

## OVER-WORKED KIDNEYS

**Cause. Rush of Blood, Fullness, Dizziness.**

J. T. Chetland, the well-known railway engineer of Hamilton, found the strain always resting upon men of his occupation vastly intensified by a tendency of the blood to rush to his head, and often at times when clearness of vision and great steadiness were demanded. Finding some difficulty in bending—a stiffness with pain having settled in his back, it occurred to him that his kidneys might be at fault. "This was a happy idea, for by it I not only got rid of the pain but many other troubles as well. I took a full dose of Dr. Hamilton's Pills and was glad to note that some obstruction of the kidneys, which I had lately noticed, was at once relieved. The flushed appearance of my face gave way to a more rational color and there was a perceptible improvement in my appetite. Dr. Hamilton's Pills certainly act splendidly upon the blood, removing heat and fullness and that sort of dizziness that makes a man at the throttle wish when it seizes him that he were elsewhere."

No medicine gives such unquestionably good results for stomach, liver, and blood troubles as Dr. Hamilton's Pills; they are mild, certain, and always curative. Refuse any substitute. All dealers sell Dr. Hamilton's Pills, 25c per box, or The Catarrhozone Co., Kingston, Ont.

**Dr. Hamilton's Pills**  
**Cure**  
**Kidneys and Liver**

**L. H. COOK**  
AGENT FOR

**International**  
**Machinery and Engines.**

**All Kinds of Implements**  
furnished on short notice.

**Gasoline Engines**  
suitable for all kinds of work.

**Buggies and Carriages.**  
**Cream Separators.**

**The Best Goods on the Market**  
at the Closest Prices.

Agent for the Celebrated  
**Page Wire Fence.**

SATISFACTION GUARANTEED.

**L. H. COOK,**  
2921st Cor. Huron and Main Sts., Watford

## FARM FOR SALE

50 ACRES, S.W. 1/4, LOT 21, CON. 6, N.E.R. Watford, Ont. On the premises are a good frame house 20x30 with kitchen and brick collar; barn 30x50; good orchard of 50 good bearing apple trees, peaches and small fruit. Good spring water, good fences. All under cultivation and would make an excellent fruit farm. Convenient to school, two miles from Arkona. Apply on the premises to HUGH JOHNSON, Arkona P.O.

Watford, Sept. 22nd, 1911.

## FARM FOR SALE

THE UNDERSIGNED OFFERS FOR SALE THAT desirably situated farm known as the east half of Lot 19, Con. 4, S. & R., Watford, consisting of 100 acres. On the premises are a large and comfortable frame house, good barn and stable and outbuilding in good shape. Well fenced and watered, and situated just outside the corporation of Watford. If not sold will be rented on reasonable terms. A considerable portion of the property is freshly seeded down. For further particulars apply to the proprietor WM. THOMPSON, Watford Ont.

## FARM FOR SALE

100 ACRES, being west half of Lot 7, Con. 14, Brocks, Ont. On the premises are a cottage 24 by 32 feet, barn 40 by 60 feet with concrete foundation, drive shed 30 by 40 feet, all nearly new. There are about 20 acres under cultivation, 20 of bush, balance in pasture. Well fenced and drained. Plenty of water. Young orchard. Situated close to church and school. About 5 miles from Watford. For further particulars apply on the premises. THOS. SEARSON, Watford, Ont.

## FARM FOR SALE

100 ACRES, west half Lot 15, Concession 6, S. E. R., Watford, Ont. All cleared, pastured, hay and crop land. Plenty of water. Large barn with good stabling for horses and cattle in it. Small frame house. Large orchard. A lot of new wire fence put up this summer. Close to school and church. Two miles to Watford on telephone and rural mail route. Possession given immediately as owner is living in Watford. W. S. KELLY, Watford, Ont.

## FARM FOR SALE

100 ACRES, BEING WEST HALF OF LOT 24, Con. 2, Township of Plympton. The land is good rich soil, good orchard, 20 acres of good bush, maple and elm. On the premises are a new two story brick cottage, main building 20x25, kitchen 10x12, concrete cellar under all the house, 6 rooms, 2 closets, set, bell telephone in the house. Good barn, 40x60, and other outbuildings. 2 wells (one 6' and one 8' deep). 8 acres of alfalfa. Some fall plowing done. For further particulars apply on the premises. MISS FRANK ALEXANDER, Watford, Ont.

## Shiloh's Cure

quickly stops coughs, cures colds, heals sore throat and lungs. 25c.

## East Lambton Teachers Association.

The East Lambton Teachers' Association met in the Lecture Room of the Methodist church, Petrolia, on Thursday, Sept. 28th, at 10.30 a.m. The devotional exercises were conducted by Rev. Mr. Moyer, pastor of the Methodist church. In the absence of the Vice-President Inspector McDougall took the chair.

After the opening exercises the question of the teaching of manners and morals in school was discussed. Inspector McDougall read an editorial from one of the daily papers, also an address by Principal Scott on the subject. Consideration for others should be the key note in real good manners. If this can be taught the children the teachers will have done a great deal towards improving the manners of the children. Pupil should be led to feel the beauty and goodness of things around him. No set system of lectures from the teacher will prove of any use in getting an improvement in the morals of the pupils.

Rev. Mr. Moyer and W. H. Shrapnell took part in the discussion. The next thing dealt with was the new course of study. Explanations of the limit of the different subjects was discussed. A great difference of opinion seemed to be held as regards the new course. History and Hygiene Readers for III. class were advocated also the use of new Geography Readers. The outline of the work as given for primary teachers should be taken as the minimum amount in class and teachers were asked not to stop there.

Roll call closed the morning session. The devotional exercises of the afternoon meeting were conducted by Rev. Mr. Grimshaw, pastor of the Baptist church.

Miss Deacon, Vice-President, gave an address dealing with general topics. What purpose or aim has the teacher in his or her work? Do you stop to think for a minute about the work you are doing? Is not the object we hold up for our supreme efforts to get pupils through the examination? We should endeavor to get our pupils to discover facts for themselves instead of having to be told everything.

Mr. Emery, of the Stratford Normal School dealt with Nature Study. The thought that both speaker and teacher could be helped by meeting together and discussing subjects. The teachers of the Normal School said that they are taking up things utterly unsuited to the needs and requirements of rural schools. Very few schools or teachers have any idea of the right way of taking up this subject. The boys and girls should have their attention called to the great things of nature outside the school. Direct the attention of the pupils to this outside world early in life. Some of the objections to nature study were taken up and shown in the main to have no weight. Some time from the main subjects can often be well spared to this subject. Window boxes, aquariums, beds in the yard can be made use of by having material close at hand. Teachers should start with the object that they know the most about. The way is opened up for perpetual pleasures for life, a constant source of enjoyment outside the usual run of life's course is also to be considered.

Inspector McDougall would ask the Normal School teachers to reduce work done in the Normal Schools in this subject down to the simplest possible degree. Miss Carruthers had the subject of what teachers can do to keep the Rural school house and yard neat. The school room is the home of teacher and pupil for a number of hours each day and should be made neat and attractive. The teacher she had used stencils and other things of such a nature to make the room neat. She always invited the pupils to cooperate with her in keeping everything neat. Always have the pupils come neat and clean. Never ask for too much at one time. A flower bed in front of the school has added much to the attractiveness of the yard. Bulbs and geraniums were grown. The work has been done at times and now the school room is neat. Mr. Smith also dealt with the same subject, our surroundings have great influence on our character. If pupils are not taught to be neat in school they will not be very apt to learn to be neat at home. The inside of the schoolhouse usually like the outside as regards neatness. Teachers can nearly keep the school from the trustees a transformation of the scene. A place for everything and everything in its place. Neatness should be for all days, not a single day.

The opening exercises on Friday morning were conducted by Rev. Dr. McNair, pastor of the Presbyterian church.

The report of Nominating Committee was read by Mr. Shrapnell and adopted.

OFFICERS AND COMMITTEES.

Hon. Pres.—N. McDougall, B.A.  
Hon. Vice-Pres.—Wm. Clude, M. A.  
L. J. Williams, B.A.

Pres.—Richard Blake.  
Sec.—Miss Carruthers.

Sec.—Treas.—Mr. R. J. Campbell.

EXECUTIVE COMMITTEE.

W. H. Shapnell, Miss May Smith, Mr. P. K. Smith, Miss Leach.

STANDING COMMITTEE ON PHYSICAL TRAINING.

Mr. N. McDougall, Convener, Miss Ada McPherson, Arkona; Miss Bell, Florence, Miss Jennie Ford, Petrolia, Mr. R. Henderson, Petrolia, Miss M. Colhoun, Alvinston.

REVIEW COMMITTEE 1912.

III Class—Arith.—Miss Mary McCormick, Watford, Geog.—Miss May Reid, Watford, Comp.—Miss Maggie Barr, Petrolia, Sp. & Wr.—Miss Daniels, Alvinston, Hist.—Miss Mary Davis, Florence, Lit.—Miss Violet Taylor, Cairo.

II Class—Arith.—Miss McRobbie, Petrolia, Geog.—Miss McLeigh, Arkona, Comp.—Miss Brathwaite, Rutherford, Sp. & Wr.—Miss Kate McKellar, Alvinston.

## FOR FALLING HAIR

**You Run No Risk When You Use This Remedy.**

We promise you that, if your hair is falling out, and you have not let it go too far, you can repair the damage already done by using Rexall "93" Hair Tonic, with persistency and regularity, for a reasonable length of time. It is a scientific, cleansing, antiseptic, germicidal preparation, that destroys microbes, stimulates good circulation around the hair roots, promotes hair nourishment, removes dandruff and restores hair health. It is as pleasant to use as pure water, and it is delicately perfumed. It is a real toilet necessity.

We want you to try Rexall "93" Hair Tonic with our promise that you will cost you nothing unless you are perfectly satisfied with its use. It comes in two sizes, prices, 50c. and \$1.00. Remember, you can obtain Rexall Remedies in this community only at our store—The Rexall Store.

J. W. McLAREN WATFORD.

## Eczema Can be Cured

There is no need for you to suffer another day with the awful itch from Eczema, Psoriasis, Salt Rheum, or any other skin disease. D.D.D. Prescription for Eczema stops the itch instantly! Yes, the instant the first few drops are applied to the burning skin the itch is stopped—not in half an hour, not in 10 minutes, but in 10 seconds!

You can have no idea of the wonderful effect of D.D.D. until your suffering is instantly relieved by this wonderful remedy, and when used with D.D.D. Soap it keeps the skin in perfect condition.

We are confident that D.D.D. will cure any case of Eczema, or skin trouble of any other kind. Get a trial bottle from the D.D.D. Laboratories, Dept. W. G., 49 Colborne St., Toronto, or call and see us about it.

Taylor & Son, Druggists.

Mr. Emery then dealt with the subject of Geography.

Before proceeding with this subject Mr. Emery mentioned two books, "Nature Study & Life" by Hodger, and "Modern Nature Study," that would be of interest and help to teachers in nature study work.

Geography should be started very early in the pupil's school life. It should in the early stages consist principally of observation work. Small streams can be used as symbols of rivers and hills as mountains. Give pupils always an idea of what they are learning about is in the real world. Commercial Geography can be introduced by referring them to the various transactions that they see at home, in stores, on the market. From these things the pupils can be led to the commercial relations between the different countries and commercial centres of the world. Have pupils examine the sun and moon, not take what is in the book about them. Train the children to see the beauty of the different planets, physical experiments can be used very often to illustrate the subject as in due, frost, and vapor. A book, "The Science of Common Life," by MacMillan Co., would be found a useful book to have.

A discussion on composition for 3rd Class was led by Miss Colhoun. The outline of composition for the course of study was gone over. Oral composition must precede written work, teachers could change the things found in samples given in composition book. Pupils should be given a chance to describe what they had taken part in. Plans with teachers help could be placed on a blackboard and given to pupils to fill in as a story. They can find many subjects in nature around the school or their homes. Blank forms are useful in teaching the pupils business forms. Exercises for contraction and expansion will have to be made up by the teacher. Many exercises in narration can be found in the reader.

Miss Waugh outlined her method of work in second book. She uses the board entirely, has the pupils do the work on the board and then afterwards write out the essay or composition in their books. Two are written each month. Has a special period each day for this work.

Mr. Emery dealt with the subject of Beauty in Nature. He divided it into two classes, intrinsic and extrinsic. The extrinsic beauty is to be seen in nature around us and the pupils must be taught to appreciate this. The teacher must point out the fine points in their surroundings. The pupils will soon see these things for themselves and be able to enjoy them. Everything in nature is useful and beautiful. We see in all these things the design of the Creator of all things. The intrinsic beauty is to be

found inside under rough covering. Their uses and ways when studied very often add this intrinsic beauty when the extrinsic beauty is lacking.

Lead the pupil to see how the colors of the grasshopper, locust, moths, etc., are suited to their surroundings.

Miss Ada McPherson dealt with supplementary reading. Reading is recognized by all as an upbuilder in character. Books have a direct bearing on our daily life. They improve our conversational powers. Supplementary reading is useful in all branches of school work. It helps a pupil's ability to read well. It allows the pupil to sit down with the great and good not only of our own age but of the past ages. The stories read can be used for both oral and written compositions. The lists of suitable books sent out by the Inspector will be found of great use. The teacher must know the child as well as the book before he can rightly direct the reading.

W. J. Squires states that a school library was a necessary part of the school. The teacher can explain the book the pupil will take a better interest. The library will interest the parent in the scholar's reading. The pupil will early form the habit of reading by having the books before him each day. Reference books are necessary in the library. It is well to have a good collection of books for the pupils to read three or four of these during the year. He often read short selections from good books and in nearly every case the pupil reads the entire book.

Opening exercises Friday afternoon were omitted on account of the absence of Rev. Mr. Hill.

Mr. McDougall was in the chair. Inspector's address was the chief feature of the afternoon. It dealt with the duties of teachers, benefits of association, etc. Some echoes of the O. E. A. Teachers should be earnest, energetic, in their work, as well as cultured, in their manner. If teachers possess such characteristics, they will be able to impart them to pupils. Earnest, energetic, teachers make earnest, energetic, pupils—lead rather than drive. The circular sent out was gone over and fully explained.

A general discussion of fifth class work was introduced by Miss Braithwaite, qualified pupils who should take up this work are ones who have taken entrance examinations or are considered so by the teacher and inspector. Teachers will find that if they once started fifth class work they will never give it up. It is great help to many who would not be able to go on to high school. She stated that she found pleasure in taking up this work. The place of the country fifth class examination is now displaced by the junior graduation examination. Speed as well as accuracy in all the subjects. Work on the blackboard by the pupils will be found useful as teacher can watch the work done by them as well as carry on other work.

Mr. R. Blake continued the discussion on fifth class work, dealing with physics and chemistry. These subjects now are necessary to secure senior graduation diploma. A good time to have these on the timetable would be just before 4 o'clock. Note taking should consist of picking out and tabulating only the most important items or heads. Have these notes well written, underline the headings, which will be found of assistance. Written tests of short logical questions with a certain percentage demanded should be held.

Mr. Todd, B. S. A., read a paper on the geography, geology, and climate condition in this country. We are as favorably situated in every way as the great Niagara District, the well known fruit country. Only 3 or 4 years ago was an interest taken in the county by those who had charge of the agricultural division of the Ontario Government. His rule on rural education are outlined. See the surroundings that the future agriculturist has. The country must be prepared to pour out money on rural education. This has not been done in the past. The towns and villages do not know the money they are losing by having waste land surrounding them. There is a right need for the best brains to be used in the farm. Farmers be led to specialize in some particular line.

The farm home and its surroundings depend on the financial and mental power of the parents. Need new methods both in production and marketing and the country must be led to teach these. The ideal of the farmer boy has been fashioned by his surroundings and in most cases he has drawn away from the farm to the workshop. The people of the country need more faith in the country's chance of growth both in population and wealth.

R. J. CAMPBELL, Secretary-Treasurer.

## How to Live Long

With healthy kidneys, one has a good chance to live long; but weak kidneys afflict old age with great discomforts. The back becomes bent and lame, rheumatism is chronic, eyesight fails and too frequent or involuntary passages of the urine cause embarrassment by day and loss of sleep by night.

Booth's Kidney Pills bring new strength to old backs and quick relief to weakened kidneys. They banish backache and rheumatic pain, regulate the bladder and urine.

Booth's Kidney Pills are for sick kidneys in old or young and are guaranteed by the proprietors, The R. T. Booth Co. Ltd., Fort Erie, Ont. Sold everywhere 50c. box. Free trial sent on request.

Last year, leave to land on England's shores was refused to 1,666 alien immigrants from European ports, a decrease of 390 on the previous 12 months.

You cannot be happy while you have corns. Then do not delay in getting a bottle of Holloway's Corn Cure. It removes all kinds of corns without pain. Failure with it is unknown.

## MEDICAL.

**JAMES NEWELL, PH. B., M. D.**  
L. R. C. P., M. B. M. A., England.  
Watford, Ont.

OFFICE—Main St., next door to Merchants Bank. Residence—Front street, one block east from Main street.

**R. G. KELLY, M. D.**  
Watford, Ont.

OFFICE—MAIN STREET, formerly occupied by Dr. McLeay. Residence Front St. East.

## CIVIL ENGINEER.

**W. M. MANIGAULT,**  
ONTARIO LAND SURVEYOR  
AND CIVIL ENGINEER,  
Box 300, STRATHROY, ONTARIO.

## DENTAL.

**GEORGE HICKS,**

D.D.S., TRINITY UNIVERSITY, L.D.S., ROYAL College of Dental Surgeons, Post graduate in Bridge and Crown work, Orthodontia and Porcelain work. The best methods employed to preserve the natural teeth.  
OFFICE—Over Thompson's Confectionery, MAIN ST., Watford.  
At Queen's Hotel, Arkona, 1st and 3rd Thursdays each month.

**G. N. HOWDEN,**  
D.D.S., L.D.S.

GRADUATE of the Royal College of Dental Surgeons, Ontario, and of the University of Toronto. Only the Latest and Most Approved Appliances and Methods used. Special attention to Crown and Bridge Work. Office—Over Dr. Kelly's Surgery, MAIN STREET, WATFORD.

## Veterinary Surgeon.

**J. MCGILLICUDDY**  
Veterinary Surgeon,

HONOR GRADUATE ONTARIO VETERINARY College, Dentistry a Specialty. All diseases of domestic animals treated on scientific principles. Office—One door south of the Guide-Advocate office. Residence—Main St., one door north of Dr. Gibson's office.

## Auctioneer

**J. F. ELLIOT.**  
Licensed Auctioneer.

For the County of Lambton.

PROMPT attention to all orders, reasonable terms orders may be left at the Guide-Advocate office.

## INSURANCE

**J. H. HUME.**

AGENT FOR  
FIRE, ACCIDENT AND SICK BENEFIT COMPANIES.

REPRESENTING  
Five Old and Reliable Fire Insurance Companies

If you want your property insured please call on J. H. HUME and get his rates.

—ALSO AGENT FOR—  
C. P. R. Telegraph and Canada Permanent Loan and Savings Co.

Ticket Agent for C. P. R.—Tickets sold to all points in Manitoba, Northwest and British Columbia.

## THE LAMBTON

**Farmers' Mutual Fire Insurance Company.**  
(Established in 1879)

**J. W. KINGSTON** President.

**THOS. STEADMAN**, Vice-Pres.

**JAMES ARMSTRONG**, DIRECTOR.

**A. G. MINNELLY**, DIRECTOR.

**D. SUTHERLAND**, DIRECTOR.

**JAMES SMITH**, DIRECTOR.

**W. G. WILLOUGHBY**, (MANAGER AND SEC. TREAS.

**J. F. ELLIOT**, FIRE INSPECTOR.

**D. S. ROBERTSON**, AUDITOR.

**ALEX. JAMIESON**, AUDITOR.

**PETER MCPHEDRAN**, Waukegan, P.O. Agent, for Watford and Plympton.

## STAGE LINES.

**WATFORD AND WARWICK STAGE LINES**  
Watford Village every morning except Sunday, leaving Watford at 11.30 a.m. Returning leaves Watford at 3.45 p.m. Passengers and freight conveyed on reasonable terms.—WILIAM EVANS Prop.

**WATFORD AND ARKONA STAGE LINES**  
Arkona at 9 a.m. Watford at 10.10 a.m. Returning leaves Watford at 3.45 p.m. Passengers and freight conveyed on reasonable terms.—WILIAM EVANS Prop.

**GRAND TRUNK RAILWAY SYSTEM**  
**TIME TABLE.**  
Trains leave Watford Station as follows:

GOING WEST  
Accommodation, 27 ..... 8 44 a.m.  
Accommodation, 29 ..... 2 45 a.m.  
Chicago Express, 5 ..... 9 27 p.m.

GOING EAST  
Ontario Limited, 46 ..... 7 46 a.m.  
Accommodation, 28 ..... 12 36 p.m.  
New York Express, 2 ..... 3 00 p.m.  
Accommodation, 30 ..... 5 16 p.m.

C. VAIL, Agent, Watford.