it of the sleeping rooms.

SAFE REMEDY ENDS

Gives Instant Relief, Cures and Prevents Catarrh and Cold in the Head.

The quickest, best and safest way to cure catarrh or a cold in the head is De by using a remedy that will "touch I'd the spot" and do its work quickly without leaving any bad effects. Ely's Cream Balm, which is applied to the nostrils or rubbed on the throat or chest, gets right at the root of the trouble and instantly relieves even the minutes after applied you can feel loosening up in the head, the pain and screness are gone, the sense of taste, TAKEN UP IN A MOST INSTRUC- agents, in fact if the chimney dampers smell and hearing come back, and you feel like a different person.

branes, takes away that stuffed-up feeling and dull pain in the head, relieves the throat soreness and stops the nasty discharge which is the cause of the disgusting hawking, spitting, blowing of the nose, and foul breath. Hay fever victims who are made miserable by fits of sneezing, coughing

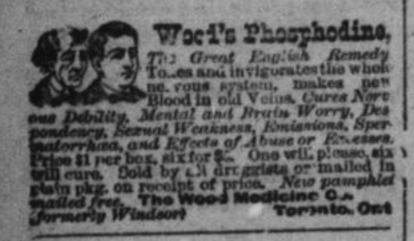
Don't suffer another minute. Ely's on Thursday evening. He said : than likely work a complete cure. All factors, but of all these there stands ventilation. Let me point out, that part of our supply through the point students, both men and women.

druggists sell it. G. W. Mahood, ag. forth three as prime necessities, viz.: while the products of breathing, are of leakage, wherever that may be. I Further the article says: "There while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be. I while the products of breathing, are of leakage, wherever that may be.

For your Grocery orders. (Prompt delivery.)

D. COUPER'S

'Phone 76. 841-3 Princess St.





"He Seen His Duty and Done It Noble!"

From a grammatical standsoint this is something fiercesn't it?

No worse-in a sense-than the man who puts up a house, store or factory, and who, to save a few dollars, contents poor Plumbing.

David Hall

Residence, 856.

to save money on all lines of which first affected you, graduall furniture. During the next disappear. It is this capacity of adaptation that makes many unsum two weeks will offer extra tary conditions beamble or endur special reductions.

30 sample Iron Beds our colder months, when fresh air means cold air, we seldom appreciate it so much, nor make so free of it 10 to 25 p. c. off. 40 Dressers, 10 to must first be warmed before it is fully 20 p. c. off.

Any finish Oak, Mahogany, or White Enamel Chiffionieres least most of us, been treating it

10 to 20 p. c. off. full line of the best mattresses | taken no steps to offset this by ven

Dr. W. T. Connell.

TIVE MANNER.

Ventilated Rooms a Great Draw-

Men's Club of St. James' church, ing in this respect. ately, and a 50 cent bottle will more of our bodies, depends upon many against foul air vs against inadequate ter-tight. If it isn't then we get plan was extended to all first year

uel to the various parts of the body, posing refuse, etc.

drew off through chimneys, large vol- lals that in nature we always find umes of air from rooms and fresh air some substance either dissolved or of necessity, was drawn in to take the suspended in it. place of that forced out. The average ouse, heated in this way, proved to be well ventilated, so long as the lires were burning. Our coal stove and furnaces are at best, poor ventilating get partially closed, it is not uncoinmon for the products of combustion to cellent means of ventilation, even though, as a heating method, they Illness - The Need for Pure fact, in planning our average modern house, have made no attempt to provide for ventilation. It has been sim-Some Essentials of Human Life ply non-existent for them. Even many

Air, water and food. We can stand the main factors in vibrating the air believe that our pipe is now reason- is no medical test." Every first of hours, abstinance of food some and throw their products into room. ake: building material of the body, water vibration of the air by escape of gases come from one of three sources :



PROFESSOR W. T. CONNELL.

"When we look into these three a draw his talk to a close. quately discussed in a talk like this. quired. Let me first say that This is a good opportunity are in such a room for a few min able for certain periods at least.

15 sample Brass year, we all appreciate at its full value, the advantages of fresh air We open our doors and windows, and live out of doors as much as possible. The air is free to all. But in our houses. Yet fresh air is jus ther, but for our living rooms appreciated. Warming air costs mo-ney so that in winter our air is not free then, it is a fairly, costly luxury. But have we not all, or me a luxury, not a necessity. How any means of ventilation in cold precaution we could to keep out the

> "Our double windows, storm doors, up every chink and cranny, and in many houses, fresh air can only enter inter the rough or the small slits in the bottom of the double windows. Our houses are better and more con tinuously heated than were those of Kingston,

air, water and food are comprising and a good personality, in the speak contained therein. nany of the problems of public er to keep up the interest under In chlorination of the water, there Hope, Toronto, and other places, Mr. health. For the public health simply such circumstances. Good ventila- is added to the water the clear solu- and Mrs. Blake will return to Deserconsists in the aggregate of those tion quickens the attention of the tion resulting from mixing chlorinated onto, where they will spend the winmeasures which best conserve the listener, and the mental processes lime and water and allowing any par- ter. health of the individual, and as for of the speaker, and is an advantage ticles to settle out. This chlorine waretention of health, clean air, safe all round. No doubt you all have ter is a rather powerful disinfectant water and proper food are essential. been in public meetings, say in the and is quickly used up in the water, it being impossible to demonstrate any measures which will guard the purity casions, a place where there is no free chlorine fifteen minutes after its of the air we breathe, the safety of ventilation unless the windows can addition to the water, the chlorine bethe water we drink, and the provi- be opened. You have felt that op- ing quickly transformed into chlorides sion of an adequate amount of good pression, and smelt the odor of bad food. I would like shortly to point ventilation. It may be called the type). The amount to be added will out some necessary matters to be odor of the great unwashed, but let naturally vary with the amount of looked into in connection especially me say that an audience of thor material in water to be destroyed, but is so complex, and into it enters so as closely. Now these effects that (This means that if a person drank many individual factors and peculiarities, that it could scarcely be adequately discussed in a talk like this. What are the effects of continued chlorinated lime each day, or to put ly ventilated. These are such as ated lime would disinfect two quarts frequent headaches, feeling of lassi- of our city water delly for short 700 tude and depression, and inability to dependent on individual habits. Some persons live under air conditions that would quickly break down the health of others, for our bodies show marked capacity for adaptation, especially if alteration of environment is gradual, not sudden. No doubt you all have entered rooms, coming in from fresh air, and have been struck by their closeness, while those in the room are quite unaware of the same, and you yourself, after you are in contact with water to be disinfected, and, of course, must penetrate any particle. These are mechanical problems entirely and are for solution by the engineers.

The question of mechanical or rapid these, there develops a susceptibility to disease. You easily catch cold, get sore throat or bronchitis, and if exposed to infection, acquire disease more readily, such as typhoid, dipheron to the same and you yourself, after you more readily, such as typhoid, dipheron to the same and the same and you yourself, after you more readily, such as typhoid, dipheron to the same in contact with water to be disinfected, and, of course, must penetrate any particle. These are mechanical problems entirely and are for solution by the engineers.

The question of mechanical or rapid the developed as to which set of symptoms will be developed. Further along with these, there develops a susceptibility to disease. You easily catch cold, get sore throat or bronchitis, and it exposed to infection, acquire disease more than the gradual development of disturbance. Much designed, and, of course, must penetrate any particle. These are mechanical problems entirely and are for solution by the engineers.

The question of mechanical or rapid the developed as to which set of symptoms will be developed. Further along with the common of the disinfected, and, of course, must penetrate any particle. These are mechanical problems entirely and are for solution by the engineers.

The question of action of our local board of the same and filtration is now to the forcing the distinction of the distinction of the solution by the work with a "general run down feelmore readily, such as typhoid, diph with the chalk dissolved in the water

> of bad air and reason enough for a demand for better air, less illness greater aptitude and capacity for work, because greater vitality. cannot teel you how to get the fresh air into your houses during the day

theria, pneumonia, etc.
"This surely, is indictment enough

For thirty-five cents you can make your will and be absolutely assured that it is perfectly legal in every respect, and that it cannot be broken by ing or removing material which we inyone, no matter how hard he may

pose to discuss with you, viz., ter. Pure water is found only in sical and mental enjoyment. hemical laboratories and is difficult to obtain because water is such an excellent solvent for many maand strengthens the inflamed mem. The Great Need for Good Ventila- mon English practice, of burning coal some substances either dissolved or Compulsory Physical Training tion in Every Home-Badly or gas, in open grates, is also an ex- suspended in it. What we require is ot so much pure water but safe waten-water free from any substance tor) -In your issue of Thursday, back, and Bring About Serious rank quite low, Our architects, in which would impair health or actual Nov. 21st, the article entitled "Mcto the various sources of water used ments which were not true. It for drinking purposes in our country stated for example that in Queen's was the subject taken by Dr. W. T. of our large public buildings, schools, but simply to consider the problem and Toronto universities. "Compulent relief by the use of this simple Connell, speaking before the Young churches, and halls are seriously tack as it affects us in this city. We get sory training is still unknown." our water from the lake about 2,500 | For some years physical training

"Let us now turn to the other

essential of healthy existence I pro-

exclusion of air, for a few minutes of our rooms, that lamp and gas jets bly water-tight and that our sup-year student, however, has or will be only, deprivation of water a matter also burn up the oxygen of the air, by is actually coming from the in-examined by the eminently qualified days. Food is the fuel, and the We have also to consider the possible The danger in any water supply may pointed. Dr. Etherington, who, in the great salvent, the carrier of the from sewers or from heaps of decom- (a) Presence of certain mineral tor, will prescribe the exercise reand of the waste matter from the "It we are placed in a badly ventil- the like. To the mineral constituents exist, the corrective method is follow-

> ishiness met with in our water at cution committee, of Queen's uni ertain seasons. These vegatable versity. natters are not present in amounts

apable of causing any trouble in our (c) Sewage and other refuse from one and animals. This is the most dangerous material that enters water, because it is

water carried disease.

and energy, requisite to carry on the become frequent, a headache may de ably safe. But during past three years to the Church of the Sacred Heart. various functions of the body, and velop, or, in some cases, even more there has been a marked increase in teep up the body heat, Just as our serious features as giddiness, faint- sewage bulk owing to operation of ceriurnaces will not burn without air, ness, actual fainting, nausea and sickness food will not be burned, and its ness may even occur. You are all as the Board of Health, which has been an increase of solid matter discharging the body. Roughly, we have out in their milder form. The sermon, the line of at least one and a half tons louisa, was united in marriage to lined in what these three are necessi- public lecture no matter what the top- daily. Hence I find that our intake Charles Blake, of Frontenac. The cies, or essential, for our individual ie becomes a burden to listen too; you water is occasionally sewage contami- bride wore her travelling suit of navy yawn and hope the speaker will soon mated and we have thus been forced as blue. Aside from the immediate relaa safeguard to chlorinate the water to lives, the only other guests were Mr.

> residence in rooms or buildings bad- it another way, one pound of chlorin years). To be efficient the chlorine must come in contact with water to

water) and a precipitate forms. The water is then forced through large cylinders two-thirds tilled with sand. The precipitate in water quickly forms a ticles of all kinds even the minute bacterial particles. In this way up to would be removed and all larger sus-pended matter and a clear bright water would be secured. With removal of ninety-nine per cent. of contained bacare permitting to pass into the water Delay in making your will is an through our sewers. That is we disbor and trust that those portions which may reach us again through our nost the last ones that the deceased chlorinate, or if we not in a filter ooking through the wrong end of the

Why not send to-day while it is on further out into the lake and away four mind to the Bax Will Form Co. from shore currents. Both will be from shore currents. Both will be slong and improvements were necessary and a sufficient additional results and stationary of the health of the derived therefrom to any be had from College and both are requisite for the annual special rate required Ringston.

Why not send to-day while it is on further extended:

AND WHEREAS the fu

Each house is a problem in itself, courity. Safe water is essential for but if there is one time more than the maintenance of the public health. another, that fresh air is required, it with a rise in the rates for water is at night and one is able to get carried disease our general disease it then by opening the windows and and death rates go up to a greater fling on more bed clothing. Night extent than can be accounted for by "Let us now turn to the other selves and any steps we take for the essential of healthy existence. I protection of our water supply and propose to discuss with you, viz., the securing of good water we our so well aired. For, in olden times, and water. Pure water is found only selves reap the advantage, and not in some portions of our country dis- in chemical laboratories and is diffi- our neighbors in Gananoque, Brocktricts yet, heating was either by open cult to obtain because water is such ville or Ogdensburg. I trust these wood fires, or by wood stoves. Both an excellent solvent for many mater- remarks on these two important every day essentials of physical life vill lead you to think of them in relation to your every day life and the preservation of health. For on the preservation of health depends in wa- large measure your capacity, for phy-

LETTERS TO THE EDITOR.

Kingston, Nov. 22 .- (To the Edj-Gill's Physical Test" was a very mis-"Now, I do not propose to go in- leading one, and contained state-

"I think one can best arrive at the eet out from shore, through a pipe has been compulsory to the first year; "Our health, the physical well-being value of fresh air, by stating the case which is expected to be perfectly was students in Science and this year the

> constituents such as lead, arsenie, and quired. Where minor weaknesses due the hardness of water. These ed. If a serious condition is found, too, make the alkali and brackish a report is made out by the medical vaters of certain parts of our west superintendent to the university ra provinces. No dangerous mine authorities and if necessary the par-"I constituents is in our local sup- ents or guardians are made acquainted with the facts of the case. In (b) Presence of suspended and dis- addition to this, every man playing colved vegetable matters and plants on a team has to pass a careful, that feed on them. These give odor son, Secretary of the Physical Edu-

> > The paragraph referred to above was copied by the Whig from a Toronto paper. The reference to Queen's was decidedly wrong.

Death of Wolfe Island Lady, through sewage that certain disease; Mrs. Robert Berry, Wolfe Island. hacteria are carried into water and died at her home on Friday morning hence it is to sewage contamination; after an illness of two months of heart we must look for causation of any disease. Mrs. Berry was predeceased by her husband a year ago. She is Let us see what we do in Kingston, survived by three sisters, Mrs. George We drain our sewage into harbor all McKae and Mrs. Daniel Grant, Wolfe along the water front. We take our Island, and Mrs. McDonald, Merrickwater from 2,500 feet out from shore wille, and by four brothers. Daniel. We trust the delatia will be so great Duncan, Allan and Alexander McLartissues to their avenues of exit, ated room, we may not at first note and the currents strong enough to en. Wolfe Island. She also is survivrom the body. Air, or rather the any elects, but gradually a feeling keep the sewage away from our in- led by two sons, Allan, of Alexander exygen of the air, burns up the of lassitude creeps over one, work be take. Now till recent times, with an Bay, N.Y., and James of Wolfe Island ood, and produces the necessary hear comes wearisome and worrying. Yawns anbroken pipe, we have been reason. The funeral will take place on Sunday

Married at Deseronto.

little more deeply we find that the 'It takes an interesting talker kill out the dangerous bacterial life and Mrs. Robert Wallace, Kingston After a honeymoon spent in Port

Persian Lamb.

Neck pieces and muffs, made from the choicest skins, in our own workrooms, and sold at prices that defy competition. Campbell Bros'., the makers of reliable well made furs.

Buying Advertised Bargains

A good many people have the idea that because an article is advertised to be sold at a bargain-a marked reduction in price-that for that reason: the offering should be under some kind of suspicion. This is a mistake.

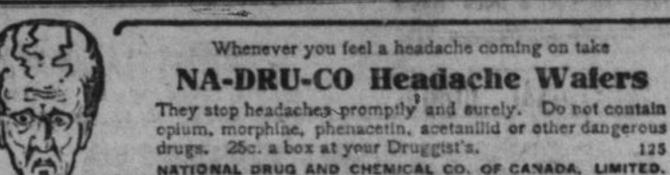
Every live dealer realizes the fact that at certain seasons of the year it is much better to clean up his stock and make room for new goods than to carry the goods over into another season. In other words he is willing to sacrifice his profit in order to make this possible and for that reason he advertises his goods at a bargain.

Good dealers never deceive anyone in regard to these sales and always explain why they are making a reduction in price. Therefore it is always safe to look into these bargain sales. Many people can find articles at certain times, which during the season, they were unable to buy on account of their higher price.

Bargain sales are a big advantage to dealers and to buyers, therefore, there is no reason why a person should look with suspicion

upon a bargain sale. An advertiser who is in the habit of advertising regularly to his customers cannot afford to offer anything below regular price which is inferior, without fully stating the quality in the advertisement. A bargain sale is a mutual benefit.

Eastern Ontario's Greatest Newspaper



Whenever you feel a headache coming on take

NA-DRU-CO Headache Wafers They stop headaches promptly and surely. Do not contain epium, morphine, phenacetin, acetanilid or other dangerous drugs. 25c. a box at your Druggist's.



A CABINET OF JOY TOYS FOR GIRLS AND BOYS

Rnough fun in this cabinet to last a whole year. Contains 26 of the dandiest, livest, most useful toys that a girl or boy could wish for.

READ WHAT THIS GRAND CABINET CONTAINS

1 Devil's Breath, I Leaping Mouse, I Jucob's Ladder, I Talking Horn (says Marries and Papa),

1 Cigar Fan, I Water Gan, I Aerial Sausage, I Carnival Zoboy, I Key Puzzle, I Disappearing
Ficture-Book, I Flying Butterfly, I Punch and Judy Voice, I Matrimonial Knot, I Swiss Warbler,

1 Airy Canary, I Blow Snake, I Water Bird, I Rooster Squacker, I Zippo—The Hopping Imp.

1 Aerobatic Tramp, I Large Pop Gun, I Whacketty Rattle, I Cricketty Frog. I Telanoise,

1 Police Whistle, I Game of Dominoes. Every toy is a good one, and every one is a brand new idea. You could not buy such a cabinet as this for \$10,00, yet we give it to you absolutely free. Could you think of a grander premium than the

READ HOW TO SECURE THIS GRAND CABINET OF TOYS FREE We will give you one of these grand cabinets of Joy Toys, if you will send us your name and address, and agree to sell only 25 puckages of our Patent Liquid Court Plaster at 10 cents per package. Our PATENT LIQUID COURT PLASTER is the greatest scaler and healer of wounds known. Everybody buys it because everybody needs, it, and because it is good. It sens like wildfire. We have already sold over 500,000 packages and are even going to sell a greater quantity this year. We will send you 25 packages and will trust you with them until they are sold. As soon as they are sold return us only \$2.50 and we will send you immediately one of the grand cabinets of Joy Toys. Send us your name and address to-day.

THE DR. BURDICK MEDICINE CO. DEPT. T. 805.

TORGRTO, ONT.

looked into in connection especially me say that an audience of thorwith the securing of clean, pure air oughly clean people, would give the same odor if packed in nearly the same odor if packed in clean, pure air nearly the same odor if packed in the same odor if EXPENSE OF EXTENSIONS AND IMPROVEMENTS TO THE CITY GAS AND ELECTRIC LIGHT AND POWER WORKS ALREADY MADE AND COMPLETED

Voting on By-law, January 1st, 1913.



A By-law to raise by way of loan on the credit of the debentures therein mentioned the sum of \$45,000 to pay the expense of extensions and improvements to the City Gas and Elec-Works already made and completed—Passed July

are nearest and dearest to you of reselving all that you wish them to
have instead of paying \$5.00 to \$10.00
o a lawyer pend 15 cents for a Bay
o a lawyer pend 15 cents for a Bay
egal Will Form, which also includes
a specimen will for your guidance.
This out according to simple instruclaw that it will stand every legal test and
annot be breken under any circumthan the minute of the Municipal Act and the Municipal Act and the Municipal Act, and raised
the money for such purphase by hylaw lawfull passed for that purphase,
law lawfully passed for that purphase,
law lawfully passed for that purphase,
law lawfully passed for the said Corporathat the sound debentures and the Municipal Act and the Municipal Act, and raised
the money for such purphase by hylaw lawfully passed for that purphase,
law lawfully passed for the said Corporathat the said debentures and the said works at the further
that the said debentures and Mayor
to cause any number of de
believes to be made for such sams of
money are may be required to
the sound of the Sum of \$182.000;
AND WHEREAS the said Corporathan One flundred dollars each, and
the money for such sams of
the sum of \$182.000;
AND WHEREAS the said Corporathan One flundred dollars each, and
the the object above recited.

The drink water without any chemical adthe money for such sams of
the such sams of set the sams of set that say one desirous of
the such sams of set the sam of set to such sams of
the such sam

nicipality exclusive of the local amount of \$3,532.50 to be

WHEREAS the amount of the ! 4. The said debentures shall be datdebt to be created by this by-law is ed within two years from the passing \$45,600, and the object for which it is of this by-law and shall bear interest to be created is to pay for the further at the rate of 4 1-2 per cent. per extension and improvement of the annum from the first day of July, said Gas and Electric Light and 1912, which interest shall be payable. AND WHEREAS the total amount month of January and July in each required to be raised annually by year at the office of the said Treasperty of the Municipality for paying the said debentures shall have inter-5. There shall be raised annually

ourths of all the members of said by the Omario Rallway and Municipal