

THE TRAINING OF A CITIZEN.

BY EMILY HUNTINGTON MILLER,
Dean of Women's College, Evanston, Ill.

The best thing that the promoters of the kindergarten system are doing for the interests of humanity is in elevating to its true importance the work of the home for the child. It is in bringing us to see that the essential part of the training of a citizen does not consist in teaching him to read and write, and in development along moral lines, and that the shaping of speech is not to be disconnected from the formation of character. The training of the citizen for a patriot or an anarchist, for self-seeking or true humanitarianism, begins in the cradle, where with the first dawning of intelligence the foundations may be laid for self-control, unselfishness, and obedience to law. This training is essentially the same for men and women, and in all I have to say of home education I speak of the child, and not specifically of the boy or the girl.

One end of home education should be to make of the child a healthy well-developed animal, and this necessitates intelligent oversight of his food, his clothing, his sleep, and all his physical habits. He should be accustomed from infancy to regularity in eating, and taught to think of food as for the building up of the body, and not as a means to the palate. While care should be exercised that food should be abundant, nourishing and well prepared, it is a less evil that the child should sometimes eat inferior food than that too much importance should be attached to mere feeding, while the social and intellectual side of the gatherings about the family table is lost sight of. A child's tastes are no more to be outraged than those of his elders, but the child usually takes wholesome food without question if he comes to the table with his appetite undisturbed by sweets, and if he has not been taught to criticize and choose or reject according to the whim of the moment, I have never known a breakfast table where the inquiry was regularly made:

"What is my little boy going to eat this morning?"

With the result that the youngster did not choose to eat anything that was upon the table, but was coaxed as a great favor to eat some specially prepared dish. A wiser mother served the children without question whatever food was provided, and though they understood that they were at liberty to leave it if they chose, they usually ate it as a matter of course, as their elders did.

If we are to have a healthy animal it must be regulated by some higher law than the caprice of fashion or the vanity of the parent. Constriction, compression anywhere, undue or unsupported weight, insufficient covering for legs and arms, whatever interferes with perfect freedom of motion, does not secure uniform temperature or make the child conscious of his clothes, is a sin against physical well-being.

Sleeping with other persons in unventilated rooms, as well as insufficient hours for sleep, are a damage to the child and are responsible for oddities of behavior that make the morning hours a trial to the household. The practice of reading, singing, or in any way coaxing a child to sleep is a dangerous one, for in nothing are we more thoroughly the slaves of habit than in this matter of sleeping and waking. To go peacefully and happily to bed at an early hour, with a little good-night song and a few quiet words of mother-love and mother counsel, and then to sink naturally to the sleep that comes from silence, darkness and pure cool air, that is to find indeed "the sweetest rest."

But our citizen is to be something more than a healthy animal; he is to be governed by intellectual and spiritual forces, he is to be himself a spiritual force.

Self-control is the end of all discipline, and it may begin much earlier than most of us realize. Even from a selfish standpoint mothers would be infinite gainers if they would help their children to this grand physical habit. But we teach them instead to be restless, by continually toying, teasing, carrying, drumming on the window or piano, shaking toys before their eyes, until they are never satisfied unless in perpetual motion. We make them nervous and restless when we might as easily teach them quiet, and the result is disastrous to physical well-being and the growth of character. Activity need not be restlessness, and a child who is never quiet is not in the best training for development, and needs steady training for his own sake. Let us quietly and listen to the story, to respect the presence of others, to yield one's preference, not to rigidly enforce restraint, these are all things to be learned, habits to be acquired, and have to do with the child's whole life. The habit of observation, the awakening of thought, the development of the reasoning power, all depend upon the self-control which gives the child the grasp of himself.

Unselfishness is looked upon as a sort of heavenly grace, but if it may not in every case be successfully nurtured, there is no question that its opposite may be. The child is induced to eat the food he does not want by the pretense of giving it to somebody else, to let his crib let another child should come and occupy it, to take his medicine quickly before sister comes to get it. And when this kind of education bears its legitimate fruit, the child is content with the simple pleasures of life, and is free from the selfishness of the adult.

Word comes from Liverpool, Eng., that the agents of the Hawker Engine Co., of St. John, N.B., as a result of the introduction of the Hawker remedies in the neighboring cities and counties are overwhelmed with orders for fresh supplies of these great health giving remedies. Their success in England is as phenomenal as in Canada. No greater praise of merit could be presented to the public.

HAWKER'S PILLS are an unfailing cure for biliousness and sick headache.

making, is in training for a disregard of the rights and comforts of others which will enter into all his future dealings. To be thoughtful of all who render service, to be one's self a minister and burden bearer, this is the Christian socialism whose teaching should begin in the home.

Obedience lies at the foundation of all right living—to recognize the existence of law and yield to it the assent of the whole nature. A child may obey without being obedient. To obey touches only habit, a decision as to what is, on the whole, the most comfortable thing to do, to be obedient covers intention, despatch, desire. A child may obey because he has discovered that rebellion is useless, and that the easiest way is to yield without contest, just as many an adult yields outward obedience to law, because he knows that in case of conflict he is sure to get the worst of it. But to make a child obedient is to set his mind on the side of law, and develop in him a principle that becomes a part of his character, so that he shall not only choose to obey, but wish to obey; so that he shall yield not to authority, but to right; so that obedience is wrought into his habit of thought, and becomes his habit of action. This implies as the thoughtful parent must see, not the subduing of the child's will, but precisely the opposite. It means to weaken it, to enlist it on the side of right, and to strengthen it by the child may hold himself to what you have taught him judgment to approve. How much higher and more serviceable a thing it is to your child to have learned that he should—namely, to obey, than to have learned to obey you—You ought indeed to be to him the embodiment of right; you must often decide for him what is right and wise in action, but until he wishes to do right and obeys, he is not obedient. He has not learned the obedience which is a part of character. Why should we assume that fathers and mothers by virtue of mere parentage have a right to demand unquestioning obedience of their children? On the ground of parentage you are under infinitely greater obligations to this child upon whom, without his consent, you have laid the perils of possibilities of existence, than he can be to you for the care and tenderness which are not only spontaneous but a deep delight. Prepare him as best you can for that which he can not escape, or you have not discharged the obligations you dared to take upon yourself.

Truthfulness, pure, absolute, beautiful, is a foundation-stone of character, but to the child all things are true until we teach him that there is falsehood. He learns by experience that the stars beyond the reach of his knowledge please the eye and not always good to eat, and that beautiful objects can give pain. He learns in the same way that there is falsehood; that words and actions are used to deceive, and he is quick to act upon the evil knowledge.

But children fall easily into habits of untruthfulness from fear, from injustice, from a desire to accomplish their ends, and often with no proper sense of the seriousness of the offense. How often it seems for serious sins to be committed when deceit and falsehood are used to ward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best. The mother who says to the child about a new baby, the child's romance about a new playmate, the child's promise to do a thing, these are all things which are used to ward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best. The mother who says to the child about a new baby, the child's romance about a new playmate, the child's promise to do a thing, these are all things which are used to ward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best.

The home ought to teach industry, promptness and order. The market value of a child's work is not the measure of its worth. Whenever preparation of the daily work falls to the child's share, he should understand that it belongs to him legitimately as a member of the partnership, and that his reputation depends upon his doing it promptly, regularly, and in a workmanlike manner. Whether he likes the work or not is not at all to the question. Your child needs to learn what a multitude of men and women have never learned, and what the judgment approves to be conscientiously carried out without any reference to the fact that it is no fun.

A great stumbling block with children is their idea that people when they are grown up do just what they please, and that there is no visible check upon them. It is in the home that they must be taught that obedience is the law of life under which parent and child both live, and that we are to do right not because anyone says must to us, but because we say must to ourselves. If promptness be the most difficult of all virtues to teach our child, it is that whose possession will be a price boon to them. It is worth a small fortune to them to be taught to go without delay from one thing to another, without wasting their own time nor stealing that of others.

We have not touched the great field of literary training and culture, the choice of books, the familiar acquaintance with the masters of thought and speech, the work, possible only in the home, of teaching the eye to see and the ear to hear the wonders and harmonies of nature. To be in themselves a never-ending source of things that are true and lovely, to live lives that shall have harmony of development, because they reach "straight onward towards a goal," outward to touch and bless the world, and upward to a step toward God. This is the end for which home education lays the foundation—sows the seed.

Word comes from Liverpool, Eng., that the agents of the Hawker Engine Co., of St. John, N.B., as a result of the introduction of the Hawker remedies in the neighboring cities and counties are overwhelmed with orders for fresh supplies of these great health giving remedies. Their success in England is as phenomenal as in Canada. No greater praise of merit could be presented to the public.

HAWKER'S PILLS are an unfailing cure for biliousness and sick headache.

Word comes from Liverpool, Eng., that the agents of the Hawker Engine Co., of St. John, N.B., as a result of the introduction of the Hawker remedies in the neighboring cities and counties are overwhelmed with orders for fresh supplies of these great health giving remedies. Their success in England is as phenomenal as in Canada. No greater praise of merit could be presented to the public.

HAWKER'S PILLS are an unfailing cure for biliousness and sick headache.

Two in a Crib.

"Oh, Brother Richard, the sun's very high!" called mamma, on her way to the bath room.

Evelyn turned over in her pretty brass cot, and yawned. She knew very well what this quotation from Mother Goose meant, for mamma generally roused her little girl in some such merry way, in order to put her in a good humor at the start.

Sometimes this plan succeeded, and sometimes it didn't; today it didn't. Evelyn lay still and watched the ladder of sunshine made by the light coming through the half-opened venetians, and wished she was a "big lady," so she could lie in bed all day.

But when mamma came back from the bath her tone was quite different. "Get up, Evelyn, at once," she said, and passed through the nursery without another word.

There was still time for a brisk little run on the side of law, and develop in him a principle that becomes a part of his character, so that he shall not only choose to obey, but wish to obey; so that he shall yield not to authority, but to right; so that obedience is wrought into his habit of thought, and becomes his habit of action. This implies as the thoughtful parent must see, not the subduing of the child's will, but precisely the opposite. It means to weaken it, to enlist it on the side of right, and to strengthen it by the child may hold himself to what you have taught him judgment to approve.

How much higher and more serviceable a thing it is to your child to have learned that he should—namely, to obey, than to have learned to obey you—You ought indeed to be to him the embodiment of right; you must often decide for him what is right and wise in action, but until he wishes to do right and obeys, he is not obedient. He has not learned the obedience which is a part of character. Why should we assume that fathers and mothers by virtue of mere parentage have a right to demand unquestioning obedience of their children? On the ground of parentage you are under infinitely greater obligations to this child upon whom, without his consent, you have laid the perils of possibilities of existence, than he can be to you for the care and tenderness which are not only spontaneous but a deep delight. Prepare him as best you can for that which he can not escape, or you have not discharged the obligations you dared to take upon yourself.

Truthfulness, pure, absolute, beautiful, is a foundation-stone of character, but to the child all things are true until we teach him that there is falsehood. He learns by experience that the stars beyond the reach of his knowledge please the eye and not always good to eat, and that beautiful objects can give pain. He learns in the same way that there is falsehood; that words and actions are used to deceive, and he is quick to act upon the evil knowledge.

But children fall easily into habits of untruthfulness from fear, from injustice, from a desire to accomplish their ends, and often with no proper sense of the seriousness of the offense. How often it seems for serious sins to be committed when deceit and falsehood are used to ward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best. The mother who says to the child about a new baby, the child's romance about a new playmate, the child's promise to do a thing, these are all things which are used to ward them by their elders? when we make light of our promises, or take refuge in the mental reservation to do a thing if it proves best.

The home ought to teach industry, promptness and order. The market value of a child's work is not the measure of its worth. Whenever preparation of the daily work falls to the child's share, he should understand that it belongs to him legitimately as a member of the partnership, and that his reputation depends upon his doing it promptly, regularly, and in a workmanlike manner. Whether he likes the work or not is not at all to the question. Your child needs to learn what a multitude of men and women have never learned, and what the judgment approves to be conscientiously carried out without any reference to the fact that it is no fun.

A great stumbling block with children is their idea that people when they are grown up do just what they please, and that there is no visible check upon them. It is in the home that they must be taught that obedience is the law of life under which parent and child both live, and that we are to do right not because anyone says must to us, but because we say must to ourselves. If promptness be the most difficult of all virtues to teach our child, it is that whose possession will be a price boon to them. It is worth a small fortune to them to be taught to go without delay from one thing to another, without wasting their own time nor stealing that of others.

We have not touched the great field of literary training and culture, the choice of books, the familiar acquaintance with the masters of thought and speech, the work, possible only in the home, of teaching the eye to see and the ear to hear the wonders and harmonies of nature. To be in themselves a never-ending source of things that are true and lovely, to live lives that shall have harmony of development, because they reach "straight onward towards a goal," outward to touch and bless the world, and upward to a step toward God. This is the end for which home education lays the foundation—sows the seed.

Word comes from Liverpool, Eng., that the agents of the Hawker Engine Co., of St. John, N.B., as a result of the introduction of the Hawker remedies in the neighboring cities and counties are overwhelmed with orders for fresh supplies of these great health giving remedies. Their success in England is as phenomenal as in Canada. No greater praise of merit could be presented to the public.

Ben's Complaint.

I am the youngest of the lot, The latest born of six; I often wish that I were not— It's put me in a fix.

"He's mother's baby!" mamma's name For me, a boy of eight; At this I often blush for shame, The name I truly hate!

I better like papa's plan, I think my papa knows; Aloud he cries, "He's father's man! Why, bless me, how he grows!"

I cannot make my mamma know, Nor can I make her see How big I am, how fast I grow: "Her baby," she calls me.

And what discourages me more, And often puzzles me, My mamma says when I'm a score, I'll still her baby be.

I cured a horse of the mange with MINARD'S LINIMENT. Dalhousie. CHRISTOPHER SAUNDERS. I cured a horse, badly torn by a pitch fork, with MINARD'S LINIMENT. St. Peter's, C. B. EDWARD LEMLEY. I cured a horse of a bad swelling with MINARD'S LINIMENT. Bathurst, N. B. THOS. W. PHYNNE.

PERFECTLY WELL.

John H. Varney. Was all run down, poor in flesh, could not sleep, his food distressed him, and he felt tired all the time. He took Skoda's Discovery, the great nerve and tissue builder, and cure dyspepsia, indigestion and headache. He says: "I am perfectly well."

R. R. R. RADWAY'S READY RELIEF.

The most certain and safe Pain Remedy in the world. It instantly stops the most excruciating pains. It is truly the great CONQUEROR OF PAIN and has done more good than any known remedy. FOR SPRAINS, BRUISES, BACKACHE, PAIN IN THE CHEST OR SIDES, HEADACHE, TOOTHACHE OR ANY OTHER EXTERNAL PAIN, a few applications rubbed on by the hand act like magic causing the pain to instantly stop.

Colds, Coughs, Sore Throat, Inflammation, Bronchitis, Pneumonia, Asthma, Difficult Breathing, Indigestion.

Malaria is one of the most insidious health destroyers. Hood's Sarsaparilla counteracts its evil poison and builds up the system.

Customer (to Mr. Isaacson): "The coat is about three sizes too big." Mr. Isaacson (impressively): "Mein frent dat coat make you so proud you will grow into it."

The good used to die young; but since the invention of Putnam's Emulsion, wise parents give it to their children, and not for their own use. Only 50 cents a bottle.

Mr. Newshusband: "What did you order for the best course, dear Mrs. Newshusband?" "Well, we had a quarter of lamb yesterday, so I thought we might have a quarter of beef today."

Broken in Health.

That Tired Feeling, Constipation and Pain in the Back. Appetite and Health Restored by Hood's Sarsaparilla.

Mr. Chas. Steele, St. Catherine's, Ont.

"C. H. Hood & Co., Lowell, Mass.: For a number of years I have been troubled with a general tired feeling, shortness of breath, pain in the back, and constipation. I could get only little rest at night on account of the pain and had no appetite whatever. I was tired in my limbs that I gave out before half the day was gone. I tried a great number of medicines but did not get any permanent relief from any.

I feel like a New Man. I have a good appetite, feel as strong as ever I did, and enjoy perfect rest at night. I have much pleasure in recommending Hood's Sarsaparilla." CHARLES STEELE, 111 Erie Street, St. Catherine's, Ontario.

Hood's Pills are prompt and efficient, yet easy in action. Sold by all druggists. See.

INTERCOLONIAL RAILWAY.

ON AND AFTER MONDAY, the 11th Sept., 1894, the Trains of this Railway will run as follows:

TRAINS WILL LEAVE ST. JOHN:

Express for Campbellton, Pictou, Pictou and Halifax. 7:00

Express for Halifax. 7:30

Express for Pictou, Pictou and Campbellton. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express for St. John. 1:30

Express for St. John. 2:00

Express for St. John. 2:30

Express for St. John. 3:00

Express for St. John. 3:30

Express for St. John. 4:00

Express for St. John. 4:30

Express for St. John. 5:00

Express for St. John. 5:30

Express for St. John. 6:00

Express for St. John. 6:30

Express for St. John. 7:00

Express for St. John. 7:30

Express for St. John. 8:00

Express for St. John. 8:30

Express for St. John. 9:00

Express for St. John. 9:30

Express for St. John. 10:00

Express for St. John. 10:30

Express for St. John. 11:00

Express for St. John. 11:30

Express for St. John. 12:00

Express for St. John. 12:30

Express for St. John. 1:00

Express