

BEWARE OF BRONCHITIS

Bronchitis is generally caused by neglecting a cold, or exposure to wet and inclement weather. It begins with a tightness across the chest, difficulty in breathing, and a wheezing sound comes from the lungs. There is a raising of phlegm, especially in the first thing in the morning. This is at first white, but later becomes of a greenish or yellowish color and is occasionally streaked with blood.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup, thereby prevent it becoming chronic and perhaps developing into some more serious lung trouble.

Mrs. Brice Culham, Sheffield, Ont., writes:—"In December, 1919, I was very sick with bronchitis, and had to stay in the house all winter. One day I saw Dr. Wood's Norway Pine Syrup advertised, so I got a small bottle which helped me very much; I then got a 60c. size, and it completely relieved me. I cannot praise "Dr. Wood's" enough for what it did. Two of my neighbors are now using it for colds."

Don't accept a substitute for Dr. Wood's Norway Pine Syrup; the genuine is put up in a yellow wrapper; three pine trees the trade mark; price 35c. and 60c.; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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FOR COLIC, COUGHS AND BRONCHIAL AFFECTIONS. FOR STIFF MUSCLES, SPRAINS AND STRAINS AND NUMEROUS OTHER AILMENTS COMMON TO MAN AND BEAST. THERE IS NOTHING SUPERIOR TO THIS OLD TRIED AND RELIABLE REMEDY.

DR THOMAS' ECLECTIC OIL

A SUGGESTION

The abundant health-giving properties of Scott's Emulsion are as needful to adults as to children.

NUXATED IRON

For Red Blood, Strength And Endurance

When Food Doesn't Digest

Give the Stomach a Rational Rest by Proper Aid, Not by Harsh Starvation Methods. Use Stuart's Dyspepsia Tablets.

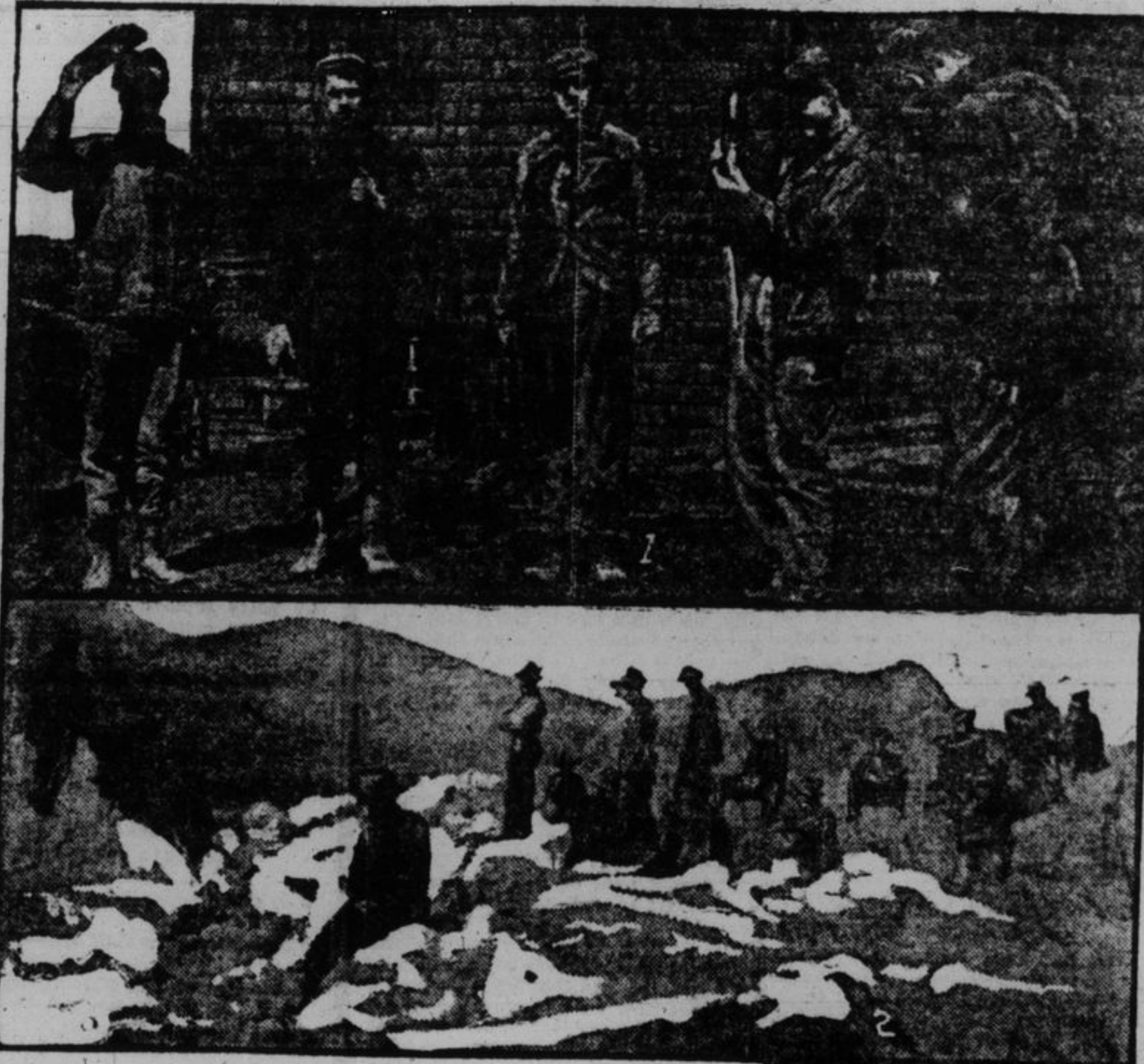


Stuart's Dyspepsia Tablets after a meal. Sour risings, gasiness, a heavy bloated feeling and such distress due to indigestion or dyspepsia are usually only temporary. And yet they may lead to serious disorder. The regular use of Stuart's Dyspepsia Tablets after meals reflects to a high degree the intelligent selection of preventative measures.

One cannot always select or inspect the quality of food to be eaten nor its method or manner of preparation. But it is possible to avoid the acidity that is so often the result. And it is a far better plan to eat without worry over what may happen, than to starve for fear it will happen. Many physicians recommend these tablets for stomach distress due to indigestion or dyspepsia.

They are sold by all druggists everywhere at 60 cents a box.

The Practical Work of a Mining School.



(1) Mining students ready to go underground in a coal mine near Sydney, N.S.
(2) Students examining the great leadzinc at Turtle Mountain, Alberta.

Not very many years ago a great many people looked on an education at the University as unnecessary and perhaps even harmful for a young man proposing to enter business or manufacturing. The old professions of Law, Medicine and the Church were, of course, different, and demanded college training; but fitness for success in even the greatest industrial or engineering undertakings was commonly supposed to be best gained by apprenticeship in an office or works, and the boy who left school at fourteen to run errands and sweep out the office was often lauded as having outdistanced his rich neighbor who had "wasted" four or five years in learning a lot of theory, and with it acquired habits of luxury, and a sense of his own superiority to other men.

The above belief was due in part to ignorance of what college life really is, and in part to a failure to distinguish between the old and new methods of teaching. Fortunately, time has cleared away much of this misunderstanding and has proved to all observant people that nothing can equal a scientific education as a preparation for any branch of advanced industrial work, but it is doubtful if even now the public understands just what is done by our Universities in training young men for the Engineering Profession.

Perhaps no clearer illustration of the modern method can be found than in the teaching of Mining Engineering as given, for instance, at McGill. The students begin their course in October and spend seven months attending classes in Mathematics, Physics, and other fundamental subjects, and in carrying out elementary experiments in the laboratory. Then, after the spring examinations they go to a camp in the country, and do practical surveying for four weeks. This ends their obligatory work for the year, but they have agreed to spend at least the main part of the vacation in Mackenzie, Sheep or on Surveys or other engineering enterprises, and it is significant of the earnest spirit of the students that fully 80 per cent. do this, and at the same time earn good

wages and thus acquire at least a fair part of the money needed to meet their next year college expenses.

The second year is similar to the first, except that the work both theoretical and practical is more advanced, and these first two years are the same for all Engineering students, no matter what branch of the subject they propose to practice; but in the third year, they specialize, and the miners give a considerable part of their time to Mineralogy, Geology, etc. The practical work at the end of this year is still further specialized and is in the form of a travelling school. Sleeping cars are chartered for a month or more, a dinner is engaged when necessary, and the party accompanied by professor and a small group of competent instructors, is taken to some important mining district. About one-fifth of the time is given to practical field Geology—another fifth to visits to Ore Dressing and Metallurgical plants, and the remainder to actual visits to mines carefully selected in advance so that the widest possible experience can be gained. The students go underground, spend their time watching, and if possible working, with the regular miners, and each day after returning to their travelling home they compare experiences and write up notes, under direction of the staff. At the end of the given opportunities for employment for the remainder of the summer, in the mines visited, and thanks to the broad-mindedness of our Canadian Mine Managers (many of them old McGill graduates) the students thus get invaluable experience, and at the same time earn very substantial pay.

The value of this very practical summer school can only be fully appreciated when the man returns to college for their fourth and final year, which is devoted to a study of the advanced technology of Mining. Matters which might otherwise be difficult to understand are quickly appreciated, the interdependence of theory and practice are made clear, and the students complete their course with a more mature and balanced understanding of their professional duties and responsibilities.



(3) Students operating a Rock Drill at Phoenix, B.C.

than could possibly be attained by any amount either of study or of practical work taken alone.

This Mining Field School was instituted at McGill over twenty years ago and has since been carried on without interruption, except that it was curtailed during the war. The extent of ground covered may be gathered from the fact that British Columbia has been visited no less than ten times, Nova Scotia six, Newfoundland twice, Michigan and other United States mining districts three or four times, while Cobalt, Porcupine, Sudbury and other near-by mining fields, are almost always touched on the way to more distant parts.

The illustrations which accompany this article have been chosen to show the lighter side of the excursions, and it is needless to add that as part of the course at McGill is more popular than the "Mining Trips."

MRS. SNOWDEN'S MESSAGE.

Warns British People Against Bolshevism.

Mrs. Snowden, wife of the prominent labor leader of that name, has published in permanent form her impressions of a recent visit to Russia, made in company with other labor leaders for the purpose of seeing the Soviet machine at work. The disillusion was poignant in the extreme. While liberty is on the volatile tongue there is no liberty in Russia. On the contrary, there is a condition of virtual slavery, conditions are claimed by the state. The workers are claimed by the state—their time, their labor, their persons—their all. They are driven to work at the point of the bayonet. They work for a government ration, consisting of a bit of black bread and raw fish. They work twelve hours a day and under circumstances of such industrial ignorance as limits the output to a quite negligible degree.

Nobody owns anything. The state is supreme, and claims everything. The people are half starved. They work without energy or enthusiasm. If the citizen should have a house or furniture which he claimed as his own, the state can and does take both from him to suit the convenience of friends. Liberty is a mockery. A group of desperate fanatics have usurped the functions of government, and to maintain themselves in power have employed terror to cow the bulk of the people, who have not been consulted as to the form of government, into submission.

Mrs. Snowden and her companions were shocked at what they saw and heard, and returned home convinced that Soviet rule was about the last word on earth that sane, intelligent people would have anything to do with. Certain elements among the workers have caught the Soviet phrase, on which they ring the changes, from the corner soap box; but if the masses would only read the other side, would only glimpse the diabolic cult in operation, the cure for unrest would be largely provided. The propandea of Sovietism has recently become open and truculent. Lenin has issued a pronouncement, defining the duty of all who would qualify for admission to the "Third Inter-

nationale." There must be no pity. There must be no pity. The capitalist government must be destroyed by scheme or plot, if necessary; but force must be applied without compunction. There must be complete overturn all over the world. No sympathy must be felt for suffering, for all that Sovietism would do in the way of overthrow would be done in the interests of the new world to which Sovietism turns its longing eyes—a world in which all will be on a dead level, where initiative will be treason and happiness expressed by a hunk of black bread and stinking fish—the share of the proletariat, in actuality. The phrase: "educative; they slow; they promise the millennium; but Mrs. Snowden has seen the hateful fruits of Sovietism for three years now and shudders at the ghastly meaning of it, translated into grim and hopeless and despairing practice.

Shakespeare's Autograph.

Lovers of Shakespeare are jubilant over the discovery of the famous bard's autograph on the stone-work of a window recess in the famous Haunted Gallery at Hampton Court, one of the ancient royal palaces of England, where Shakespeare at one time performed in his own plays.

Some time ago one or two faint illegible letters were noticed in the recess, and recently it was decided to clean up the bluster, with the result that Shakespearean experts have been fired with renewed enthusiasm, for the name disclosed was that of the world's greatest poet.

Careful inspection showed that the initial "S" and the final "e" were unmistakable, while the "H" and the "K" are faintly legible. Moreover, the autograph is located in a portion of the historic palace which is intimately associated with Shakespeare.

The Haunted Gallery formed one of the suites of rooms used by performers in masques and plays and during the Christmas holidays of 1603 Shakespeare and his colleagues were summoned to the court, and while at the place there is little doubt but that they resided in these apartments. On August 5, 1906, Shakespeare's company again visited Hampton Court, when a portion of the Haunted Gallery, in which the autograph was discovered, was used as a greenroom.

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35c. and 65c.

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What are your eyes worth?

THINK of it—what would you be willing to accept in return for the loss of your eyesight?

This priceless gift should be properly cared for. Don't experiment with cheap glasses and cheap examinations. It will pay you to see the man who by a lifetime of study and experience is best qualified to examine and prescribe for your eyes—the Optometrist. You should select your Optometrist with as much care as you do your doctor or dentist.

Consult your Optometrist about your eyes. He knows.

"Have your eyes examined"

Look for this sign

It is an emblem of service

Write the Secretary, Box 92, Dundas, Ont., for free booklet on the care of the eyes.

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At present prices, \$930 will buy a \$1,000, 1934 Victory Bond.

On November 1st, 1934, the Dominion of Canada will pay you the full \$1,000 for this bond, regardless of the price you pay for it to-day. This investment assures you of an interest return of 6 1/4% for fourteen years.

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Child's Best Laxative

Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless physic for the little stomach, liver and bowels. Children love its fruity taste. Full directions on each bottle. You must say "California."

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—It will please the children and the grown-ups, because it will bring every kind of music, for all occasions, for every mood. It will bring to you "All the Music of All the World." Come to Lindsay's and select your Christmas Grafonola NOW while our stock is complete. We will store and deliver your purchase when wanted. Easy terms arranged if desired.

Grafonolas, \$27.50 up.
Records, \$1 to \$3.

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Sandal Wood in India.

No wood is so largely used by Hindus in India as sandal wood. Whether living or dead it has been connected with their religious ceremonies for over fourteen centuries. It has to be burnt at the cremation of all Hindus, and the relatives of even the poorest Hindu will spend Rs. 50 for this purpose if they can manage to collect it. Thousands of rupees will be spent on cremations of the rich. These are not merely for ornamental purposes, but are to employ on useful work in demolishing the water weeds which have accumulated in the society's lake in their gardens at Regent's Park. The absence of the swans resulted in the lake being overrun with water weeds, brought there, it was believed by a heron which periodically visited the water for fishing purposes.

Swans in Parks.

A pair of swans, to replace others which escaped during the war, has been presented by the Lord Chamberlain to the Royal Botanic Society of London. These are not merely for ornamental purposes, but are to be employed on useful work in demolishing the water weeds which have accumulated in the society's lake in their gardens at Regent's Park. The absence of the swans resulted in the lake being overrun with water weeds, brought there, it was believed by a heron which periodically visited the water for fishing purposes.

Chestnut Avenue.

It was not until about ten years ago that it was decisively proved that it was Sir Christopher Wren who planned the famous Chestnut avenue in Bushy Park. The avenue was planted two hundred and twenty years ago, and cost only £3,500. The items were: Making the road "with 30,283 cubic yards of fine screened gravel," etc., at 2s. a yard, £3,025; planting the trees, "carting, ranging out of the lines, digging, carting to each tree two loads of good fresh earth," planting and mulching, etc., £119 12s. The width of the avenue, from tree to tree, is 170 feet, and its length is exactly one mile. There are 374 trees—137 each side—planted 42 feet apart. The avenue was evidently intended as a grand new approach to Hampton Court Palace, and in direct relation to extensive further buildings intended by William II, but never carried out.

Deceptive Visions.

It was Wilderby's first acquaintance with mountain scenery in Wales, and one fact struck him forcibly. "I think it so wonderful," he said, "that wherever you see a lot of mountains the smallest are always in front."

SKY'S CAPS

Beginning to-day we are placing on special clearance sale our entire stock of fall and winter Caps, sectional and one-piece tops, made of heavy Velours and fine Tweeds. Sold ordinarily from \$2.50 to \$4.00.

YOUR CHOICE \$1.78

GREAT SALE OF SILK SCARFS

Pure Silk Knitted and Brocaded Scarfs—beautiful shades—worth up to \$3.50.

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For men who work hard and are hard on clothes, these guaranteed Union-made Overalls are the only kind. See them at Sky's.

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