

SAFE REMEDY ENDS CATARRH MISERIES

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

The quickest, best and safest way to cure catarrh of a cold in the head is by using a remedy that will "touch the spot" and do its work quickly without leaving any bad effects.

Ely's Cream Balm cleanses, heals and strengthens the inflamed membrane, takes away that stuffed-up feeling and dull pain in the head...

PHONE 76

For your Grocery orders. (Prompt delivery.)

D. COUPER'S

Phone 76, 241-3 Princess St.

Woo's Phospholine. The Great English Remedy. Tonic and invigorant which cleanses the entire system, makes new blood in old veins, cures, restores vitality, strength and health.



'He Seen His Duty and Done It Noble!'

From a grammatical standpoint this is something fierce— isn'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 himself by installing cheap but poor plumbing.

Fat-fetched comparison? Not a bit of it! Both have made ineffectual errors.

David Hall 66 Brock Street, Phone 335. Residence, 856.

FURNITURE Rebuilding Sale

This is a good opportunity to save money on all lines of furniture. During the next two weeks will offer extra special reductions.

15 sample Brass Beds, 20 p. c. off. 30 sample Iron Beds, 10 to 25 p. c. off. 40 Dressers, 10 to 20 p. c. off.

Any finish Oak, Mahogany, or White Enamel Chiffoniers to match.

10 to 20 p. c. off. Hercules Springs, and a full line of the best mattresses made.

ROBT. J. RED 230 Princess St. Phone 577

VALUE OF GOOD WATER GOOD AIR AND FOOD

Pointed Out in Address by Dr. W. T. Connell.

ESSENTIALS OF LIFE

TAKE UP IN A MOST INSTRUCTIVE MANNER.

The Great Need for Good Ventilation in Every Home—Badly Ventilated Rooms a Great Draw-back, and Being About Serious Illness—The Need for Pure Water.

"Some Essentials of Human Life" was the subject taken by Dr. W. T. Connell, speaking before the Young Men's Club of St. James' church, on Thursday evening.

"I think one can best arrive at the value of fresh air, by stating the case against foul air vs. against inadequate ventilation. Let me point out, that while the products of breathing, air, water and food, we can stand exclusion of air, for a few minutes only, deprivation of water a matter of hours, abstinence of food some days. Food is the fuel, and the building material of the body, water the great solvent, the carrier of the fuel to the various parts of the body, and of the waste matter from the

PROFESSOR W. T. CONNELL.

issues to their avenues of exit, from the body. Air, or rather the oxygen of the air, burns up the fuel, and produces the necessary heat and energy, requisite to carry on the various functions of the body, and keep up the body heat. Just as our furnaces will not burn without air, our food will not be burned, and its energy set free to do the work of the body. Roughly, we have outlined in these three essentials, air, water and food, or, essential, for our individual existence.

"When we look into these three a little more deeply we find that the air, water and food are comprising many of the problems of public health. For the public health simply consists in the aggregate of those measures which best conserve the health of the individual, and as for retention of health, clean air, safe water and proper food are essential. The public health must deal with measures which will guard the purity of the air we breathe, the safety of the water we drink, and the provision of an adequate amount of good food. I would like shortly to point out some necessary matters to be looked into in connection especially with the securing of clean, pure air and safe water. The question of food is so complex, and into it enters so many individual factors and peculiarities, that it could scarcely be adequately discussed in a talk like this.

"Let us first look into our requirements in so far as air is required. Let us first say that the appreciation of good air is largely 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 such a room for a few minutes may find the sense of oppression which first affected you, gradually disappear. It is this capacity of adaptation that makes many unwholesome conditions bearable or endurable for certain periods at least.

"In our warmer months of the 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 colder months, when fresh air means a chill, and when appreciation is so much, not make as free of our houses. Yet fresh air is just as essential in cold as in warm weather, but for our living rooms it must first be warmed before it is fully appreciated. Warming air costs money so that it is a fairly costly thing, but it is a necessity, not a luxury. But have we not all, or at least most of us, been treating it as a luxury, not a necessity? How many of our homes are provided with any means of ventilation in cold weather? Have we not taken every precaution we could to keep out the cold air, and hence the fresh air, and taken no steps to offset this by ventilation.

"Our double windows, storm doors or will depend upon the air which can enter the room or the small slit at the bottom of the small slit in the bottom of the double windows. Our houses are better and more comfortable heated than were those of

our fathers, but they are not nearly so well aired. For, in older times, and in some portions of our country districts yet, heating was either by open wood fires, or by wood stoves. Both drew off, through chimneys, large volumes of air from rooms and fresh air of necessity, was drawn in to take the place of that forced out. The average house, heated in this way, proved to be well ventilated, so long as the fires were burning. Our coal stoves and furnaces are at best, poor ventilating agents, in fact if the chimney dampers get partially closed, it is not uncommon for the products of combustion to escape into air (coal gas). The common English practice, of burning coal or gas, in open grates, is also an excellent means of ventilation, even though as a heating method, they rank quite low. Our architects, in fact, in planning our average modern house, have made no attempt to provide for ventilation. It has been simply non-existent for them. Even many of our large public buildings, schools, churches, and halls are seriously lacking in this respect.

"I think one can best arrive at the value of fresh air, by stating the case against foul air vs. against inadequate ventilation. Let me point out, that while the products of breathing, air, water and food, we can stand exclusion of air, for a few minutes only, deprivation of water a matter of hours, abstinence of food some days. Food is the fuel, and the building material of the body, water the great solvent, the carrier of the fuel to the various parts of the body, and of the waste matter from the

"The danger in any water supply may come from one of three sources: (a) Presence of certain mineral constituents such as lead, arsenic, and like. To the mineral constituents due the hardness of water. These too, make the alkali and brackish waters of certain parts of our western provinces. No dangerous mineral constituents are in our local supply.

"(b) Presence of suspended and dissolved vegetable matter and plants that feed on them. These give our water taste to many waters and to the bitterness met with in our water at certain seasons. These vegetable matters are not present in any amount capable of causing any trouble in our local waters.

"(c) Sewage and other refuse from man and animals.

"This is the most dangerous material that enters water, because it is through sewage that certain disease bacteria are carried into water and since it is to sewage contamination, we must look for causation of any water carried disease.

"Let us see what we do in Kingston. We drain our sewage into the harbor all along the water front. We take our water from 2,500 feet from shore. We trust the delatia will be so great and the currents strong enough to keep the sewage away from our intake. Now till recent times, with an unbroken pipe, we have been reasonably safe. But during past three years there has been a marked increase in sewage bulk owing to operation of certain sanitary provisions enforced by the Board of Health, which has been an increase of solid matter discharging of at least one and a half tons daily. I find that our intake water is occasionally sewage contaminated and we have thus been forestalled as a safeguard to chlorinate the water to kill out the dangerous bacterial life contained therein.

"In chlorination of the water, there is added to the water the clear solution resulting from mixing chlorinated lime and water and allowing any particles to settle out. This chlorinated water is a rather powerful disinfectant and is quickly used up in the water, it is impossible to demonstrate any free chlorine fifteen minutes after its addition to the water, the chlorine being quickly transformed into chlorides (of which ordinary salt is commonest type). The amount to be added will naturally vary with the amount of matter in the water to be destroyed, but I believe that we are using now about eight pounds to a million gallons. (This means that if a person drank two quarts of water per day that he would be taking one-fourth grain of chlorinated lime each day, or a pint of chlorinated lime water of one pound of chlorinated lime would disinfect two quarts of our city water daily for about 700 years). To be efficient the chlorine must come in contact with water to be disinfected, and, of course, must penetrate any particles. These are mechanical problems entirely and are for solution by the engineers.

"The question of mechanical or rapid sand filtration is now to the fore in view of action of our local board of health in demanding the city council to take action thereon. In this system there is added to the water a small amount of alum, this unites with the chalk dissolved in the water (and which is always present in our water) and a precipitate forms. This water is then filtered through large coarse pebbles in water quickly forms a sum on sand surface and holds particles of all kinds even the minute bacterial particles. In this way up to ninety-nine per cent. of the bacteria would be removed and a clear bright water would be secured. With removal of ninety-nine per cent. of contained bacteria any danger from such water would be reduced to a minimum but nevertheless, would not be entirely nonexistent. For the one per cent. which may still be harmful. In both chlorination and filtration methods we are destroying or removing material which we are permitting to pass into the water through our sewers. That is we discharge dangerous matter into the harbor and water, and a portion of this which may reach us again through our water pipe will be disinfected by chlorine, or if we put in a filter system will be removed. Is this not looking through the wrong end of the telescope?

"No doubt you prefer, as I do, to do away with water without any chemical addition, even though it should be harmless. We have, in my opinion, no things required of us in this city, viz., to collect and treat our sewage before turning it into the harbor, and to extend our water pipe further out into the lake and away from shore currents. Both will be done and both are requisite for the advancement of the health of the community. Safe water is essential for the maintenance of the public health. With a rise in the rates for water carried disease our general disease and death rates go up to a greater extent than can be accounted for by increase in water borne disease. The danger from our sewage is to ourselves and any steps we take for the protection of our water supply and the securing of good water we ourselves reap the advantage, and our neighbors in Gananoque, Brockville or Ordsburg. I trust these matters on these two important every day essentials of physical life will 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 large measure your capacity, for physical and mental enjoyment.

LETTERS TO THE EDITOR.

Compulsory Physical Training Operates at Queen's.

Kingston, Nov. 22.—(To the Editor)—In your issue of Thursday, Nov. 21st, the article entitled "McGill's Physical Test" was a very misleading one, and contained statements which were not true. It stated for example that in Queen's and Toronto universities "Compulsory training is still unknown."

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"Now, I do not propose to go into the various sources of water used for drinking purposes in our country, but simply to state that the problem affects us in this city. We get our water from the lake about 2,500 feet out from shore, through a pipe which is expected to be perfectly water-tight. If it isn't then we get part of our supply through the point of leakage, wherever that point is. Pure water is not now reasonably water-tight and that our supply is actually coming from the inside.

"The danger in any water supply may come from one of three sources: (a) Presence of certain mineral constituents such as lead, arsenic, and like. To the mineral constituents due the hardness of water. These too, make the alkali and brackish waters of certain parts of our western provinces. No dangerous mineral constituents are in our local supply. (b) Presence of suspended and dissolved vegetable matter and plants that feed on them. These give our water taste to many waters and to the bitterness met with in our water at certain seasons. These vegetable matters are not present in any amount capable of causing any trouble in our local waters. (c) Sewage and other refuse from man and animals.

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BUSINESS TAKES to the Readers of the Whig by the Advertising Department.

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.

"The British Whig" 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 opium, morphine, acetaminol or other dangerous drugs. 25c a box at your Druggist's. 125 NATIONAL DRUG AND CHEMICAL CO. OF CANADA, LIMITED.



FREE A CABINET OF JOY TOYS FOR GIRLS AND BOYS. Enough fun for this cabinet to last a whole year. Contains 25 of the dandiest, liveliest, most useful toys that a girl or boy could wish for.

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 fill only 25 packages of our Patent Liquid Court Plaster at 10 cents per package.

THE DR. BURDICK MEDICINE CO. TORONTO, ONT. DEPT. T. 845.

TO RAISE BY WAY OF LOAN \$45,000 TO PAY THE 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.

BY-LAW No. 27 (1912)

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 Electric Light and Power Works already made and completed—Passed July 15th, 1912.

AND WHEREAS the amount of the debt to be created by this by-law is \$45,000, and the object for which it is to be created is to pay for the further extension and improvement of the said Gas and Electric Light and Power Works as aforesaid; AND WHEREAS the total amount required to be raised annually by special rate on all the rateable property of the Municipality for paying the said debt and interest as hereinafter provided is \$2,522.50; AND WHEREAS the amount of the whole rateable property of the said Municipality according to the last revised assessment roll of the year 1912 is \$2,587,221;