

IMPERFECT ELIMINATION

CIVILIZATION'S GREATEST ENEMY

Why We Should Bathe Internally

By William A. Griffiths, Phm. B.

The word elimination as applied to the human system means the freeing of the intestines from all waste matter which nature intended should never be allowed to accumulate in the body. This matter is not always completely discharged in a proper and regular way. The constant accumulation forms a deadly poison and by degrees is absorbed into the blood, until finally all power of resistance is overthrown and the body readily contracts various forms of disease. Rheumatism, Typhoid Fever, Headaches, Kidney Trouble, Impure Blood, Colds, Appendicitis, Hardening of the Arteries, and nearly every serious human ail is directly traceable to this one cause — imperfect elimination.

Constipation or retarded elimination is today the greatest and most prevalent affliction of modern civilization, and is principally accounted for by our present mode of living, sedentary occupations, and lack of sufficient out-of-door exercise. Constipation is claimed by the best informed physicians to be the primary cause of most every form of sickness and disease. We will realize this to be true, and seek to remedy it as best we can, but not always in the wisest and best advised manner. The use of Drugs, under various names, is resorted to; Laxatives, Physics and the like. When eventually the so-called cure which is only temporary relief, proves to be an aggravation to the trouble, larger doses are frequently resorted to and finally a Chronic condition is the result.

The writer has been connected with the Drug business for thirty years and has yet to learn of a single case of Constipation that has been permanently relieved by the use of Drugs of any kind. They cause temporary relief by irritating the membranes, thus causing a secretion of mucus which assists elimination for a time. But these laxatives react on a poison to the system, gradually weakening the muscles, each dose lessening the natural secretion. In fact they are the most unnatural and harmful means of treating constipation.

Internal Bathing by the "J. B. L. Cascade" is Nature's own way of keeping these intestines clean for just purified warm water is used to

flush the Colon or the Large Intestine. The system is then left pure and clean and Nature will do the rest in restoring you to perfect health. An occasional Internal Bath not only rids the system of all impurities, but keeps you in robust health, prolongs life, makes you sleep and eat well, and feel equal to any occasion.

Nearly one-million bright, enlightened Canadians and Americans have proven these statements, and when a family knows the advantages of Internal Bathing the yearly doctor's bills, in most cases, are reduced to nil. A Jeweller in Cobalt, Canada, told the writer a few days ago that their doctor bills used to run about \$200 per year, but for the past two years since getting their Cascade no doctor has been needed.

Now, whether you are sick or well it will pay you to investigate the "J. B. L. Cascade." Nothing else has ever done so much to uplift health and lessen disease as this wonderful invention of Dr. Chas. A. Tyrrell, of New York.

Dr. Tyrrell over twenty years ago restored his own health and has prolonged his life many years by Internal Bathing, after all other known means had failed, and has since devoted his study and energies in this direction. Dr. Tyrrell has embodied his vast experience and those of others in a valuable and interesting book called, "The What, The Why, The Way, of Internal Bathing," which you can have absolutely free for asking. Address Dr. Chas. A. Tyrrell, Room 993, 163 College St., Toronto, mentioning having read this article in the Kingston Whig, and the book will come to you by return mail.

Internal Bathing has become better known and appreciated during the past twenty years and those who have proven its value have done most to spread its virtues by recommending the "J. B. L. Cascade" to their friends. If you want to regain your health; have a new lease of life, and enjoy your being, just send today for this interesting book and when you have learned the advantages of Internal Bathing you will have reason to be thankful. Just write today before it passes from your mind.

The "J. B. L. Cascade" is being shown and explained in Kingston by F. J. Hoag, druggist.

THE HOLINESS CONVENTION

AT LOCAL CHURCH IS LARGELY ATTENDED.

A Rousing Meeting Was Held On Friday Afternoon When Rev. G. L. Monahan of Cobden Presided.

The Holiness Movement convention which has been in progress all this week in the city has been growing larger in point of attendance every day. On Friday afternoon a rousing meeting was held by Rev. G. L. Monahan, Cobden, who is in charge. He took as his text Job II, 21, "And it shall come to pass afterward that I will pour out of My Spirit upon all flesh." He showed that this "Afterward" referred to the Pentecost prophecy which was fulfilled on the Day of Pentecost, when with one accord in the upper room there were 120 baptized by the Holy Ghost. Mr. Monahan said that only those qualified by the true Christian spirit were able to qualify for work in the vineyard of the Lord.

The meetings are being attended by residents from all points in the district and doubt is expressed as to the ability of the building to accommodate the growing numbers.

SEMI-FINAL GAMES.

Curling Club Series Is Drawing to Close With Two Eliminations.

Two semi-final curling games were played off Friday evening and created a great amount of interest among the club members. The results, which have direct bearing on the championship of the club, as the losers are eliminated, from the chances of the honors, were as follows:

- T. Frizzell, J. F. Rowland, E. A. Stone, H. Crumley, W. F. Hedley, J. Gibson, W. J. McRae, J. M. Elliott, J. A. McRae, Skip 12 Skip 5
- J. E. Johnston, A. McMahon, W. H. Reid, J. MacDonald, A. W. McLean, H. Angrove, T. M. Asselstine, Dr. Waugh, Skip 10 Skip 18

Presentation at Madoc.

Rev. A. E. and Mrs. Smart, formerly of Kingston, were this week the recipients of gifts from the Anglican congregation of St. John the Baptist, Madoc, where Mr. Smart has been rector for the past three years. Mr. Smart was presented with a purse of \$67 and Mrs. Smart with some beautiful pieces of pyrex. An address was presented to the worthy couple, expressing regret over their removal to Tweed, where Mr. Smart is to be rector of St. James church. The address stated that Mr. and Mrs. Smart had interested themselves not only in church matters, but in everything pertaining to the welfare of the community.

Y.M.C.A. Mothers' Council.

An enthusiastic meeting of the Mother's Council of the boys' division, Y.M.C.A., was held Friday afternoon. The president, Mrs. G. A. Bateman, was in the chair. Encouraging reports were received from the secretary, Mrs. G. McCallum, from the treasurer, Mrs. A. W. Richardson, and from the boys' work secretary, S. T. Lilley. A nomination committee was appointed for the annual meeting and election of officers of the Council which is on the second Friday in April.

Bishop Bidwell To Preach.

Bishop Bidwell will be the preacher at the special service of patriotism and intercession commemorating the anniversary of the entry of the United States into the war on the side of humanity and justice, to be held in St. John's church, Ogdensburg, N.Y., on Sunday, April 7th.

CHILD GETS SICK CROSS, FEVERISH IF CONSTIPATED

Look at Tongue! Then Give Fruit Laxative for Stomach, Liver, Bowels.

"California Syrup of Figs" Can't Harm Children and They Love It.



Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign the little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember, a gentle liver and bowel cleansing should always be the first treatment given. "California Syrup of Figs" for children's use; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

Theatrical News

(Continued from Page 12.)

Peter Ibbetson at the Grand.

The Messrs. Shubert will present John Barrymore and Constance Collier in John N. Raphael's dramatization of George Du Maurier's famous novel, "Peter Ibbetson," at the Grand next Monday and Tuesday, March 11th and 12th for two nights only. This drama made from George Du Maurier's novel, has generally been conceded to be one of the most extraordinary plays ever seen on the stage. This will not seem extraordinary to those who know Du Maurier's story, and we are assured that the dramatist has been able in his play to compress into the "two hours traffic of the stage" all the amazing incidents of that truly remarkable story. The great success that this play has enjoyed, is sufficient proof that all these have been surmounted. Mr. Raphael has divided the play into four acts, and three scenes. Other than John Barrymore and Miss Collier, the more important members of the cast are Edmund Elton, Wallis Clark, Alice John, Mercedes Lesmore, Alice Augarde Butler, Alexander Loftus, Jules Epailly, Ruano Bogislav, Emily McLean, Catherine Charlton and Nina Veresa.

Anna Held's Musical Comedy

Anna Held's own musical comedy, "Follow Me," is coming to the Grand Opera House next Thursday, March 14th, for one night only. The story of "Follow Me" deals with a marquis, who though he has a marquis, a beautiful American woman, loves to browse, and being supplied with abundant funds, gratifies his whim to the limit. There are three acts, the scene being laid in gay Paris. All the skill of scenic experts' art has been brought out in these elaborate settings, which, as well as the wonderful gowns worn by the Anna Held chorus, were designed by and executed under the personal direction of Miss Held, and make up what New York critics were as one in saying is the most gorgeous production ever seen on Broadway. Running through the piece are numerous songs that immediately score as hits.

"The Isle O' Dreams" Coming.

Manager Branigan has arranged for the presentation of "The Isle O' Dreams," Chauncey Oleott's famous Irish romantic song play. It speaks volumes for the ability of the young actor-manager, Julius Vette, who was featured through Canada last season in "Freckles," that he has been selected for the principal role. In addition to a big cast there is very beautiful scenery by one of London's well-known artists, signifying Branigan's making a special effort to obtain a large house, for the expense of the company is such that a capacity audience is necessary in order to avoid loss. At the Grand on next Saturday, March 16. It will provide an excellent St. Patrick's day attraction.

HELP ON THE FARM.

Justice of Peace Hunter Has But Few Requests for Men.

Although there has been much talk about the great need for help on the farm, it is strange to say that Justice of the Peace George Hunter, who has been giving much time to helping secure farm help, and who is also an immigration agent, has at the present time but half a dozen applications from farmers who are in want of help.

"This time last year I had applications numbering about 120," said Mr. Hunter to the Whig on Friday, when asked about the matter. "If the farmers would help, they do not appear to be making any request for men. Evidently they have decided to get along the best way they can."

A FIGHTING PARSON.

Resignation of Rev. W. A. Beecroft Was Accepted.

At a meeting of the London Presbytery the resignation of Rev. W. A. Beecroft, formerly in charge at Aylmer, was accepted. Rev. Mr. Beecroft, who is a graduate of Queen's University, secured leave from the presbytery to go overseas with the 63rd Infantry, and is in France. He is resigning on the grounds that he considers his long absence and uncertainty of return put in the congregation and Rev. L. A. Muttit, who has been supplying the pulpit in an interim position. His resignation goes into effect on Sunday next, when the charge will be declared vacant.

Possesses Strange Powers.

The Strand management has secured an extraordinary attraction for next week in addition to an unusually fine programme of feature dramas and comedies on the screen. Dr. Zell Hunt, now on his fourth Canadian tour, will pay Kingston a visit for the first time. Dr. Hunt is a hypnotist and mind reader with rare gifts. He will present new feats and new fun every night, and on the Wednesday and Saturday matinee. The Wednesday matinee will be for ladies only. Press comments of his fourth Canadian tour have called his exhibitions "hurricanes of harmless hilarity," and the Toronto Telegram said it was "positively the limit for thrills and laughter." He must be a marvel. If he was not the Strand management would not have engaged him. Local people have seen Dr. Hunt in Toronto and Montreal and all render the same verdict.

Killed in Action.

M. J. Kent, manager of the London, Ont., Loan Company, received official notification that his son, Major Victor Kent, had been killed in action. Deceased was thirty-five years old, unmarried and a graduate of the Royal Military College. He was a nephew of Sir George Gibbons.

To Conduct Lenten Services.

The Bishop of Ontario has gone to Rochester, N.Y. He will preach in St. Paul's church on Sunday, and conduct Lenten services during the week at St. Luke's church.

\$1.00

BABY'S BROWN KID LACE BOOTS,
SIZES 3 TO 7. SPECIAL \$1.00

GIRLS' BLACK KID LACE BLUCHERS,
SIZES 11 TO 2. SPECIAL \$1.50

Abernethy's Shoe Store

NEW SPRING HATS MOBILIZED

An "army" of all the latest styles and colors in men's hats for spring, are now mobilized here ready for your inspection.

SMART CAPS

of the new kinds. A great variety of patterns.
Prices as usual — Come in and see.

Campbell Bros

Kingston's Largest Hat Dealers

FEEL FINE! TAKE "CASCARETS" FOR LIVER, BOWELS

Spend 10 Cents! Don't Stay Billious, Sick, Headachy, Constipated.

Can't Harm You! Best Cathartic For Men, Women and Children.

CITES RESTRICTIONS FOR HOG RAISING

Provincial Health Officer Says Swine Must Be 50 Feet From Dwellings.

Kingston people who wish to be patriotic will not be able to adopt the suggestion of the former Food Controller and "keep a pig," unless the pig-pen is more than 50 feet from the dwelling. Dr. McCullough, provincial health officer, said yesterday that a city has no right to pass a by-law providing that pigs may be kept within 50 feet of a dwelling house. He added that no city could take such action without the permission of the provincial health officer, and he had no intention of allowing pigs to be raised within 50 feet of houses. He pointed out that under the Public Health Act no swine could be kept within 100 feet of a residence.

KINGSTON EVENTS 25 YEARS AGO

Ira Folger purchased the schooner Echo of Deseronto.

Garden Islanders did a most difficult and successful job in launching the steamer D. D. Calvin.

A horse owned by Con. Millan shoved its head through an opening in its stall and had one of its eyes torn out.

No. 1440, there is nothing cunning about the toothache, even if it is acute pain.

For Our Big Furniture Sale

Another repeat in our big spring order of carpet squares, oil cloths, linoleums and art blinds are in evidence of the service we are giving during our big sale.

The Leading Undertaker
Phone 147 for Ambulance.

JAMES REID

Government Standard Flour

Made by

Kingston Milling Co. Limited

Is Eminently Satisfactory To All Users.
HUNGARIAN—For Bread.
WHITE ROSE—For Bread and Cakes.
CROWN—Winter Wheat Pastry.
For Sale by All Dealers.

Ask your "GROCER" For

SUNKIST SEEDED and SEEDLESS RAISINS

The Best for Pie or Cake.

Carpenter and Builder

W. R. BILLENNESS

Specializing Store Fronts and Fittings, Remodeling Buildings of all kinds. ESTIMATES. EXPERIENCE. Address, 272 University Ave.

YOUR FRECKLES

Need Attention in March or Face May Stay Covered.

Now is the time to take special care of the complexion if you wish it to look well the rest of the year. The March winds have a strong tendency to bring out freckles that may stay all summer unless removed. Now is the time to use othine—double strength.

This prescription for the removal of freckles was written by a prominent physician and is usually so successful that it is sold by druggists under guarantee to refund the money if it fails. Get an ounce of othine—double strength, and even a few applications should show a wonderful improvement, some of the smaller freckles even vanishing entirely.

Here's Proof That ZUTOO Cures Headache

Mr. E. P. Tomkins, Ex-Mayor of Coaticook, Que., proves it.

"Your Tablets are a safe and effective remedy for headache."

Mr. Geo. Legge, Editor of the "Granby Leader-Mail" proves it.

"Your Zutoo Tablets deserve to be widely known as a cure that will cure."

A. C. Hanson, B. A., K. C., Colonel of the Hussars, proves it.

"I use Zutoo Tablets and find them a very satisfactory cure for Headache."

25 cents per box—at all dealers.

Are You Going To Dye This Spring

We have a full assortment of Colorite and Dyoal Straw Hat Dyes in different colors.

Also a full line of drugs, patent medicines and sundries. Agents for Robinson's and Best's finest Chocolates always fresh and sure to please.

Opposite St. Andrew's Church.

Prouse's Drug Store.

KLIM

Use it regularly in place of fresh milk. IT IS PURE, GENUINE separated milk in powder form. A pound makes four quarts. 35 cents. Reduce your milk bill.

H.C. Merriman

Successor to J. A. BOYD
611 Princess Street
Phone 847.

Would You Like to Earn \$1 or \$2 Daily the Year Round at Home?

The hosiery trade is booming, and the Demand far exceeds the Supply. We gladly take all the goods you can send us.

We must have more workers at once to help us keep pace with the demand. The Auto-Knitter is sent on favorable terms to reliable persons, and we furnish full instructions how to knit socks, etc., also all you need. The work is simple and easily learned; the Auto-Knitter is a high-speed machine, and works by turning a handle. Our fixed rates of pay guarantee you a steady income the year round, no matter where you live, but our workers often largely increase this by working for private customers.

Working either whole or spare time, this pleasant employment has brought prosperity to many workers in their own homes, and should do the same for you.

Write today, enclosing 2c in stamps, for full particulars, rates of pay, etc., and see what you and your family can now earn at home.

Auto-Knitter Hosiery (Canada) Co., Limited.

DEPT. 24A, 257 COLLEGE STREET, TORONTO.

Overseas' Boxes

Safety Razors, Shaving Soap, Antiseptic Soap, Antiseptic Powder, and all the little comforts that go to make life bearable for the boys in the trenches

SARGENT'S DRUG STORE

Corner Princess and Montreal Sts.
Telephone 41.

OUR BEST

Advertisement comes from our hundreds of satisfied patrons. "ASK ONE" and "YOU" will come to us for your EYE GLASSES.

We examine your eyes and make your glasses.

J.J. Stewart, Opt. D.

Opposite Post Office. Clarence and Wellington Sts.
"Maker of the Better Glasses." Kingston.

For Marmalade

BITTER ORANGES
GRAPE FRUIT
LEMONS ORANGES

Crawford's Grocery,

"Good Things to Eat" Phone 26
Moxley and Wilson's Chicago Ojeomargarine.