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### Sunday Services in Churches

**E. Paul's**—Morning Prayer, 11 o'clock, preacher, Rev. T. W. Savary, B.A. Sunday school, 3 p.m. Evening Prayer, 7 o'clock, preacher, Canon FitzGerald, M.A.

**W.C.T.U.**—The regular meeting of the Women's Christian Temperance Union will be held in the Y.W.C.A. parlors, Johnson street, on Tuesday, Oct. 9th, at 3.30 p.m. All ladies welcome.

**Sydenham Street Methodist**—H. H. Bell, minister, will preach: "Do not Forget Japan and Her Needs." Women's Association, Monday, 2.30 p.m. Students remember social hour after evening service.

**St. Andrew's Presbyterian**—Rev. John W. Stephen, minister. Services, 11 a.m. and 7 p.m. in St. Andrew's Hall, conducted by the minister, Sunday school, 3 p.m. Students, soldiers and visitors, welcome at all the services.

**St. George's Cathedral**—Nineteenth Sunday after Trinity. 8 a.m. holy communion; 11 a.m. holy communion. Preacher, Rev. W. E. Kidd. 3 p.m. Sunday school; 4 p.m. holy baptism; 7 p.m. evensong. Preacher, Rev. W. E. Kidd.

**Pentecostal Church**—Special Revival Services, Sunday, 11 a.m. and 7.30 p.m. Special healing service at 3 p.m. Every night next week at 7.45 p.m. Come and hear Evangelist Remington and Hugh McAllister, soloist.

**Bethel Church, Barrie and Johnson streets**—Pastor, A. Sidney Duncan. Services, 11 a.m. and 7 p.m.; Sunday school, 2.45 p.m.; Christian Endeavor, Monday, 8 p.m.; Prayer meeting, Wednesday, 8 p.m.; Communion of Lord's Supper, 11 a.m.

**Calvary Congregational Church**—Corner Charles and Bagot streets. Pastor, Rev. A. F. Brown, 144 Barrie street. Phone 1806v. Sunday, 11 a.m.; 3 p.m.; Sunday school; 7 p.m.; Monday, 8 p.m.; Christian Endeavor, Wednesday, 8 p.m.; Prayer meeting.

**St. James' Church, Cor. Union and Aroh Streets**—Rev. T. W. Savary, B.A., rector. Harvest Thanksgiving Services, 11 a.m., Te Deum and Holy Communion, preacher, Rev. Canon FitzGerald, 3 p.m., Sunday school, 7 p.m., Evening Prayer and sermon.

**Chalmers Church**—Rev. R. J. Wilson, D.D., minister. Services at 11 a.m. and 7 p.m. Prof. MacClament's Bible class meets at 2 p.m.; Sunday school and Bible classes, 3 p.m. Rev. (ord), Mrs. A. Hinks. Seats free, Professor W. G. Jordan, D.D., will Strangers and visitors welcome.

proach in the morning. Rev. Professor McFadyen, D.D. will preach in the evening.

**Queen Street Methodist Church**—Rev. W. S. Lennon, B.A., D.D., pastor. 11 a.m., "Church Union and Its Spiritual Significance." Anthem: "Come Unto Me." (Wagner); Solo, Mrs. J. Evans. 7 p.m., "Shaken Japan," a study of the Earthquake, illustrated by lantern slides. Anthem: "O Be Joyful." (Buck); mixed quartette: "Thy Will be Done." Sunday school at 3 p.m. Seats free.

**Christian Science, First Church of Christ Science** 95 Johnson street—Services, 11 a.m. and 7 p.m. Subject "Unreality." Wednesday 8 p.m. testimonial meeting. Public reading room open every afternoon except Sundays and holidays from 3 to 5 p.m. and on Thursdays evenings from 7.30 to 9.30 p.m. All are cordially invited to the services and to the reading room.

**First Baptist Church, Sydenham and Johnson streets**—Rev. J. S. LaPlair, pastor. Daily Day Services, 10.30 a.m., special prayer service; 11 a.m., sermon theme, "One Clear Call." 12 p.m. Communion service. 2.45 p.m. Rally exercises of Bible school in main auditorium. 7 p.m. sermon theme, "The Secret of Success." A welcome, a seat, a book for you. Come.

**Princess Street Methodist Church**—Rev. John K. Curtis, B.A., pastor. Services at 11 a.m. and 7 p.m. At 11 a.m. the pastor will preach; subject, "Can the Church of Today Repeat the Triumphs of the Early Church?" 7 p.m., Rev. L. Curtis, M.A., D.D. Sunday school, 2.45 p.m. Young People's League, 8 p.m. Monday, and the church's prayer hour, 8 p.m., Wednesday. Seats free. Visitors cordially welcomed.

**St. Luke's Church, Nelson street**—Rev. J. dePencier Wright, rector. Nineteenth Sunday after Trinity. Anniversary Services. Being the 33rd anniversary of the church, 11 a.m. morning prayer and Holy Communion. Rev. A. O. Cooke, rector of St. Mark's church, Barrie, will preach, Music—anthem, "O God Our Help in Ages Past" (Martin). 7 p.m., evensong, Rev. Herbert S. Pringle, Adolphustown, will preach. Musical—choral Psalms—148. Magnificat and Nunc Dimittis in G. (Maunder) Mrs. A. Hicks and choir. Anthem, "I Will Magnify Thee O God." (Churhill) Miss G. Holland Bible class meets at 2 p.m.; Sunday school and Bible classes, 3 p.m. Rev. (ord), Mrs. A. Hinks. Seats free, Professor W. G. Jordan, D.D., will Strangers and visitors welcome.

### WORKING OR BEING WORKED

By the Rev. Charles Steila.

Nearly every man believes that his job is the most difficult. He has been thinking it ever since he can remember. Even when he was a child his problems—which now make him smile as he thinks of them—were just as real and just as important as those which trouble him today. But in all probability he pines for the job which he left long ago, because his present position seems still more irksome and monotonous; it presents so many more difficulties than those which he left behind. He sometimes curses himself because he did not "leave well enough alone."

Most of us have an unreasoning faculty for getting into all kinds of trouble because of our impatience, and principally because we haven't the nerve to stand up to the task which brings with it strain and stress. But really, most of the discomfort and unhappiness which comes to us in our present distress, because of the comparison that we make with former experiences, is due to the fact that we have forgotten "the pit from which we have been dug." We fail to remember the hard knocks that we used to get on the old job. And this is a mighty good thing.

Nature is a physician that heals old wounds. She does this in the natural world. The convulsion that rent the face of mother earth is soon covered with a beautiful green which challenges admiration. She does it in the physical world. To heal the wound by "first intention" is the physician's aim, whenever it is possible, because Nature herself supplies the best restorative.

Fortunate it is that we are not compelled forever to carry all the burdens of the past. Now come "will come, but somehow they dislodge the recollection of the old, or they will drive away the mist and make them appear in their true light—stepping stones instead of stumbling blocks. Such are the present difficulties by which we are beset.

And yet, there's another consideration that's worth thinking about—suffering also has its value. This world would be a dreary monotony without the mountains and the lakes, the rivers and the valleys, which have come through nature's great upheavals. The sufferings of earth make it the more glorious. Man is much like this in his own experience. The blessings of life have come in large measure because of the great heart-aches and the agonies of man.

and women. They have given of their life-blood so that others might be enriched. This has been their crucifixion. But out of their affliction has come a new life—grown from the seed of the best that died in the old self. This has been their resurrection.

Ambition can live only when the worker has an opportunity for self-expression. It will not suffice to say that any man or woman who has the qualifications may still get to the top. We are not dealing with exceptional people; we are dealing with the masses who, it must be confessed in all frankness, are very ordinary, but who, nevertheless, are human beings who have a right to live. Not all the poor have the power of initiative, but even though they had, physical disability due to poverty or sickness may prevent them from executing their wills. Large numbers of the poor cannot afford to rest during a time of illness. They must keep on, for to stop means even greater poverty than they are enduring. It is this inability to properly care for themselves physically that results in an early death or at best an old age at a time when they should be enjoying the vigor of full manhood and womanhood.

It is true that some have risen from the ranks of poverty to the positions of great power and influence, but in very rare cases did these come from the class who are cursed with the extreme poverty found in our cities. Most of them, it will be discovered, came from the farm where even though they may not have had the advantage of good clothing and education, nevertheless developed strong bodies which gave them the power to struggle against the most adverse circumstances. Those who have risen from poverty to high positions in life had this physical capital to bank upon, this possessing an asset of which the tenement-bred children, for the most part, are deprived.

It isn't work that kills a man. It doesn't even hurt him. Work is not a curse—it's a blessing. What a punishment it would be if he were deprived of his daily task. It might seem like a picnic for a while, but the normal man would soon tire of the fearful monotony of doing nothing.

No, it isn't work that kills a man—it's the fact that some folks have nothing but work that's killing them. You business man, and you professional man, who claim to work eight hours a day and enjoy it—that's fine, but you enjoy it, first, because

you can quit any time that you wish to, and second, because you are getting a sufficient reward for your work, and third, because you are conscious all the time that just a little way ahead there's comfort and leisure and happiness because you're sure of being fixed so far as your ordinary needs are concerned, and sometimes there's a bit extra for an automobile and such trifles.

But when the worker is compelled to struggle for the barest necessities, and with little hope of ever getting more than this in life, there is very little opportunity for the development of the finer instincts which lead, for instance, to the appreciation of art and of the beautiful things in nature which enrich men. This shuts out a world of pleasure which nothing else can replace. His struggle for self-preservation prohibits the development of culture. He is too close akin to the beast to have any regard for the higher and finer things. All this is said with a full appreciation of the strength of character which is developed even in the midst of poverty. But how can a love of the beautiful be normally nurtured in the soil of fifth and want?

The real curse of child labor is not in the fact that the children are compelled to work; even a child of eight may perform a certain routine of duties on the farm, in the home or, for a limited time, in the factory, without serious injury. It is the continuous toil for long hours, under unsanitary conditions, with improper or insufficient food, that stunts the body and the mind, so that when the child arrives at the years when it should be giving expression to its best self, it is simply impossible for it to appreciate the best values of life. The pathetic thing about the whole situation is that there comes no realization of that which is missing. Life has lost its largest and fullest meaning; it is limited to the routine of getting a living.

Many a factory or shop girl, after a hard day's work, is compelled to spend the evening in further monotonous toil in the home, because of the poverty of her parents or because of her own limited means. To such there can be little or no development of those qualities which make for the highest type of womanhood. The harshness of their daily toil crushes out many of the softer and gentler qualities. The tragedy of such an existence lies in the fact that the woman is deprived of the greatest happiness of a woman's life, and at the same time is unable to enter into her daily occupation with a man's enthusiasm and vigor. It is commonly said by business men that it is better to employ a woman for certain tasks, because it is well known that she must make these stepping-stones to something better.

The woman in her home, crowded in by the four walls of her kitchen; the workman, whose daily path is from his home to the shop and from the shop to his home, cannot fail to show the influence of this restriction. The recreations which must come to them, especially in the case of the men, appeal merely to the physical side of their nature. It is the overworked toiler who patronizes the low-down recreational places—the man who works the longest hours in the day—and not the highly skilled workman who has the opportunity for self-expression on account of his higher wages.

No, it isn't work that kills—it is being worked that destroys the gladness of life. The limitations of poverty are the terrible pressure due to a low standard of wages and hence a low standard of living and the lack of the power to appreciate the best things in life because the higher instincts have been systematically ground out through long years of deadening toil.

### GUARD THE BABY AGAINST COLDS

To guard the baby against colds nothing can equal Baby's Own Tablets. The Tablets are a mild laxative that will keep the little one's stomach and bowels working regularly. It is a recognized fact that where the stomach and bowels are in good order that colds will not exist; that the health of the little one will be good and that he will thrive and be happy and good-natured. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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"True,—it may sound far-fetched. Nevertheless, in the case of "CEETEE" it is your assurance of pure wool, and wool is the only sure protection against winter's chills and sudden changes in temperature with consequent doctors' bills. The "CEETEE" label also insures a fine wool underclothing—

- That will not shrink
- That will not "prickle" or irritate the body
- The only Canadian-made underwear
- That is reinforced at wear-prone parts.
- That is knit to fit the natural lines of the body.

Favoured by Ladies this year are: Vests and bloomers to match; in CEETEE No. 225, or TURNBULL'S No. 420. For Men: CEETEE No. 220 fine pure wool CEETEE No. 432 a cashmere and wool mixture Underclothing "de luxe"

Made only by Turnbull's Sold by the Best Dealers Worn by the Best People of Galt, Ont.

### THE DOCTOR'S ORDERS PRINCESS PHARMACY

### The Man On Watch

Judging by the number of automobiles standing around some of the churches on the Sabbath day, the minority now walk to divine service.

September was a great month for births and marriages in Kingston. The June brides were outnumbered by those of the hay fever month, which was a poor month for the undertakers.

If the penitentiary was moved to the north it might put more fear into the hearts of some people whom the missionaries are unable to reach.

Talking about missionaries, the Watchman the other day met an ex-warden who was unable to see why the churches continue sending missionaries to far-distant countries when there is so much need at home.

The Portland township council at its last meeting paid a bill for snow-shovelling. They must be having it very early winter out Verona way.

Wolfe Island's farmers are buying lightning rods, deciding that they will no longer take chances. Wise men are they.

Few people envy the bank director as they used to do. It is better to be a plain depositor nowadays than a director.

The prohibition forces have united, thinking that in union there is strength. Now they just need a Foch to lead them to victory. Ben Spence will not do.

Kingston housewives, who are unable to secure Canadian domestics, should apply for some of these titled Russians who have arrived in this country from Europe. The circle of Kingston domestics would be enriched if it had a foreign princess or grand-duchess on its roster.

If the city is not growing in population, the Kingston General hospital nurses training school is. There are ninety-five nurses now ready to aid in curing the ills of the people. Soon the school will number one hundred. It is not intimated

whether the probationers are put through any Queen's college initiation stunts by their seniors.

With the spread of education there will soon be no domestics at all, for who will want to do kitchen work when fitted for something more paying? Co-eds and teachers might find it a pastime in the summer.

The Portsmouth penitentiary is to have a band and it will now be in order for Jimmy Halliday's village council to make a grant so that the prison musical organization may give concerts in Aberdeen park and the golf club house.

Another reason advanced for the continuance of the Presbyterian church in Canada and against union is the fact that the prisons contain far fewer Presbyterians than any other denomination. For instance, Jog Hawkey's jail over on West street had only twelve Presbyterians last year, just one half the number of Anglicans who were sent up.

### THE TOWN WATCHMAN.

The worker bee lives six months, the drone four months, and the female bee four years. An innocent heart is a brittle thing and one false vow can break it.

### THE IMPORTANCE OF GOOD SIGHT

Whatever your avocation in life, whether on land or sea, good sight is vitally essential. You cannot afford to take chances with your eyes. See to it that you wear glasses, if your vision is not wholly satisfactory. Let us assist you to see as you should.

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