

THE NAVY HELPS US HOLD THE SEAS.

Since the great sea fight off the Jutland coast in May, 1916, we have heard but little of the British navy.

There are a number of main objects which the navy is required to achieve. The first is to meet and, if possible, annihilate the enemy's armed forces; to prevent supplies reaching the enemy; to protect the sea-borne commerce of the British Empire; to ensure that supplies reach the United Kingdom; to prevent invasions of Great Britain and the overseas dominions; to maintain the sea communications of the armies fighting on the various fronts.

Only in the achievement of its first and primary duty has the navy been blocked. Since Jutland the enemy fleet has kept close to its own coast. To attack it has been impossible on account of the shallow waters, elaborate mine fields, and coast defences. The other objects of our policy, however, have been ceaselessly and relentlessly pursued. Not merely have we aimed at success; we have attained it.

Not an ounce of supplies has reached the enemy by water. Our blockade has been stringently tightened. In 1915, 256 out of 400 ships eluded the patrol squadrons. At the end of 1916 only 60 out of 3,000 escaped being intercepted. In one month of 1917 not a single vessel trading with neutral countries crossed the north Atlantic and Arctic oceans without being held up and examined. The Baltic is the only stretch of salt water where German ships may safely show themselves.

The navy has kept starvation from the British Isles. Early last year the Hun started his campaign of ruthless and unrestricted submarine warfare. He claims to have sunk during the first twelve months nine and one-half million tons of Allied and neutral shipping. This is a gross exaggeration. The actual amount of tonnage sunk, and irreparably damaged by submarine action was only six million tons. In other words, the enemy is wrong to the extent of 38 per cent., and this is altogether apart from his boasts of sinking a million tons a month. Wisely, we say nothing of the number of German submarines that will never return to their home. The Admiralty has good reason to believe that between 40 and 50 per cent. of all U-boats operating in home waters since the beginning of the war have been destroyed. Every day we find new bodies of tonnage sunk, and irreparably damaged by submarine action was only six million tons. In other words, the enemy is wrong to the extent of 38 per cent., and this is altogether apart from his boasts of sinking a million tons a month.

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seas, and Von Spee's squadron was destroyed at the Falklands. It is impossible to prevent small minor raids on our coast towns. To this Scarborough and Hartlepool bear witness. Froctored attacks, however, are not remotely possible. The task of watching the enemy navy is no light one. The 140,000 square miles of the North Sea have to be patrolled incessantly in all weathers. When we consider that since 1914 the personnel of our navy has increased by two hundred per cent., and the total tonnage of our fleet by fifty per cent., and that in one month British warships proper travel one million sea miles in home waters alone, are we to believe the German statement that the British fleet lies rusting in land-locked harbors?

Back of the army is the navy. The khaki depends for its very life blood on the blue. Since war broke out the navy has been instrumental in transporting to the British armies, and to those of our Allies, thirteen million men (of whom only 2,700 have been lost by enemy action); two million horses and mules; half a million vehicles; twenty-five million tons of explosives and supplies; fifty million tons of fuel—and all this in addition to the hundred and thirty million tons of food and other materials that have been moved in British ships.

Yes, the spirit of Hawkins and of Drake still lives. In spite of the development of modern science, the navy is still built up on the most ancient of crafts, navigation. Through the centuries that have passed since English mariners began to sail the seas, the same spirit breathes throughout the service. Modesty, tact, courage, devotion to duty—these are the unspoken watchwords of the senior service. An organization that transports thirteen million fighting men with but negligible losses cannot fail to command the world's admiration. Despite the frantic yet cunning efforts of our greatest adversary, we have driven the Prussian flag from the face of the waters, and are maintaining an ever-tightening grip on her once famous commerce. We still hold command of the seas.

Make Yourself Strong

People with strong constitutions escape most of the minor ills that make life miserable for others. Don't you envy the friend who does not know what a headache is, whose digestion is perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made an earnest effort to strengthen your constitution, to build up your system to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours. The first thing to be done is to build up your blood as poor blood is the source of physical weakness. To build up the blood Dr. Williams' Pink Pills is just the medicine you need. Every dose helps to make new blood, which reaches every nerve and every part of the body, bringing color to the cheeks, brightness to the eyes, a steadiness to the hands, a good appetite and splendid energy. Thousands throughout the country whose condition once made them despair, owe their present good health to this medicine. If you are one of the weak and ailing give Dr. Williams' Pink Pills a fair trial and note the daily gain in new health and abounding vitality.

You can get these pills through any medicine dealer or by mail post paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

BANK SETTLEMENT CAPE VINCENT CASE

Dividend of 7.6 Per Cent. Distributed Among Stockholders.

A decree settling the estate of the late Sidney S. Block of Cape Vincent has been entered by Judge Joseph Atwell, surrogate, says the Watertown, N.Y., Times. The dividend to be distributed among the creditors amounts to 7.6 per cent., or slightly over \$6,000. Attorney Fred A. Grant of this city was attorney for the administrators of the estate, consisting of Eva S. Block, Thomas B. Steel and Charles Armstrong, while Attorneys George R. Van Namee and Charles E. Norris represented the state banking department, which took charge of the Bank of Cape Vincent. Attorney John B. Rogers appeared as special guardian.

The bank had claims amounting to about \$80,000 against the Block estate, while the claims of other creditors amounted to about \$5,000.

The settlement of the estate has been in progress for about two years, but owing to long examinations of the finances of the bank and the Block estate by the State Banking Department, there have been many delays.

The Man on Watch

Good live merchants should be too wary to be caught by bad cheques.

It's still true that competition is good. You can buy certain articles in some Kingston stores for from 10 to 20 per cent. less than you pay for the same articles in others.

Last week everybody bowed and spoke with deference to the ice man. But never mind, the coal man's time is coming.

People should not expect the war to end this year. Let Uncle Sam's millions of fighters first get a crack at the Huns. It wouldn't be fair to call off the war till they get in their wallop.

Player pianos are the latest luxuries to be added to homes of farmers in the Leeds district. Who says our rural friends are not prospering?

Out Yarker and down Gannaqueue way the Red Cross workers have adjourned for the remainder of the summer. Here in Kingston the Red Cross workers never quit and will not until the Canadian soldiers overseas have finished their job with the enemy.

According to the Dean of Ontario, social uplift is sometimes at a low ebb in Kingston. Well, the Salvation Army appears to be about the only body in Kingston that is doing much social uplift, especially in the warm weather. Let the churches get busy and do a little more.

By no means let the Allies capture the German Crown Prince. Let foolish Willie continue at large and make more mistakes in leading Hun armies to slaughter.

The hay fever season will soon be here and the doctors have begun injecting serum into those who look forward to spasms of cher-cheeing.

Kingston's leading doctors hold to the view that a man who can do a day's work and walk briskly to their offices is not in need of liquor. They do not relish these transient patients doing the prescribing.

Down at East View Park the campers cannot escape the preachers. The gospel is preached for them, as among their number is a Presbyterian and a Congregational minister. And last, and not least is the Lammman's old friend, "John the Baptist." East View Park claims to have a most cosmopolitan population.

BISHOP FALLON'S TRIBUTE TO ARMY

"Canada's Effort a Marvel of Co-ordination," He Says in Interview.

Bishop M. F. Fallon, who spent eight weeks visiting the Canadian troops in England and France, paid a tribute to the keenness, organization and industry which marked the activities of Canada's army overseas, when interviewed in London, England.

"I find," the Bishop said in part, "it very difficult to so summarize my impressions as to give even the most meagre justice to Canada's effort in this war, and at the same time to avoid details that are to me of the highest interest and seem at the same time necessary to establish a firm ground for the convictions which I have reached. To say that Canada's effort is simply a marvel of co-ordination and co-operation, beginning in Canada, continuing in England and completed in France, is to make a statement without offering facts to substantiate it. Yet such is the simple expression of what I believe to be the absolute truth. The highest praise that I have heard of Canadian achievements has fallen from the lips of men and officers of the United States, Australia and the British Isles.

"I was delighted," said Bishop Fallon, "to find that already the post-war problems are receiving close attention. The period of demobilization will not cover months, but years. This space of time can be put to great advantage by improving the education and directing the future of Canada's soldiers. Much has already been accomplished in this direction, by establishing courses of study both

Advertisement for Gillette Razor's Four Years of War Service. Includes text: 'August 4th 1918', 'The Gillette Razor's Four Years of War Service', 'THE Gillette Safety Razor has passed through four years of war service with a clean bill of health.', 'It went into the front line with the first troops, and it is still on active service, never having missed a day.', 'It is the proud record of the Gillette Razor that it has more users than have all other razors put together in every regiment under the Allied flags.', 'Under the severest conditions it is possible to impose, the Gillette Razor has supplied all the comfort and luxury a soldier derives from a clean shave. It has been his companion in many a shell-hole, dug-out and water-soaked trench.', 'It has gone with him to billet and reserve camp; it has shaved him in hospital and has accompanied him to "Blighty". Whether its owner has been on leave, invalidated home, or finally pensioned off, the Gillette has never failed to offer the daily luxury of a perfect shave.', 'For more than four years it has been in action—day after day; month after month,—and it has never appeared on a casualty list, or been "invalided home".' 'An occasional oversight on the part of friends at home, or the uncertainty of the mails, has sometimes deprived a soldier of the new Gillette blades he prizes so highly. But the Gillette itself, so often mentioned in "despatches" home, has come through with flying colors,—a powerful factor in the maintenance of morale.', 'GILLETTE SAFETY RAZOR CO., OF CANADA, LIMITED', 'Office and Factory: 65-73 St. Alexander Street, Montreal.', 'Russia August 1st, 1914', 'France August 3rd, 1914', 'British Empire August 4th, 1914', 'Italy August 27th, 1916', 'United States April 6th, 1917'.

DRESSED FOR THE MIDWATCH IN WINTER



FRECKLES

Don't Hide Them With a Veil; Remove Them With Othine—Double Strength.

This preparation for the removal of freckles is usually so successful in removing freckles and giving a clear, beautiful complexion that it is sold by any druggist under guarantee to refund the money if it fails. Don't hide your freckles under a veil; get an ounce of Othine and remove them. Even the first few applications should show a wonderful improvement, some of the lighter freckles vanishing entirely.

Public Library Bulletin

- Some Juvenile Books for August—Juvenile Cards, 25c. Castaways on Disappointment Island—H. Everett. Red Men of the Mist—J. Finemore. Up Arms for Russia—C. Gilson. Never Say Die—G. Hadath. Mark Tidd in the Backwoods—C. B. Kelland. In the Wilds of Africa—W. H. G. Kingston. Maid of Manhattan—E. B. Knipe. Six Little Ducks—K. Pyle. Two Little Mice—K. Pyle. Lion Heart—Herbert Strang. Roger the Scout—Herbert Strang. One of Rupert's Horse—Herbert Strang. For the White Rose—Herbert Strang. Claude the Archer—Herbert Strang. Cedric the Saxon—Herbert Strang. Mystery Tales for Boys and Girls—E. S. Smith. Canadian Wonder Tales—C. Macmillan. Alice and the White Rabbit—B. Girwin.

Brain Fag

You are mentally tired. The strain has been continuous. The supply of nerve force is running low. You cannot leave for a long rest in the country, and it is therefore necessary that you have assistance where you are. Help awaits you in the form of Dr. Chase's Nerve Food. This great restorative feeds the nerves back to health and vigor. It restores the energy and vitality that is necessary to success and the healthful enjoyment of life.

CUNARD PASSENGER SERVICE

MONTREAL AND GREAT BRITAIN. Money Sent by Mail or Cable. Apply to Local Agents of THE ROBERTS REEFORD CO., Limited, 29 King Street East, Toronto. A bonus of three months' salary is being sent to civil servants in the Customs Department at Nelson and district.

GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE

Table with columns: Train No., Destination, Departure Time, Arrival Time. Includes routes to Lve. City, Arr. City, Lve. City, Arr. City.

SOMETIME SOON Mr. Busyman

THAT TRIP WEST? We Have Them! Convenient Trains. Comfortable Service. Worth-while Scenery by-the-way. Make it C.N.R. this time! 10 p.m. from Toronto, Mon., Wed. or Fri. For Tickets, Reservations, Literature and Information, apply to J. E. Perry, Station Agent, or M. C. Dunn, City Agent, or write R. L. Fairbairn, C.P.A., 68 King Street East, Toronto.

CANADIAN PACIFIC IMPROVED TRAIN SERVICE

KINGSTON and OTTAWA. Leave Kingston 12.00 Noon/Leave Ottawa 10.30 A.M. Arrive Ottawa 5.25 P.M./Arrive Kingston 3.45 P.M. Daily Except Sunday. Particulars from F. Conway, C.P.A., City Ticket Office, Cor. Front and Wellington streets. Phone 1197.