

YEAR 85, NO. 86

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SECOND SECTION

Spring Skin Troubles

Every spring for years, Mr. Amos Smith, of Port Hood, C.B., suffered from boils, until he used Zam-Buk. He writes:

"Each spring they would return and break out on my hands and arms. At times they were so bad that I could scarcely work. I tried various remedies without receiving any benefit. I consulted a doctor, but he was unable to cure me.

"Then a friend recommended Zam-Buk. The improvement after using the first box was surprising. I continued until the boils had entirely disappeared, and I have never had any return since."

Zam-Buk is also unequalled for eczema, ulcers, abscesses, scalp sores, ringworm, blood-poisoning, piles, cuts, burns, scalds, etc. All druggists, or Zam-Buk Co., Toronto; 50c. box, \$ for \$1.25.

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Music in the Home

Anecdotes of Cherubini.

Cherubini was a gruff old fellow, but occasionally a bit of kindness or humor came to the surface, and then he showed the better side of his rodd nature. He was one day met at the Paris Conservatoire, of which he was the head, by a father who came bringing his talented son to gain admission to the institution. Cherubini exclaimed when the man had told his errand: "What do you want? I do not take infants to nurse!"

The father was about to give up his attempt, but was told to take the boy to a certain room and have him play whatever he could think of, and not to stop when Cherubini came into the room. Soon the Director came in. Hearing the boy play, he was astonished at the talent and youth of the performer, and proceeded to question him on the principles of music. The result was that he at once admitted the boy to the Conservatoire. Cherubini afterward, in telling others about the affair, said, "I had to be very careful about pushing the question too far; for the baby was beginning to prove to me that he knew more about music than I do myself."

When Berlioz was a student in the Conservatoire, he was generally at sword's points with the crusty director. Once, on examination day, Cherubini was running over a piece which Berlioz had submitted, when he came upon a complete rest of two measures.

"What is that?" he asked, in his usual ill-natured tone.

"Mr. Director," said the pupil, "I wish to produce an effect which I thought could best be produced by silence."

"Ah, you thought it would produce a good effect upon the audience if you suppressed two measures?"

"Yes, sir." Suppress the rest; the effect will be better still!"

As an instance of Cherubini's curt

cast, the following little conversation is cited:— A friend handed a score to Cherubini saying it was by Mehul. After looking it over he exclaimed:—"It is not Mehul's; it is too bad to be his."

"Then you will believe me if I tell you it is mine?" said the visitor, and Cherubini replied:—"No! It is too good to be yours."

Soothing Power of Music.

Going to a good concert in these days of world wide stress is like leaving a warring world and abiding in a realm of peace for a breathing space. The first music strains of music seem to exercise the evil spirit with which the soul of mankind is grappling as the founder of the Christian faith grappled with Satan during the forty days and forty nights in the wilderness.

The common language of mankind stills the torturing din of contending peoples. The common sentiment of art heals the breach which has risen the nations asunder. For the time being the strain under which we are living is relieved. The world seems sane again.

And then, when the last beat of the conductor's baton has fallen, and you leave the temple of music, you are confronted with the hard facts of life. The weight of the universal burden presses once more upon your shoulders. The pall of darkness in which the world is enveloped once more rolls down upon your soul. At no time in its history has the world stood more in need of healing influences, of sweetening in its bitter cup, than now.

Make it a point to hear all the good music that you possibly can. It will be worth your while to banish, be it forever so brief a time, the menacing shadows that war has cast over the lives of us all. The glimpse into the bright region of the republic of music will make you stronger to deal courageously with the grim realities. It will renew your faith in the future. It will strengthen your determination to do your part to bring that future nearer and more certain.

Hear all the good music that you possibly can.

As Seen by Prominent Educationalist

The place of music in the school must finally, be determined by the standard of citizenship that a state has set up for itself. Upon the school lies the double responsibility of training the young men and young women that come within its walls to the standard of citizenship and to send forth apostles who will teach and preach it to the future generation upon whom the state depends for its preservation and progress.

The state may demand that the citizen be first, intelligent, that is, mentally efficient; second, that he be cultured; third, that he be physically fit to perform his duties; and fourth, that he be socially fit to mingle with his fellow men.

Let us examine the elements of these four requirements of ideal citizenship and see how music would contribute to its realization.

The main difference between the education of the middle ages and that of the twentieth century is that the child learned by being told, while the latter follows the path of activity; the child learns by doing. Consequently, the man of the middle ages acted by authority, worshipped by authority, worked by authority, and learned by authority. The man of to-day worships as he chooses, learns as he chooses and works as he chooses. But this progress toward freedom has brought with it added responsibilities. If the individual

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This particular Grand is on exhibition at our warerooms, 121 Princess St.

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AWFUL ATTACKS OF HEART TROUBLE

Eased by the Second Dose of MILBURN'S HEART AND NERVE PILLS.

One of the first danger signals announcing something wrong with the heart is the irregular beat or violent throb. Often there is only a fluttering sensation, or an "all-gone" sinking feeling, or again you may experience a smothering sensation, gasp for breath and feel as though about to die.

In such cases the action of Milburn's Heart and Nerve Pills in quieting the heart, restoring its normal beat and imparting tone to the nerve centers, is, beyond question, marvellous.

Mrs. Frank Arsenau, Newcastle, N.B., writes: "I had awful attacks of heart trouble for the past five or six years, and as I had tried many kinds of medicine without getting any better, I decided to give Milburn's Heart and Nerve Pills a trial, and to my surprise I found ease from the second dose. I continued taking them until I had used six boxes, and now I feel as well as ever."

"At present my sister is taking them for nervousness, and finds great comfort by their use."

Milburn's Heart and Nerve Pills are 50c a box at all dealers, or mailed direct on receipt of price by The C. Milburn Co., Limited, Toronto, Ont.

Washing Won't Rid Head of Dandruff

The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring, use enough to moisten the scalp and rub it in gently with the finger tips.

Do this tonight and by morning most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.

TRY MAGNESIA FOR STOMACH TROUBLE

Neutralizes Stomach Acidity, Prevents Food Fermentation, Relieves Gassy Stomach, and Aids Indigestion.

Doubtless if you are a sufferer from indigestion, you have already tried pepsin, bismuth, soda, charcoal, drugs and various digestive aids and you know these things will not cure your trouble in some cases do not even give relief.

But before giving up hope and deciding you are a chronic dyspeptic just try the effect of a little bisurated magnesia—not the ordinary commercial carbonate, citrate, oxide or milk, but the pure, bisurated magnesia which you can obtain from practically any druggist in either powdered or tablet form.

Take a teaspoonful of the powder or two compressed tablets with a little water after your next meal and see what a difference this makes. It will instantly neutralize the dangerous, harmful acid in the stomach which now causes your food to ferment and sour, making gas, wind, flatulence, heartburn and the bloated or heavy, lumpy feeling that seems to follow most everything you eat.

You will find that provided you take a little bisurated magnesia immediately after a meal, you can eat almost anything and enjoy it without any danger of pain or discomfort to follow and moreover, the continued use of the bisurated magnesia cannot injure the stomach in any way so long as there are any symptoms of acid indigestion.

SAGE TEA DARKENS HAIR TO ANY SHADE

Don't Stay Gray. Here's An Old-time Recipe That Anybody Can Apply.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmothers' time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is messy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Weych's Sage and Sulphur Compound," you get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy.

Weych's Sage and Sulphur Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

The strike of the Collingwood ship-building men is settled.

OVERWORK PARALYSIS

Doctors Said His Case Was Hopeless—Could Not Walk or Write—Speech Almost Gone—How Cure Was Effected.

St. Ann's, Ont., April 12.—Paralysis is far more easily prevented than cured. For this reason it is only wise to be warned by sleeplessness, headache, nervous indigestion and neuragic pains and begin reconstruction treatment before the nervous system becomes too far depleted.

This letter from Mr. Hyatt is quoted to prove to you that Dr. Chase's Nerve Food is effective even after paralysis has set in. It is not advisable, however, to neglect nervous disorders until such conditions are developed.

Mr. Avery Hyatt, blacksmith, St. Ann's, Lincoln County, Ont., writes: "I am a blacksmith by trade, and ten years ago became afflicted with paralysis. I could not walk or read or write, and could talk with difficulty, so that it was a hard matter to understand anything I would say. Being only a young man, I was nearly discouraged. Two doctors told me it was brought on by overwork, and that my case was hopeless."

One day my father read about Dr. Chase's Nerve Food, and advised me to try it. I bought 12 boxes, and when the fifth was used I saw that I was getting better. By the time the 12 boxes were used I was cured. I am well and strong and working every day, thanks to Dr. Chase's Nerve Food.

This statement is certified to by Elmore J. Hodgins, J.P.

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 4 boxes for \$2.75, at all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

THE SENATE OF THE UNITED STATES HAS PASSED THE SEDITION BILL PROHIBITING UNDER TWENTY YEARS' IMPRISONMENT ACTS AGAINST THE ARMY DRAFT OR LIBERTY BOND.

Six thousand troops will be located at Niagara Camp this summer, under the command of Lieut.-Col. John I. McLaren, of Hamilton.

There is an application before the Government for a subsidy for the Edmonton, Banff and British Columbia Railway.