

HEALTH

IN THE SPRING
 is a time of anxiety to have little ones in the conditions make it necessary to baby indoors. He is often overheated, badly ventilated and catches colds which react on his system. To guard against Baby's Own Tablets kept in the house and an ounce given to the baby to reach and bowels working. This will prevent colds, colic and keep baby Tablets are sold by mail at 25 cents a box. The Dr. Williams' Medicine Co., Ont.

NIAGARA SHOE REPAIRING
 ERATE PRICES
 5 NIAGARA ST.

TWO DAYS OF SPRING CLEANING AND SPRING HATS ARE HERE

See the New Designs of Electrical Fixtures

That Are Necessary to Complete Your Decorative and House Cleaning Effects

No home is complete without the proper fixture. Discard those old out-of-date, poorly finished fixtures and have your rooms properly dressed.

J. H. SANDHAM COMPANY
 ELECTRICAL DEALERS
 Sole Agents
 237 St. Paul Street - Telephone No. 1112
Your Needs Supplied



RIDE A CLEVELAND

5535 Hours' Work For a Canadian Workman
 Think of that! Nearly two years' work for one man, to build our Spring shipment of CLEVELAND and PERFECT Bicycles, every one of which was made in a CANADIAN factory by CANADIAN workmen.
 CLEVELAND and PERFECT Bicycles are 90 percent "Made in Canada." There are many bicycles being made in foreign countries and assembled in CANADA and sold as CANADIAN MADE BICYCLES. Where would your job be if all dealers did that? Think it over, and then come and let us show you the various mechanical features that go to make up a REAL Bicycle. They're guaranteed.

W. A. STEVENS
 98 St. Paul Street - Phone No. 60

CONDITION OF COLLEGIATE IS NOT SATISFACTORY

INSPECTOR'S REPORT SHOWS THAT OLD BUILDING DOES NOT PERMIT OF BEST RESULTS FOR PUPILS.

The local Collegiate Institute annual inspection took place in February, and a report was presented to the Board Wednesday night. Inspector I. M. Levan made a thorough inspection and reported as follows:
 The number of closets is far below the requirements of the Regulations. The buildings and class-rooms are so shabby and so inadequate for their purpose that no grading can be given them.

There are no special desks for the Commercial Classes and no tables for the practical study of Physics. What was once a Physics Laboratory has been converted into an ordinary class-room. Owing to the imperfect lighting of many of the class rooms there is a constant strain on the eyesight of the pupils.
 The lack of ventilation is appalling and is a serious menace to the health of teachers and pupils.
 The sweeping leaves very much to be desired.
 The number of typewriters is insufficient for the needs of the Commercial Classes.

Organization.
 Ratio of pupils to teachers: 29 to 1. Satisfactory.
 Division of duties among teachers: As satisfactory as present conditions will permit.
 Provision of teaching the courses: The time-table makes satisfactory provision for all the courses.
 There is no provision for practical work in Physics, and the desks in the Commercial Department are not of a suitable pattern. Owing to an inadequate supply of typewriters, the Commercial classes are unable to get sufficient practice in typewriting.
 Three of the classes have an enrolment of over forty pupils.
 Bookkeeping and Writing and Middle School Art are taken for "Bonus" purposes under properly qualified teachers.

Staff: All qualified. Miss Mackenzie is a Specialist in Art, Miss Anderson in the Commercial subjects, and Mr. Doherty and Miss Jenner in Physical Culture.
 Discipline: Good.
 Attendance: All regularly admitted. Nine pupils have been admitted on Farm Labour certificates.
 Text-books: All authorized. I have reminded the Principal that after July, 1919, none but the authorized Note-books may be used. The dealers should be notified.
 Registers: Properly kept.
 Catalogue of Equipment: Properly kept.
 Supplementary Reading: A satisfactory scheme.
 Sight Translation in Latin, Greek, French, and German: Some provision made.

Roads this year be left in the hands of the Purchasing Committee.
 That Committee fees and expenses amounting to \$500.75 be paid. Also that expenses of Committee for road inspection, amounting to \$25.00 be paid.
 The German machine gun captured by the late Corporal H. G. Bedford Miner, V.C., has been assured as a war souvenir for the City of Chatham.
 A supposed case of "sleeping sickness" at Port Colborne was found to be owing to an overdose of bromide.

The Ontario Government Employment Bureau, originally a by-product of the war, has rapidly developed into an institution of the greatest power detail the condition of the school, and asked that a remedy should be provided without delay.

In its present condition, the gymnasium is wholly unfit for classes in Physical Culture, as the movements of the classes over the floor fill the air with dust which the pupils must of necessity breathe into their lungs. This room, with the rooms adjacent, should at once receive a thorough cleaning and the floor be oiled so as to afford some protection against the rise of germ-laden dust.
 I met a large deputation of the Board and laid before them in some

detail the condition of the school, and asked that a remedy should be provided without delay.



Why? not
 Seek the best. The price is the same, but the quality of our Bread is superior.
 Good Bread is essential to man's health.
 To be sure of the good kind

SIMMOND BREAD
 Simmond's Bakers
 Phone 1190
 279 St. Paul St.

The Ontario Government Employment Bureau, originally a by-product of the war, has rapidly developed into an institution of the greatest power

ATTENTION

WORKERS, TRADE UNIONISTS AND I. L. P.
 The Workers' Educational League desire your presence at a meeting to be held at **Griffin's Family Theatre** Sunday Eve., April 6 to hear lecture by Mr. R. Jewis of Toronto, editor of Labor News, the official organ of Machinist Union.
Subject: "What the Workers Want"
 Questions and Discussions Invited
 Ladies Specially Invited
 Chair to be Taken 7.30 Sharp

Gas Not Self-Renewable

WEATHER
 Moderate winds; fair and milder, mostly cloudy, with light local rains.

When natural gas is taken from the earth, Nature does not at once proceed to replace it with more gas. In other words, gas fields become used up. At some sure date, they cease to yield gas. New fields are constantly being sought. But present efforts are not meeting with success. It is to your interest therefore to be economical with natural gas, and postpone the day of exhaustion for the present fields.

Although Natural Gas is Cheap, do not waste it—the Supply is not Everlasting.

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Under the Distinguished Patronage of His Grace the Duke of Devonshire, K. G., G. C. M. G., G. C., V. O., P. C. Etc., Gov.-General of Canada

Lieut. Beverly Robinson
 ROYAL AIR FORCE
 The Only Canadian-born Officer Who Escaped From Germany
 Will Tell His Enthralling Story

"Escaped"—After 2½ Years In Nine German Prisons"

St. Paul Street Methodist Church
 ST. CATHARINES
Monday, April 7th, at 8.30 O'clock p. m.
 Auditorium \$1.00 Gallery 75c
 G. W. V. A. By Permission of the Air Ministry

HIPPONDROME
 Special Comedy Program Today

EXTRA—Helen Gibson in a Thrilling Railroad Melodrama

MONDAY, EXTRA TUESDAY

Mary McLaren
 In Her New Society Play
"BREAD"
"Terror of the Range"
 Matinee and Evening, 10c.

the best of health for a number of year, but bore her suffering with patience and christian fortitude. She was noted for her kindly disposition. Three sons, Orville, of Louth Township, Grove, and Dr. R. C. Davis, of this city, survive and are receiving the heartfelt sympathy of the community in their bereavement.

ADVERTISE IN THE JOURNAL
TAR MACADAM
 (Continued from page 1)
 Investigate: Roads.
 Having been asked by the Warrentite Road people to appoint two representatives to meet a joint committee of Welland and Wentworth counties and the Suburban Road Committee of the Cities of Hamilton and St. Catharines, we would recommend that this Committee name the Warden and Chairman as members of that Committee to be the guests of the Warrentite Road people to investigate Roads in the United States.
 We recommend that the purchase of Road Oil be used on the County

One of St. Catharines oldest and most highly esteemed residents passed away at the family home, 24 Yale Street, this morning, in the person of Mrs. Margery Davis, widow of the late Elias Davis, of Louth Township, who predeceased her some five years ago. Deceased had not been in



SICK--WEAK--MISERABLE THOUSANDS OF VICTIMS

Man feels bad all over...feels nervous, irritable, gleamy, gets angry at little things that ordinarily would not be noticed. You feel tired morning. Your sleep does not rest you. You feel nervous. You lose flesh. All run down. You can't concentrate your mind. No appetite. You lose flesh...all run down. You can't understand why.



DR. WARD, SPECIALIST

Men! Are You In Doubt
 As to your trouble? Have you some skin eruption that is stubborn, has resisted treatment? Is there a nervous condition which does not improve in spite of rest, diet and medicine? Are you going down hill steadily?
SYMPTOMS OF VARIOUS AILMENTS
 Weak and relaxed state of body, nervousness, despondency, poor memory, lack of will power, timid, irritable disposition, diminished power of application, energy and concentration, fear of impending danger or misfortune, drowsiness and tendency to sleep, unsteady sleep, dark ring under eyes, dizziness, pimples on face, palpitation of heart, easily tired, weakness or pain in back, lumbago, dyspepsia, constipation, headache, loss of weight, indigestion. Dr. Ward gives you the benefit of 28 years' continuous practice in the treatment of all chronic, nervous, blood, and skin diseases. The above symptoms, and many others not mentioned, show plainly that something is wrong with your physical condition and that you need expert attention.
NERVE EXHAUSTION.
 The Great American Disease. There are numberless people who do not call themselves sick, and yet they feel nervous, weak, languid and tired most of the time. They have no ambition or endurance to work, everything they attempt is an effort. Life to them appears as a long, gloomy future. Their appetite is poor and variable, they become irritable, cross and discouraged. They have pains and aches in various parts of the body and there is often indigestion, belching of gas, pains in the stomach present. Sleepless, wakeful and restless nights follow. They become drowsy after meals and the brain tires easily.

OF INTEREST TO THE AILING MAN

28 years' experience and learning. 28 years doing one thing and doing it well. Experimenting days long past. I know! My success is due to system and direct methods. I go after the cause. No delays...no waiting...no wondering. No weary months and years dragging along waiting for expected results. I make a fee for treating the patient as long as treatment is necessary. If I make you a fee of \$10.00 or \$25.00 it means that I will treat your case until you are dismissed. Consultation and examination free.

DR. WARD Daily Hours: Mondays, Wednesdays, Saturdays, 9 a.m.-9 p.m. Tuesdays, Thursdays, Fridays, 9 a.m. to 6 p.m. Sundays 10 a.m. to 1 p.m. **DR. HERRICK**
 Buffalo's Leading and Most Successful Specialist
 79 Niagara Sq. Buffalo, N. Y.