A gentleman once stepped into a Post-office in London, England, to which the cable office is attached, and wrote in his best hand, "Brockville, Canada." A pair of twinkling eyes looked up at the chap, and the young lady deliberately scratched out the word "Canada." She inquired if the gentleman lived in Brockville. The answer was "Yes," and she said: "Well, have you never heard that there is no other Brockville in the world but the one in which you live, and no matter how hard we tried, this message could not be sent to any place but your own town?"

One can readily appreciate the humiliation, then, when in order to be sure of locating the place, a correspondent describes it as "near Ottawa."

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