### GRAND TRUNK SYSTEM OCAL BRANCH TIME TABLE In effect Jan. 14th, 1917. Frains will leave and arrive at City

Depot, foot of Johnson street. Lve. City Arr. City No. 19 Mail .. . . 12.20 a.m. 12.57 a.m. No. 13 Express . . . 2.58 a.m. 3.35 a.m No. 27 Local ..... 6.40 a.m. 7.12 a.m. No. 1 Intern'l Ltd. 1.41 p.m. 2.12 p.m No. 7 Mail .... 5.04 p.m. 3.40 p.m 6.40 a.m. 7.12 a.m.

No. 18 Mail . . . . 1.40 a.m. 2.17 a.m No. 16 Express . . 2.58 a.m. 2.35 a.m No. 6 Mail . . . . . 12.206 p.m. 12.52 p.m No. 14 Intern'l Ltd. 1.08 p.m. 1.38 p.m No. 28 Local . . . . 6.48 p.m. 7.22 p.m Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit Chicago, Bay Chy, Saginaw, Montreal Ottawa, Quebec, Portland, St. John Halifax, Boston and New York.

For Pullman Accommodation, Tic-For Pullman Accommodation, Tic-kets, and all other information, apply

J. P. HANLEY, AGENT. Johnson and Ontario Street. FOR ALL OCEAN STEAM-SHIP LINES. pen Day and Night Telephone

Passenger Service Montreal and London (Calling Falmouth to land passengers) For particulars of sailings and rates apply to local agents or to The Robert Reford Co., Limited, General Agents,

## **CLEANLINESS**

50 King Street East, Toronto.

Our coal is as clean as coal can possibly be-free from dust, slate or other foreign matter. If you haven't laid in your winter supply yet, come in and see us-to-

The woman who scrubbed the coa bin before the coal was put in carried cleanliness a little too far.

BOOTH & CO.

### AN IMPORTANT LETTER FROM NIAGARA FALLS.

Niagara Falls, Ont .- "I was miserable, tired out and dragging around. My legs
could scarcely support me. My husband had read



medicine for women I have ever heard of." -MRS. A. C. BROWN, 39 Clifton Ave.,

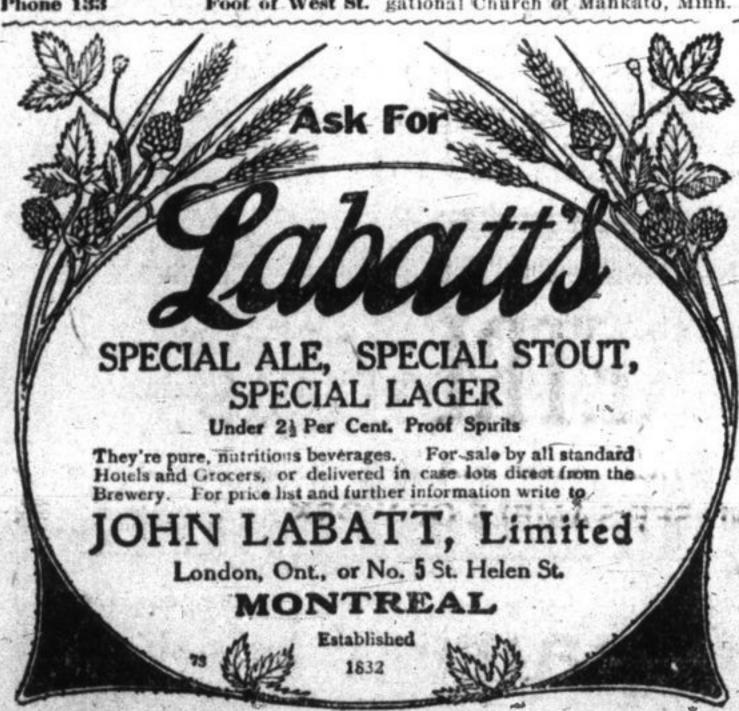
Niagara Falls, Ont. There is nothing that will bring comfort and renew hope to the invalid so surely as good news. When the vital forces are at a low ebb and everything seems useless, a ray of joy and assur-ance will stimulate the weary body to new effort and energy. A letter from a

siege of sickness. Doctor Pierce, of 'he Invalids' Hotel, Buffalo, N. Y., has good news for every suffering woman. Write him to-day and tell him your troubles, and he will send con teaches that a scheme culture which proceeds we to health and bring back the roses to your cheeks, and without charge. His a house built upon sands. "Favorite Prescription" has been the rescue of thousands of suffering women. Many grateful patients have taken Dr.

just what they need to surely bring the bloom of health to their cheeks and make them strong and healthy.

It is not a secret remedy because its ingredients are printed on wrapper. Sold in either tablet or bouid form.

Rev. Aylesworth B. Bell, B.D., son of the late A. P. Bell, of Napanee, who has been paster of the First Congregational Church of Buffalo Centre, lowa, where he recently built and dedicated a new church, has accepted a sess the special knowledge necessary unanimous call to the First Congregational Church of Mankato, Minn.





OUR EIES. - Pyestrain if neglected, may cause serious dat to the delicate mechanism of the vision, and by deranging the nervous system, cause headaches and other troubles. For Perfect Satisfaction Consult

J. J. STEWART, Opt.D. Optician and Optometrist. Cor. Wellington and Clarence Sts. Opp. Post Office. Phone 699

# Pinch Back Overcoats

\$14.00 to \$18.00 Plain Grey Chesterfield Overcoats \$12.00 to \$20.00

New Raincoats and Spring Overcoat Combined, \$15.00.

Large Stock of Indigo Blue and Pattern Worsted Sultings at moderate prices.

JOHN TWEDDELL Civil and Military Tailor 131 Princess St.

# 20th Century Spring Overcoats

GOOD VALUES.

SPECIAL AGENTS

TAILORS,

Princess and Bagot Streets.

SOME ASPECTS OF MEDICAL IN-SPECTION ARE OUTLINED

Health Supervision in the Schools Very Important—Something the Local Nurse Has Accomplished.

Parents and others who have a There may be some, however, who do not appreciate the reason's moving the Board of Education to appoint a school nurse, nor de all appreciate the beneficent consequences of her ation of certain statements made in proof of accomplished results to convince them that medical inspection, or health supervision as it may more properly be called, is a necessary public school. The conservation of the child is a duty which holds first place in the minds of all patriotic and humanitarian people, and biolcgy teaches that a scheme of mental culture which proceeds without regard to the needs of the body is but

Past Conditions Bad.

It is an unhappy fact that school attendance has not in the past been Mothers, if your daughters are weak, beneficial to children physically. lack ambition, are troubled with head- School buildings have usually been aches, lassitude and are pale and sickly, unscientifically constructed, equipped Doctor Pierce's Favorite Prescription is and cleaned. The conditions of study are not always favorable to health and it is a demonstrated fact that some physical defects such as impaired vision increase with the length of a child's school attendance. If all parents were wise in regard health matters, it would not be necessary for schools to make special study of the physical conditions of the children entrusted to their care but all parents do not posto detert many physical defects. Many are unable to detect the early symptoms of bodily disorders even intelligent parents do not often see the defects in their own children simply because they are used to them. Except among the most ignorant and heedless it is now accepted that the interests of society demand an efficient educational sys tem under social control. The wisdom of compulsory attendance is no longer seriously debated. It is also becoming clear that the child's physical welfare, upon which his mental growth and social efficiency so largely depend, is in need of more expert supervision than many parents are capable of exercising.

The System Changed. For six years the Kingston Public Schools have been under a system of medical inspection and two years ago increased attention was given to the condition of the children's teeth The service is performed in an inexpensive manner, the work being done by a trained nurse who has had special training from the Medical and Dental Associations of the city. Her work is also done in close association with the Medical Health officer. Owing largely to the nurse's personal qualifications as well as to the system adopted, this medical and dental inspection has been highly beneficial to the physical health of the children, thus ensuring a greater usefulness and enjoyment of life when they reach adult age. A general improvement in health as a result of needed treatment secured under the nurse's action has enabled many pupils to make much better. progress in school with advantage

## A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is Tongue Coated Breath Feverish and Stomach

"California Syrup of Figs" Can Harm Tender Stomach, Liver,



tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged

ups plainly printed on the bottle. teacher in the high school.

Look carefully and see that it is made by the "California Fig Syrup

SCHOOL NURSE Bathe Internally And Keep Well!

> Nature has mightily equipped us all. old and young, to resist disease but she requires that we sive her a chance. We give her no chance if we permit the Lower Intestine to be more or less clogged with accumulated waste. Yet that is a universal condition today as is proven by the number of laxative drugs that are consumed. You can help Nature in Nature's mos effectual way by Internal Bathing, and

direct acquaintance with the system in an easy, non-habit-forming way of health supervision in the schools keep the Intestine as sweet and clean as Nature demands it to be for perfect know that it is not a passing fad. health and surer defence against contagion. Over half a million keen. bright, healthy people testify to its re-Mrs. C. G. M. (name on request)

Strathroy, Ont., writes: I am pleased to have this opportunity of testifying to the merks of the J. B. work. Some idea may he had of what L. Cascade. I have been using it now the school nure is doing from consid- for a year with satisfactory results. I her report for the past year though of life. You are at liberty to give my thoughtful people do not need the address to anyone privately who may Just call on F. J. Hoag. and request free booklet, "Why Man of Today

most efficient device for Internal Bathloved one has turned the tide in many a function of any properly organized ing. The "J. B. L. Cascade" will also be shown and explained to you if you so desire. If you prefer write for booklet to Dr. Chas. A. Tyrrell, 163 College St., Toronto.

not only to themselves classmates.

Miss McCallum's Work Miss McCallum's last report presents some interesting and impressive facts. During 1916, exclusions for contagious disease numbered 130. This is a considerable number but it really proves how complete a control is exercised. Formerly epidemics of measles, mumps, or whooping cough almost closed the Junior classes at times; but now in a year which was not exceptional, less than five per cent, of the pupils in all had to be excluded. These 130 exclusions included cases of acute tonsilitis. whooping cough, mumps, measles, chickenpox, ringworm, impetigo. scarlet fever and twenty cases of pediculosis (lice). Great vigilence is exercised in detecting the presence of any contagious disease and the provisions of the Health Act are strictly enforced. How effectively the other children are protected will be seen from these figures. Indeed

if children who are not attending

were under the same watchful in-

spection, infectious disease among

children would soon be almost completely stamped out. As a result of the nurse's activities 72 cases of defective vision were treated, 60 pupils being fitted with glasses and 12 receiving needed medical treatment. Sixteen were treated for ear disease. Seventy-six have received surgical treatment for hypertrophied tonsils and 84 for defective nasal breathing due to adenoids It is unfortunate that 34 cases of enlarged tonsils and 36 cases of defective nasal breathing should have been neglected after being reported to the parents by the nurse. Some parents are unable and some unwilling to meet the expense of surgical treatment. Few people appreciate the importance of looking after the hearing and eyesight of children. Many children of good natural capacity make poor progress and are sometimes thought to be dull, when the fact is that they are hampered by poor vision or hearing. Such defects can often be remedied. It is pleasing to learn that all the parents informed of such defects have secured medical assistance. Cases of enlarged tonsils or of adenoids do not seem to alarm many parents, though the effects on permanent health and vigor and . a school progress are often very serious. A child afflicted with bad adenoid growths is practically being slowly strangled. Defective breathing causes derangement of

Benefits of Inspection

died by surgical treatment.

circulation and an imperfect purifi-

cation of the blood. Many a back-

ward child pronounced dull by his

teachers, is the victim of defective

nasal breathing which can be reme-

Since the first appointment of the school nurse she has reported to parents upon the condition of the children's teeth but during the past year dental defects have been given increased attention. As a result over eleven hundred pupils have been given treatment by the family dentist. A very important incidental result is a more general and more intelligent use of the tooth-brush. Carious teeth cause much ill-health and the consequences of delay in securing dental assistance are very serious, a fact which the nurse's no-

tifications serve to impress. Since medical inspection in the schools has demonstrated its benefits so amply it remains to secure these benefits to every jupil and not in rely to the dien of the intelligent and to uo. Ignorant prejudice evasion should not be permitted to deprive helpless children of medical or dental attention necessar" to their health, their progress in school and their happiness and usefulress through alle !teasimable privision must also be made for sympathetic and sufficient aid to parents willing but unable to comply. These thinking perhaps it will pass away in matters are at present receiving the active attention of the Board Education.

Wedding at Verona.

up with waste, liver gets sluggish; ona, at the home of the bride's parstomach sour.

Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore and Mrs. John Medcof, of Harting-look place at versions place throat or any other children's ail- ton. The ceremony was performed Wood's Norway Pine Syrup, I take ment, give a teaspoonful of "Califor- by Rev. Mr. Humphrey, of Harrow- the liberty to write you a few words nia Syrup of Figs," then don't worry, smith. The couple were unattended, about the effect of that wonderful because it is perfectly harmless, and and the ceremony was attended by syrup. Two years ago I caught a in a few hours all this constipation immediate relatives. The bride, who severe cold, followed by a spasmodic poison, sour bile and fermenting was given away by her father was at- cough and pain in my chest. I was waste will gently move out of the tired in a suit of nile marquisette treated by many doctors, but withbowels, and you have a well, playful over white. Many fine gifts were out any benefit, and also took many child again. A thorough "inside received testifying to the esteem in proprietory medicines which all failcleansing is oftimes all that is neces- which the bride and groom are held. ed to cure. One of my friends resary. It should be the first treat- The collection included an oak rock- commended Dr. Wood's Norway Pine ment given in any sickness.

er from the Methodist church choir Syrup, and after using three bottles

Beware of counterfeit fig syrups.

and Sunday school class. Mr. and I was completely cured. I recom
Ask your druggist for a 50-cent bot
Mrs. Medcof left via the C.P.R., to mend it to anyone as a God-sent rem-Ask your druggist for a 50-cent bottle of "California Syrup of Figs."
which has full directions for babies,
children of all ages and for grownchildren of all ages and for grownness plainly printed on the bottle.

Mrs. Medcof left via the C.T.M.,
visit the groom's parents at Hartington. They will reside at Kemptwrapper, three pine trees the trade
mark, price 25c and 50c.

# Pretty Footwear

FOR WOMEN

This season we offer real pretty footwear in black, brown, grey, white and combination colors, yet not extreme.

Prices \$10.00, \$9.00, \$8.00 and \$7.00.

Abernethy's Shoe Store



## Campbell's Hats Remarkable Style and Quality Achievements.

In face of the most stringent scarcity ever known in materials, we are still able to show our usual standard of quality because we buy from manufacturers who were prepared for the emergency.

See our new wide brim soft hats for young men, in greens, greys, browns, etc. Special values at old time

prices, \$2, \$2.50.



JUNE HAWTHORNE In Richard Watton Tully's "The Flame" at the Grand on Thursday evening, April 18th.

Eleven members of the aviation school at Toronto acted as an escort at the funeral of Lieut: Harold Talbot at Dorchester. He died at Camp Borden from injuries received when the aeroplane in which he ascended fell from a height of 1,700 feet. Floral tributes to the young aviator were sent by Queen's University.

Mr. Bartels, Union Trust Company,
Providence, Rhode Island, is visiting in the city. His mother is ill in the General Hospital.

# HAD SEVERE COLD

Pain in Chest SPASMODIC COUGHING

Many people when they contract a cold do not pay any attention to it a day or two. This is a mistake for of before they know it, it has settled on

Too much stress cannot be laid on the fact that on the first sign of a The marriage took place at Ver- cough or cold it must be gotten rid

Manufactured for the past twenty-Your chances of promotion will be five years by The T. Milburn Co., better if you work for it.

Home-Made

Candy Fresh Made Every Day.

Sakell's **Next Grand Opera House** Telephone 640



THE

Kiddie Kars for the Kiddies

Make Them Strong and Vigorous.

A Pleasing Exercise. Easily Propelled.

CHILDREN'S FURNITURE

Miniature dressers, chiffoniers, dressing tables and wood-bedsteads,

and utility boxes. Pleasing as well

young folks.

James Reid

Call Motor Ambulance Phone 147.

Now That Spring Is Here Buy ANSCO CAMERAS AND SUPPLIES,

CYKO PAPER AND M.Q. DEVELOPER

Sole Agent and Distributor

T. H. Sargent,

PASTEURIZED MILK AND CREAM Visit This Dairy and Decide for Yourself. - Satisfaction Guaranteed

24 Johnson Street **Phone 2083** 

LUBIN'S

CURES DANDRUFF AND STOPS **FALLING HAIR** 50c Bottle

Prouse's Drug Store

Phone 82. Opposite St. Andrew's Church



Our store is being thoroughly renovated, supplied with choice gro-ceries and delicacies and equipped with latest sanitary fixtures.

United Grocery Store Co. Ben Lee, Mgr.

> TAXI SERVICE **RING 960.**

> Open and Closed Cars.

Kingston Taxi Cab