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If a friend told you of a simple remedy that would clear away your sniffling cold quickly—you would go to the nearest druggist for that remedy—sure you would.

The quickest remedy for a cold is CATARRHOZONE. You get instant effect from Catarrhazone, because you breathe it.

By using Catarrhazone several times each day you ward off Tonsillitis, Catarrh, Influenza, you keep clear of Sore Throat, Hoarseness and other winter ills.

No medicine to take—just a soothing vapor to breathe. You can use Catarrhazone at night in bed, use it in church, in the movie, on the street—use it with the first sneeze or shiver.

Complete outfit \$1.00; small size 50 cents, at all dealers in medicine, or The Dr. Hamilton Pill Co., 311 Notre Dame St. West, Montreal.

NOTICE. A Change of Time. Will be made SUNDAY, MAY 18th, 1924.

For full particulars apply to any Ticket Agent. CANADIAN NATIONAL RAILWAYS. Restore Your Glands.

Youngful vigor and a fresh grip on life comes from renewed and reanimated glands. It can be done. Free, a sample of Dr. Alexander's Vitalex Tablets, a remarkable Gland discovery.

THOMAS COPLEY Carpenter. Phone 987. See us for all kinds of Carpentry work. Estimates given on new floors laid. Have your hardwood floors cleaned with our new floor cleaning machine.

PHONE 316. GODKIN'S LIVERY. For Bus and Taxi Service, Buggies and Sedanettes.

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Sunday Services in Churches

St. Paul's—Holy communion, 11 a.m. Preacher, Canon FitzGerald, M.A. Sunday school, 3 p.m. Evening prayer, 7 p.m. Preacher, Canon FitzGerald, M.A.

Cooke's church, Brock street—Rev. T. J. S. Ferguson, minister, 11 a.m. "The Way to Real Life," 3 p.m. Bible school, 7 p.m. "Whom Does God Bother About Most?" Everybody welcome.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister, Services, 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers cordially invited. Sunday school, 3 p.m.

Calvary Congregational church—(The friendly church), corner of Bagot and Charles streets. Special re-opening services, Sunday, May 18th, at 11 a.m. and 7 p.m. Preacher, Rev. T. W. Jones, M.A., Montreal. You are invited to both services.

Princess street Methodist church—Rev. John K. Curtis, B.A., minister, 11 a.m., Rev. W. Powell, B.A., M.D., will preach, 7 p.m., Mr. C. J. Bell, of Toronto, Subject, "The Coming Referendum." Sunday school at the usual hour. Seats free. Cordial invitation to visitors.

St. George's Cathedral—8 a.m., holy communion; 11 a.m., holy communion. Preacher, Rev. Montague Cyril Bickersteth, M.A., C.R., of London, Eng. 3 p.m., Sunday schools; 4 p.m., holy baptism; 7 p.m., evening song. Preacher, Rev. Montague Cyril Bickersteth, M.A., C.R.

St. James' church, corner Union and Arch streets—T. W. Savary, rector, the rectory, 153 Barrie street, 11 a.m., morning prayer and holy communion. Sermon subject, "No More Thirst," 3 p.m., Sunday school; 7 p.m., evening prayer and sermon. Sermon subject, "Re-union With Rome."

St. Luke's church, Nelson street—Rev. J. dePencier Wright, M.A., B.D., rector. Fourth Sunday after Easter, 8 a.m., holy communion; 11 a.m., morning prayer, 2.30 p.m., Sunday school and Bible classes; 4 p.m., holy baptism; 7 p.m., evening prayer. Music—Anthem, "He Liveth Unto God" (Simper). Seats free. Visitors and strangers cordially welcome.

Bethel Congregational, corner Barrie and Johnson streets—Sunday, May 18th, Jubilee anniversary, special preacher, Rev. George A. MacKenzie, of London, Ont. 11 a.m., subject: "A Godly Post's Restrospect of Life." 7 p.m. subject: "A Touching Incident in Our Lord's Earthly Ministry." 3 p.m., open session of the Sunday school addressed by Mrs. G. A. MacKenzie; Monday, 6.30 p.m., anniversary supper; Tuesday, Wednesday and Thursday at 8.30 p.m., special services addressed by Rev. G. A. MacKenzie. The choir, male quartette and Dr. A. B. Haffner will sing at the Sunday services. All are welcome.

Chalmers church, corner Earl and Barrie streets—Minister, Emeritus, Very Rev. Malcolm MacGillivray, D.D. Minister, Rev. George A. Brown, M.A., B.D. 11 a.m., and 7 p.m., public worship conducted by the minister. 2 p.m.—Prof. MacClement's Bible class; 3 p.m., Sunday school.

Pentecostal Tabernacle, Queen street, between Barrie and Division—Services: Sunday, 11 a.m., 3, and 7.30 p.m.; Sunday school and Bible class, 2 p.m.; Tuesday, 8 p.m., evangelistic service; Thursday, 8 p.m., Divine Healing service; Sunday, 7.30 p.m., subject, "The Love of God." Special singing by quartette. Strangers welcome.

Christian Science, First Church of Christ, Scientist, 95 Johnson street—Services, 11 a.m. and 7 p.m. Subject, "Mortals and Immortals," Wednesday, 3 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. La Flair, pastor. 10.30 a.m., prayer service; 11 a.m., sermon theme, "Understanding God." 2.45 p.m., Bible school; 7 p.m., sermon theme, "Expediency or Conscience." Morning preacher, the pastor. Evening preacher, Mr. J. N. MacMurchy. The ordinance of the Lord's Supper will be observed, following the evening service.

Public Schools May Prepare for Larger Life. By the Rev. Charles Steizie.

It isn't so long ago that it was all that one's life was worth to criticize the public school, or even to question its methods. The little red schoolhouse had been idealized. It was the backbone of our American civilization and progress.

But within recent years the one-room schoolhouse has become the target not only of the critic outside the school, but also of those who are most vitally and most personally interested in our scheme of public education.

The tendency in the rural district has been toward centralization. Instead of conducting fourteen district schools in a more or less efficient manner, with fourteen buildings to heat and care for and about fourteen different grades in each of the fourteen schools, to-day fourteen wagons gather together the school children in each of the fourteen districts, and carry them to a carefully graded school in town, where these nearly three hundred country children have all the advantages of city schools. In former days many of them were compelled to walk several miles in all kinds of weather. Now, they are picked up in the front of their own homes, carried to the schoolhouse in town, and safely returned, with warmth and comfort. This is a sign of progress.

When one considers the curriculum in the average public school, whether it is in the city or the country, there is still much to question. Even the school in the rural district looks toward life in the city, and the schools in the city rarely prepare the scholars for the tasks which will inevitably become theirs in industrial and commercial life.

Originally education was intended for priests and the leisured class. It was mostly cultural. It has been very difficult to break away from this system. Only about six per cent of the children in the public schools go to college, and ninety-four per cent go into industrial and commercial life. But as a matter of fact, the curriculum is framed up almost entirely to meet the needs of the six per cent that go to college. Evidently, the children of the working man aren't getting a square deal. Comparatively little attention is given to vocational guidance and industrial education, and no effort is made to put imagination or romance into industry.

In a comparatively small industrial city, given over almost entirely to a single industry in which most of the people in the town were in some way engaged, one would think that some kind of training which would equip the boys and girls in that town for more efficient, enlightened service would be introduced. But there wasn't a suggestion in the curriculum that such an industry was in evidence. There was absolutely no relationship between the school and the employer of most of the school's graduates. The course of study in the school was just as applicable to life in Timbuctoo.

When the average boy goes to work he simply hunts a "job." He will hold it until he is about nineteen or twenty when the boss will discharge him to hire a younger "boy." There was no chance for advancement, and so the boy who had spent four years or so in this establishment finds himself in a blind alley. Now, if he were an Edison or a Carnegie he would burrow his way out. But he isn't—he's just an ordinary boy. Just the kind of a boy for whom our public schools should be organized.

In a recent study of a moderate-sized city it was discovered that of those arrested during the year fully fifty per cent were laboring men—that is, those who have no trades and men of no occupations. It is quite likely that even a larger percentage of those arrested were without trades.

What is commonly called "vocational guidance" and "industrial education" in the average public school is simply manual training, which, while it undoubtedly is of value to those who are to become mechanics, does not begin to meet the requirements.

There should be a systematic, continuous process of education which will definitely indicate to a boy or a girl the task for which he or she is best fitted—in so far as this is possible. It is, of course, a most difficult undertaking to work out such a plan with absolute accuracy; but the public schools in most of our cities do not begin to meet the situation.

Cultural training, undoubtedly, is of supreme importance in every scholar's education, for it is as life is enriched, and as one learns to see things, that one becomes most efficient and one's value to society increases. But there is no reason

why this may not be combined with even the commonest task in daily life. The fact that a man is a farmer or a machinist does not necessarily preclude his having a vision that extends beyond his daily work. Indeed, there is no limit to the possibilities in this direction; but the tendency in the average public school to-day is to give an inferior place to the boy who is to become a mechanic, until he himself comes to believe that to be a clerk in a store or an office, where he can wear a white collar, is infinitely better than to wear the overalls, even though he will receive twice as much "wages" as a mechanic as he may receive "salary" as a clerk.

The public school may immensely increase the dignity of manual toil, and no other institution can possibly do more in this direction.

WHEN BABY IS ILL. When the baby is ill; when he cries a great deal and no amount of attention or petting makes him happy, Baby's Own Tablets should be given him without delay. The Tablets are a mild but thorough laxative which regulate the bowels and sweeten the stomach and thus drive out constipation and indigestion; break up colds and simple fevers and make teething easy. They are absolutely guaranteed to be free from opiates and narcotics and can be given to even the newborn babe with perfect safety and always with beneficial results. The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

At Little Expense. How hospitably is being showered upon the fair, Belleville Courier is shown by the fact that up to a day or two ago Miss Gwan Lazier has only been able to spend twenty-four dollars, and that for her horse. It is as difficult for her to spend money as it is for some to get along without it.

Special Train Service Toronto to Owen Sound Account General Assembly of the Presbyterian Church in Canada. For the convenience of delegates attending the above conference, the Canadian National Railways are operating special train from Toronto to Owen Sound on Wednesday, June 4th, leaving Union Station at 12.30 p.m. standard time, arriving Owen Sound 5.45 p.m.

Accommodation of the very best has been arranged for the comfort and convenience of the delegates. Train will have standard Canadian National Railway equipment high class vestibule coaches, dining and parlor cars.

For full particulars apply to J. P. Hanley, C.P. & T. A. Kingston, Ont., or any Canadian National Ticket Agent.

Graduated at North Bay. These young-nurses have graduated at the Queen Victoria Memorial Hospital, North Bay: Misses Nina Carson and Etta Carnegie, Pembroke; Miss Mary Chambers, Cobden; Miss Elsie Cook, Renfrew and Miss Kathryn Porteous, Winchester.

It is our hearers who inspire us.

But "Millions Now Living Will Never Die." JOSEPH FRAPPY ASSOCIATE LECTURER INTERNATIONAL BIBLE STUDENTS' ASSOCIATION Memorial Hall, Sunday, May 18th, AT 3.00 P.M. SEATS FREE. NO COLLECTION.

THE BATTLE AGAINST TUBERCULOSIS. (Continued from Page 1.)

How Infection Occurs. There has been considerable controversy concerning the manner by which the tubercle bacillus gains entry into the human system, some authorities favoring the ingestion theory, others that of inhalation. Experiments have proven that infection may occur in both ways. The dust infection theory of Cornet and the droplet infection theory of Flugge are well known to medical men. The former investigator working on guinea pigs showed that infection could take place from inhalation of a dusty atmosphere, containing large number of bacilli, the latter demonstrated the presence of infection resulting from the use of sprays containing numerous tubercle bacilli. Latterly some authorities are of the opinion that bacilli taken into the mouth with the food etc., and swallowed, probably cause infection of the lungs.

It is sufficient for our purpose to say that probably the great majority of individuals acquire infection by the bacillus entering the body through the mouth or nose. From either portal of entry there are various avenues leading to the lungs or to other organs of the body.

It is considered that infection usually occurs before the age of fifteen, although it is admitted that both infection and disease may, and do occur in later life. Let us confine our remarks for the present to the manner of infection of children—from the babe in arms to the boy or girl of fifteen years of age—and let us first seek the source of infection. All of us have seen the thoughtless individual walking along the street expectorating here and there as he goes. That individual may have Tuberculosis, and if he be what is commonly known as an open case, his sputum will be loaded with tubercle bacilli. Now, it does not require any great stretch of the imagination to show how others may become infected from this source of infection. It is carried into your house on the shoes of the butcher, the baker or grocer, and the child creeping about the floor soon comes in contact with

it. Again, the small boy or girl playing marbles in the gutter or skipping on the sidewalk come in contact with it. The older boy playing ball in the park or play grounds, is constantly coming in contact with the sputum of the careless individual. The fingers become contaminated and 'tis but a short distance from the fingers to the mouth. Hence, infection occurs.

Infection From Within. But the source of infection is not always outside the household, probably it is oftener from within. How many individuals when coughing or sneezing think to place a handkerchief in front of the mouth? The spray produced by a parent coughing or sneezing, is a source of infection to the babe in arms. If one or both parents are tuberculous it is hard to conceive how the children can escape infection. They are being constantly exposed and unless removed from the household, will almost certainly become infected, particularly if the mother is the victim of the disease.

Thus we see that children are liable to infection from sources within the household and also from without, and while, no doubt, they are often subject to contact with those individuals who are living in the same house whether they be immediate relatives or not, other sources of infection must not be overlooked. Too often people remark that there never was any Tuberculosis in their families and immediately dismiss the subject from their minds as being of no interest to them. They fail to realize that they and their children are daily coming in contact with tuberculosis in some form or other. This fact should not be overlooked.

Many Infected Individuals of today will be the tuberculous of the future. The seed sown in early life may lie dormant for many years but when the child reaches early manhood or womanhood at the time of greatest strain on the system, much of it will bear fruit and the previously healthy individual become a victim of tuberculosis.

Many Cases Here. There are many cases of tuberculosis in our midst. There are many more cases of potential tuberculosis. These patients cannot be cared for in their homes. The great majority of

them cannot obtain the treatment necessary to bring them back to health, strength and eventually allow them to return to their occupations. Those who are wealthy have their choice of various institutions and health resorts throughout the Continent. The tuberculous individual who cannot pay his way, but is forced to carry on to provide a living for himself or family is, in most instances doomed.

In years gone by the South West was looked upon as the mecca for the tuberculous, now it is generally recognized that sufferer from tuberculosis should seek treatment in the locality where he intends to spend his life. Equally as good results have been obtained in the East as in the West. Adequate sanatorium provision should be made for the indigent tuberculous, for the sanatorium alone offers the necessary facilities for giving proper treatment to those who are unable to pay their way.

Many institutions to-day are flourishing largely as the result of philanthropic endeavor and are doing a great work but they are unable to care for all who are in need of treatment. Unless the state comes to the rescue, many must perish for want of the care which the sanatorium offers.

OFFERS HIS ARM. To an old lady or an invalid a gentleman offers his arm if either of them wants his support. Otherwise a lady no longer leans upon a gentleman in the daytime.

I will not change a cottage in possession for a kingdom in reversion. Riches formerly had wings, but now they have wheels.

HEMLOCK PARK STOCK FARM. Clean, pure milk from healthy cows. Not pasteurized or sterilized in any way. Herd Tuberculin tested. Purveyors to the Kingston General Hospital, an institution which only buys the best. Health of attendants, Sanitation, Sterilization, etc., under the personal supervision of Dr. Miller, Professor of Pathology, Queen's University. We guarantee that every bottle is from our own stable. Delivery to all parts of the city. TELEPHONE 1105 R-3. HEMLOCK PARK STOCK

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