

Shower and Swimming Baths (the another direction to buy supplies for the community store; and the next plan a church entertainment, or teach year round), with swimming instruction.

large Gymnasium, with physical di-

Reading Room - Game Rooms and fine Rooms for Social Events. pecial Mfgs. and Bible Classes for

> BE "ONE OF A MILLION" JOIN THE "Y"

Hot Water For Sick Headaches

Tells Why Everyone Should Drink Hot Water With Phosphate In It Before Breakfast.

Headaches are caused by auto-intoxication which means self-poisoning, Liver and bowel poisons called toxins, sucked into the blood excite the heart which pumps the blood so fast that it congests in the smaller arteries and veins of the head, producing violent, throbbing pain and distress, called headache. You me nervous, despondent, sick, everish and miserable, your meals our and almost nauseate you. Then you resort to acetanilid, aspirin or the bromides, which temporarily relieve but do not rid the blood of these irritating toxins.

A glass of hot water with a teaspoonful of limestone phosphate in it, drank before breakfast will not only wash these poisons from your minded that their day for having the makes a memo in her note-book to condition, they should make other system and cure you of headache, School British Whig for their arti- plan later on to give a talk on plain teams in this district go the limit to

gin the phosphated hot water cure to scholars and teachers will bear this regular teacher conducts classes. rld your system of toxins and poi- in mind next week .-- (Editor.)

DIRECTORY FOR RETURNED for employment information.

For Land Settlement, general matters, advise; Bank of Toronto Bldg., cor. King and Brock Streets

For Vocational Courses. Indus-Brock and Wellington Sts.

For medical treatment, surgical Golden Lion Block

For Pensions: Bibby Block, Princess Street

Take Medicine

Home Treatment.

Why medicines in capsule form are best was recomily explained by a medicine at authority as follows: The object of taking medicine is to set quick results and also make the taking as easy as possible. The capsule form does this. The palate does not revolt at the gelatine coating, no matter how repellent to the taste are the drugs emitained. The capsule also goes down the threat without inconvenience.

"In the stomach the gelatine coating dissolves almost immediately and the medicines start work promptly. The capsule is far superior to the hard pill, which, especially if it has been exposed to the air, often passes through the system without being dissolved."

A striking illustration of the sign of the passes through the system without being dissolved.

Have a bor of Grip Fix in the house at this season when colds are all around. Get Haid's Grip Fix as there as he substitute so effective or quick. On sale at all gruggists at 35 cents per

SCHOOL BRITISH WHIG

SATURDAY, DECEMBER, 6, 1919

A RURAL SCIENCE TEACHER'S DAY.

BY ELIZABETH WATERE

After a two weeks' horesback trip

brough the mountains, she became a

varied as the days of the week; one

day she might ride ten miles to see a

sick woman; the next day ride ten in

For the earnest girl who is looking

for work which will demand her

whole self and who recognizes other

compensations than money, the home mission field offers a wide range of

choice. There are openings for teachers, nurses, matrons, principals.

Each church denomination has its

stations everywhere from Alaska and

Porto Rico to the slums of our large

(Next week: "Actress.")

copyright, 1919, by J. H. Miller

To The Collegiate.

WAS HELD AT HARTINGTON

ON THURSDAY EVENING

of Milk Pointed Out by Inspector

Publow-Edley Campbell Re-elect-

Room For Improvement in the Care will serve another year.

cupied the chair. Mr. Clark, district sion on the price of milk, and some

a Sunday School class.

Peggy Carrol was sure of one thing when she graduated from college; she would not teach school.

But in the middle of the summer half hour's ride brings her to the the life of the travelling teacher.—
school in the south. Of all callings morning. She calls for the teacher,
this was the farthest from her mind. and they discuss problems and plans

War Savings Stamps. place where she is to spend the Gladys M. Masters, in "The School."
morning. She calls for the teacher,
and they discuss problems and plans
as they walk the half-mile to the
school. The pupils are collecting mittee will be glad to furnish, free,
mosses, weeds and wild flowers for to teachers or principals are on all But Peggy was a girl to whom novelty and adventure appealed; to the amazement of her friends she accepted.

Arriving at the school, she found instead of the crude, poorly clad specimens she had expected, a group of healthy, capable mountain beauties clothed in blue gingham uniforms and fired with a determination to learn that was quite new to her. In place of feeling sorry for herself, she wondered how anyone so incompetent as mosses, weeds and wild flowers for to teachers or principals any or all the local school exhibition, and the of the school posters (squirrel, circuss the recent additions to the collections. One enthusiastic little boy at Christmas time—and three of that his lichens were not mosses, but There are still some copies of the his face brightened again on being uset issue of the Thrift Magazine on

ing which the travelling teacher ronto. speculates on the probable benefit of the ordinary, lifeless, unmeaning devotional exercises which are conducted in so many schools) a talk is were asked to explain the words, given on "Weeds and Seed Disper- "five wits" in the following couplet; yet none of them know the annual weeds which should be destroyed before going to seed if the farmer wishes to be rid of them the following year. After the talk and discussion the pupils are left to write their essays, for which prizes are offered in the exhibition prize list.

The sympathy of her friends was wasted on her. She found in these simple mountain people a genuineness unknown to her irivolous, college The travelling teacher then goes on to the primary department where thoughts. she conducts a sewing class. The girls are making little samplers of wits and he is gathering them togethwhite cotton, using coarse needles er. and red thread. After they have learned their stitches, some will make doll's clothes at home for the exhibition.

After recess, during which the pupils are taught a new game, the older girls have their sewing class. They, too, are just learning the stitches, and are making samplers. The regular teacher has an arithmetic class with the boys, working out some farming problems provided by the travelling teacher.

miles to town, and after lunch, three miles to her next school. This is an ungraded school, and here, too, preparations are under way for a local exhibition—the first ever held in the community. As there are not many older girls among the fifty pupils, it is not considered wise to attempt any sewing before the exhibition. A couple of boys are interested in collecting fertilizers, so the teacher gives a little talk on the uses and composition of the specimens at hand. One boy suggests getting a sample of marsh mud. They are shown how to mount specimens and the teacher promises to get small

The teachers and pupils of the large number of cakes and boxes of lers in the senior classes of the col-Kingston Collegiate Institute are re- fudge. She comments on this and legiate, and with proper training and but will cleanse, purify and fresh- cles and stories is Saturday of each cooking. She also asks for entries beat them. With Queen's and R.M.C. week, but that owing to the paper for the various events in the pro- likely to have teams in the same ser-* Ask your pharmacist for a quar- being published at an early hour on gramme of sports which she has ar- ies, there should be some splendid ter pound of limestone phosphate. Saturday, it is absolutely necessary ranged for the afternoon. The boys junior games in Kingston this sea-It is inexpensive, harmless as sugar. to have the copy in the hands of the become quite excited over this. Some son. The boys are on their toes right the Kingston Model School news, If you aren't feeling your best, if School Editor not later than five wish to enter in everything, but they now waiting for ice to come along and copy for this must be in the later than five wish to enter in everything, but they now waiting for ice to come along and copy for this must be in the later was and for active practice to start. The hands of the School Editor not later with bad taste, foul breath or have plenty of news from the collegiate, have a chance. As there is still half schedule has not yet been arranged than five o'clock on Thursday aftercolds, indigestion, biliousness, cont but we would like to have the copy an hour before train time, the visitor for the season, but with intercollestipation or sour, acid stomach, be- early. We trust that the Collegiate supervises some seatwork while the giate, and O.H.A. hockey in full During the hour's wait in town she one .- (Con.)

ble to the dairymen, but there was

attends to various errands for different teachers. She arrives home at six There are "high lights" in the experiences of all teachers, but, untortunately (or fortunately if one is a philosopher), they are few and far between. Each travelling rural science teacher could write a most interesting account of special days and of truly wonderful things account of special days and of truly wonderful things account of special days and complished. But, since such days are not representative of the work, I visited in the morning. The pupils not representative of the work, I visited in the morning. The pupils shall just describe an ordinary day in are asked to read the article which the experiences of a travelling tea- will supplement the lesson taught by the travelling teacher. So ends a balk hour's state before her to the the life of the travelling teacher.—

his face brightened again on being past issue of the Thrift Magazine on told that, if properly labelled, they hand. They contain problems in aricould be added to the mosses and thmetic, lessons and stories. Copies the collection would be made all the of these and of the posters may be obtained, free, by writing the Com-After the opening exercises (dur- mittee at 371 Bloor street west, To-

> "Howlers" in Literature. "Alone, and warming his five wits,

The White Owl in the belfry sits." Here are a few of the answers received to this question. 1. The owl is all cuddled up with his head under his wings, and his feet are covered by his wings. His

two feet, two wings and his head are 2. Five wits are equal to five 3. The owl is supposed to have fit

4. The five senses. 5. Five toes. 6. His five little ones.

7. Lots of sense, or children. Con. The Model Student's Lament. We came to town chuck full of hope, T'would be a cinch to learn that dope But now, it's o'er, we've changed our

And now we realize we're blind. Psychology has got our goat, We thought to learn it off by rote.) At noon the teacher walks two In arithmetic we thought we'd shine; (Our marks in that, they average Alas, alack, but we won't fool When we get out a-teachin' school.

> Psychology is a science, Teaching is an art. If you work too hard at either. You'll surely break your heart.

The Collegiate Hockey Team. bable that Kingston Collegiate In- may set up for himself as a consulting stitute will organize for the coming sanitary engineer. bottles and cardboard in town and hockey season and will in all likeli- (Next week: "Editor of a Counhood enter the junior O.H.A. series try Newspaper.")
has caused a good deal of enthuslasm at the school It is known that
Copyright, 1919, by J. H. Millar She then takes a list of probable has caused a good deal of enthusentries. No one enters bread and iasm at the school. It is known that biscuit, but there will be a fairly there are some splendid stick-handswing, the season should be a busy

ACHIEVEMENT WHAT BOYS CAN BE Sanitary Engineer BY R. S. ALEXANDER Millburg was dirty. It was unhealthy. It had no decent sewerage system. Its water supply was impure. Dick Reed hated all these faults in his home town

and decided that when he grew up he was going to remedy them. He told his father about his decision. "So you're going to be a Sanitary Engineer?" said he. Dick hadn't thought about it that

way but he now began to do so. He



"Engineering News," 220 Broadway, N. Y., and the "Engineering Magazine," 140 Nassau St., N. Y. He read two books "Sewerage" and "Water upply" by Folwell.

He found out that a sanitary engineer should know Mathematics, Physics, and Chemistry. So he specialized in these subjects so far as possible in high school. Then he went to a large technical school and took a course in sanitary engineering

When he graduated, he got a job as Assistant Superintendant of a filtration plant in a medium sized city. Shortly afterwards, a new mayor in Millburg decided to clean up the place and, believing in patronizing home industries, he made Dick Municipal Engineer. During his four years-as city engineer, Dick has designed and constructed a sewerage system for the city, designed and installed a new system for purifying the city water, and worked out several other measures for the improving of living conditions in the city. Since he took office, the death rate from certain diseases such as tuberculosis and malaria has been reuced to almost nothing and health conditions throughout the city are much

His term of office will soon be ended and then, if he should not be reappointed, he will be ready to go to some other city to carry on the same work, or to go into the service of the state The Collegiate Hockey Team. or federal government in investigating The news that it is more than pro- and supervising health conditions, or he

Kingston Model School.

It has been decided to have the news of the Kingston Model School entirely separate from that of Central School. Space will therefore be noon each week, As there are some brilliant Model students, we are sure that we shall have a very interesting Model School section.

LAURIER MEMORIAL.

auch room for improvement in the care of their milk entering into the The Campaign For the Monument Well Under Way. There was a good attendance at the meeting, and the new director work which has for its object the start receiving subscriptions to the prominated was Edian Compact. nominated was Edley Campsall, who raising of \$100:000 for a monument national fund. Motion pictures of the silo on the farm and making of butter in New Ontario were shown by A. W. Sirett, local representative of the de-A meeting of the Eastern Ontario partment of agriculture. They were Dairymen's Association was held at most interesting and were greatly ap-

Hartington on Thursday evening. preciated by the audience.

Edley Campsall, district director, oc-

superintendent, gave a report on the argued that when it is considered that season's work. He gave a brief ac- in many cases the farmer, his wife Prevents Attacks

stating that conveners and sub-conveners have been named in each constituency, and the organization work

Wonderful Bilious

Remedy Actually

Sum of \$100,000 in and,
the campaign.

A bulletin dealing with the matter is being circulated through the provincial Liberal leaders, and the headquarters of the campaign have been established in the Hope Chani-

season's work. He gave a brief account of the inspection work in the district, and dealt particularly with the records received showing the average quantity of milk produced by individual cows in his district, which showed that the average production would not exceed 3,500 pounds, which means that some cows are low producers, in fact hardly paying for their keep. A good average would be about 6,000 pounds.

In Capsule Form

Season's work. He gave a brief account of the inspection work in the district, and dealt particularly with the records received showing the cities, getting up at 4 a.m., the margin of profit is exceedingly small. The co-operative idea was much the event of the feeling was strong that the National Dairy Council could not act too quickly in promoting that the National Dairy Council to which means that some cows are low producers, in fact hardly paying for their keep. A good average would be about 6,000 pounds.

G. G. Publow, chief dairy instructor, spoke on the handling of milk, other fellow.

Season's work. He gave a brief account of the inspection work in the district, and dealt particularly with the records received showing the district, and dealt particularly with the records received showing the cities, getting up at 4 a.m., the margin of profit is exceedingly small. The co-operative idea was much the pated bowels, but act upon the liver as well.

Quite unlike ordinary medicines which out of the unique of the inspection work in the district, and dealt particularly with the records received sam, the cities, getting up at 4 a.m., the margin of profit is exceedingly small. The co-operative idea was much the council to a well.

The United Farmers of North Renth on the liver as well.

Quite unlike ordinary medicines which cause billousness, and thus permanent cures are few two great causes of bill-onness.—they are constitution and deafective liver action.

When Dr. Hamiliton's Pills are taken, the unique of the cities, getting up at a.m., the margin of profit is exceedingly small.

The co-oper

Gives Quicker Action—

tor, spoke on the handling of milk, other fellow.

The Ideal Method for Date of the control of the cont



Two years ago today, December 6, 1917, a large part of Halifax was destroyed; the result of an explosion.

Answer to yesterday's puzzle: Left side down, in body of German

ONTARIO WINTER FAIR.

Guelph, Dec. 6 .- With everything pointing to the most successful show in its history, the 36th annual Ontario Provincial Winter Fair opened Undesirable Aliens Are Entering in Guelph yesterday and continues until next Thursday evening. Secretary Wade stated that he fully exhibits and in attendance.

morning, the official opening will trains and automobiles.

not take place until Monday, and the new Minister of Agriculture in Poultry Show at Guelph Has 7,000 ning Doherty, will be here to get the show officially under way.

OPEN DOOR FROM CANADA

United States

Washington, Dec. 6,-Anarchists and other undesirable aliens have pected this year's fair to be a re- practically an open door to the Unitcord one, both in the quality of ex- ed States through Canada because of an inadequate patrol along the Buf-A poultry show in which there ale River boundary, J. T. Cronin, imare 7,000 birds to be seen, is some- migration inspector at Buffalo told thing that has not occurred on the the House immigration committee American continent up to date, but yesterday. Lack of men and equipthat is the number of birds that will ment prevented any attempt at inbe on exhibition at the Guelph fair: spection, he said, which would step Although the fair opens to-morrow | their ingress in private boats, freight

WAKE UP "FIDDLE FIT"

Take "Cascareis" for Your Liver and Bowels and Feel Fresn as a Daisy-Constipation Gone!

"Cascarets" to-night sure! Your | not feel right. Don't stay billious or system is filled with liver and bowel constipated. Feel splendid always by poison which keeps your skin sallow, taking Cascarets occasionally. They

your stomach upset, your head dull They never sicken you like Caloand aching and your system full of mel, Salts, Oil, or nasty, harsh Pills. cold. Your meals are turning into They cost so little too Cascarets



DR. PARENT'S Llectrocure KILLS PAIN INSTANTLY

JUST APPLY-PAIN STOPS SOLD EVERYWHERE

'Austin's Red Cross Drug Store, Distributors

The Cough Syrup that Stops the Cough

NADRUCO Syrup of Tar with Cod Liver Oil Compound

A pleasant yet most efficient cough medicine; its soothing effect on raw and husky throats is felt almost instantly. It strengthens the breathing and makes expectoration easy, and quickly cures the most stubborn cough.

Contains no harmful ingredients and can be given with confidence to infants and children. The genuine is in a Red Box with Na-Dru-Co trademark.

Samufactured by National Drug and Chemical Company of Canada, Limits

By GEORGE McMANUS







