

**LONDON BUSINESS COLLEGE**  
Dundas and Richmond Sts.  
London, Ontario  
Write for information regarding  
our courses in Bookkeeping and  
Shorthand. Fall term opened on  
August 30th.  
J. MORRITT, Principal.  
N. STONEHOUSE,  
Vice-Principal.

**ELLIOTT Business College**  
Yonge and Charles Sts., Toronto.  
Enjoys an excellent reputation for high grade  
work. It is no wonder the demand for our  
graduates is five times our supply. Enter any  
time. Catalogue free.

W. J. ELLIOTT, Principal.

**New Term from Nov. 1st**

**GENYRA Business College**  
WATFORD, ONT.

The leading Commercial School of  
Western Ontario. Commer-  
cial, Shorthand and Telegraph  
departments. Graduates placed  
in positions. Students may  
enter at any time.

Get our Free Catalogue.

D. A. McLACHLAN, Principal.

#### MEDICAL

**JAMES NEWELL, PH. B., M.C.**  
L. R. C. P. & S., M. B. M. A., England.  
Coroner County of Lambton,  
Watford, Ont.

OFFICE—Corner of Main and Front streets  
Residence—Front street, one block east to  
Main street

**C. W. SAWERS, M.D.**  
WATFORD, ONT.

FORMERLY OF NAPIER OFFICE—Main  
Street, formerly occupied by Dr. Kelly. Phone  
23. A. Residence—Ontario Street, opposite M.  
A. McDonald's. Night calls Phone 13B.

**W. G. SIDDALL, M.D.**  
WATFORD, ONTARIO

OFFICE—Next to Public Library.  
Day and Night calls phone 26.

#### DENTAL

**GEORGE HICKS,**

D.D.S., TRINITY UNIVERSITY, L. D.S.,  
Royal College of Dental Surgeons, Post graduate  
of Bridge and Crown work. Orthodontia and  
Porcelain work. The best methods employed to  
preserve the natural teeth.  
OFFICE—Opposite Taylor & Son's drug store  
MAIN ST., Watford.  
At Queen's Hotel, Arkona, 1st and 3rd Thurs-  
day of each month

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

GRADUATE of the Royal College of Dental  
Surgeons, Ontario, and 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 ST., WATFORD

#### Veterinary Surgeon.

**J. MCGILLICUDDY**

HONOR GRADUATE VETERINARY  
College, Dentistry a Specialty. All  
cases of domestic animals treated on scientific  
principles.  
Office—Two doors south of the Guide-Advocate  
office. Residence—Main Street, one door north  
of Dr. Siddall'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

**Gordon Hollingsworth**  
Licensed Auctioneer

For the County of Lambton.

CAREFUL attention paid to all orders. Term  
reasonable and Satisfaction guaranteed.  
Orders may be left at the Guide-Advocate office.

**A. D. HONE**  
Painter and Decorator  
Paper Hanging

WATFORD - ONTARIO

GOOD WORK  
PROMPT ATTENTION  
REASONABLE PRICES  
SATISFACTION GUARANTEED  
ESTIMATES FURNISHED

RESIDENCE—ST. CLAIR STREET

Wedding Stationery of the finest  
quality at The Guide-Advocate.

Read the Guide-Advocate "Wants."

## FARM WATER SUPPLY

Practical Pointers About Install-  
ing Suitable Equipment.

Putting Running Water in the Home  
and the Barn—How to Develop  
the Natural Water Supply—  
Several Systems Suggested.

(Contributed by Ontario Department of  
Agriculture, Toronto.)

IN penning this short article the  
writer desires to stress two main  
points in regard to this subject,  
first, the need and importance of  
securing an adequate and permanent  
supply, and, second, the installation  
of suitable equipment for getting the  
water "on tap" in house and stables  
and about the lawns and gardens.

In regard to the supply of drinking  
or hard water, it may be said that of  
late many of the old shallow wells  
of the Province have been failing seri-  
ously, thus indicating that the water-  
table is not as high as it used to be.  
It is to be hoped that this is only a  
temporary condition and that many of  
these wells will soon become ser-  
viceable again. However, the shallow  
well can seldom be relied upon abso-  
lutely, and so as a rule it is wise to  
sink such wells deeper. This usually  
means drilling. Sometimes there is  
good reason for abandoning the old  
well altogether and choosing a new  
site. A careful survey of the existing  
wells of the district in respect to  
depth, supply and character of the  
water will usually prove useful in re-  
gard to the advisability of drilling,  
also a knowledge of the nature, depth  
and dip of the underlying strata or  
rock formation may help too. Instru-  
ments for locating underground  
water, so far as our experience goes,  
have not been a success in this Pro-  
vince, although much is claimed for  
them in some other countries differ-  
ing widely from Ontario in geological  
formation. Some individuals claim  
that they can locate underground  
water by means of a forked twig from  
such trees as cherry, plum, and hazel,  
and because we have known good  
wells to be found in this way, and  
because prominent scientists have  
given the matter considerable atten-  
tion in recent years, we are not in-  
clined to scoff at the idea. In some  
cases old wells go dry because the  
water veins feeding the well have  
become clogged. If so, a charge of  
dynamite in the bottom will effect a  
remedy. Sometimes an old dug well  
will supply plenty of water for all  
time if it is dug a few feet deeper,  
or if the formation is sandy or gravelly  
(fine) for some depth below the  
bottom a special filter may be sunk  
into a water-bearing layer of sand or  
gravel with good results. It is well  
to emphasize the value of a good  
spring. If one exists reasonably close  
to the buildings it may be made to  
supply them with water if certain  
condition obtain. In every farm home  
there should be a large cistern either  
in the cellar or just outside the cellar  
wall and below the ground for storage  
of rain water. This water can be  
used for washing purposes, bathing  
and flushing the closet. A large dis-  
tern at the barn and connected with  
the eave-troughing thereon, will sup-  
ply a large portion of the drinking  
water for the stock in the rainy peri-  
ods. It is very essential that the  
supply be ample and never failing,  
and when this is assured steps may be  
confidently taken to install water  
systems in order to have the water  
convenient at the home.

The second point, namely, the dis-  
tribution of the water supply, is a  
very big one, and one about which a  
good deal might be written. Space  
will permit only the very briefest  
treatment, but if more details are re-  
quired write the Department of Agri-  
culture, Toronto, Ontario, for Bul-  
letin No. 267, entitled "The Farm  
Water Supply and Sewage Disposal,"  
or the Department of Physics, O. A.  
College, Guelph, will gladly advise  
regarding any problems received by  
letter.

(1) If the well be shallow, that is the  
level of the water is never more  
than 25 feet below the surface, or say  
the level of the pump cylinder, the  
pump may be located inside the

building instead of directly over the  
well. Greater convenience would be  
the result of such a change.

(2) A small water tank in the at-  
ticle of the house will make it possible  
to install plumbing fixtures, as sinks,  
bath and closet in the home.

(3) Better than the attic tank sys-  
tem is the compression system. A  
strong steel cylindrical tank is lo-  
cated in the cellar or some frost-proof  
place, water is pumped into it from  
well or cistern against air pressure  
which forces the water to all points  
where it is required. The pump may  
be operated by hand or better by  
gasoline engine, windmill, or electric  
motor.

(4) If electricity be available the  
compression system can be operated  
automatically and the storage tank  
made so small that the water is  
drawn fresh from the well instead of  
from a large storage tank.

(5) If a good spring exists on  
ground level with top of house or  
higher, a pipe under the frost-line be-  
tween spring and house is practically  
all you need in order to have the  
spring water on tap.

(6) If not high enough for a grav-  
ity system the spring may possibly be  
advantageously located for installing  
a hydraulic ram which will pump the  
water to a tank in house or stable or  
trough in yard. It is worth while  
having pure and cool spring water  
always on tap about the buildings.

The fall would be a good time to  
put in a system so that you will not  
be obliged to carry water another  
winter. First be sure that your sup-  
ply is ample for all requirements,  
and then go ahead with the install-  
ing of some suitable water system,  
and do not forget that we are anxious  
to help you.—R. R. Graham, O. A.  
College, Guelph.

Relieves Asthma at Little Expen-  
se.—Thousands of dollars have been  
vainly spent upon remedies for  
asthma and seldom, if ever, with  
any relief. Dr. J. D. Kellogg's Asthma  
Remedy, despite its assurance of  
benefit, costs so little that it is with-  
in the reach of all. It is the national  
remedy for asthma, far removed from  
the class of doubtful and experi-  
mental preparations. Your dealer  
can supply it.

#### Police Dogs.

The present wave of crime has given  
an impetus in Great Britain to the  
training of dogs for police purposes.  
The training of these dogs calls for a  
large amount of patience, intelligence  
and resource, far removed from the  
old idea of dog breaking, which was  
usually to beat the animal mercilessly  
into the observance of a few set rules.  
It is step by step in his daily lessons  
that a dog gradually becomes a  
tracker of criminals by their scent,  
pursues escaping prisoners, discovers  
missing people, or finds suspected  
ones in concealment. He is taught  
fessly to seize and pull down any  
aggressor, whether his master or  
himself be attacked, and to do it with  
the least possible damage, ceasing at  
once when the enemy gives in. The  
popular conception of the police dog  
as wild, savage brute, probably ac-  
counts for the antipathy to his use  
displayed in some quarters. The  
public should realize that the prop-  
erly trained dog is at all times per-  
fectly under control.

#### Wise Guy.

Circus Manager—"So you want a  
job as circus attendant, do you?  
What steps would you take if a lion  
were to escape?"  
Applicant—"Good long ones,  
guv'nor!"

Meighen is a free-speecher.  
Hon. Arthur Meighen, the new  
Premier, is the most talked of man  
in Canada at the present time, and  
wherever two or three people are  
gathered together there will one hear  
at some time discussion of him and  
his merits for the office he has been  
called upon to fill. There is much  
speculation as to his religious beliefs,  
and many people who are heard dis-  
cussing him appear to think he is a  
Roman Catholic. As a matter of fact  
he is a regular attendant at Chal-  
mers' Presbyterian Church, Ottawa,  
where the Minister is Rev. J. W.  
Woodsides, who was called there two  
years ago from Chalmers Church,  
Toronto.

#### Step by Step.

"Supposing," said the man who  
wants to see everybody happy, "that  
we somehow arrange to give you a  
six-hour day. Are you sure that you  
will be contented?"

"For the present. Of course, I  
shouldn't think of asking for less  
than six hours work the day.  
But I have an impression that in the  
course of time our chronological  
system will need revision so that  
we'll have 25 or 30 minutes to the  
hour."

#### Camping In 1920.

It was dawn and very chilly in  
camp, and one man was unable to  
find any of his outer garments. He  
wandered about, asking all his mates  
if they knew where they were. "Has  
any one seen my b-b-blanket?" he  
demanded and was told that no one  
had. "Has any one seen my t-trous-  
ers?" No answer. Well, I'm jolly  
g-g-glad I have got on my nice w-w-  
warm pair of suspenders."

St. Thomas barbers have raised the  
price of a haircut to 50 cents.

## COLLEGE ATHLETICS

Why Agricultural College Students  
Need Physical Culture.

Brawn and Brain Work Well  
Together—Students Help to Di-  
rect In Sports—Building Up the  
Body for Later Usefulness.

(Contributed by Ontario Department of  
Agriculture, Toronto.)

ATHLETICS at our College are  
being revolutionized and  
placed on a more stable basis  
than in the past.

Progressive colleges are coming to  
realize the supreme importance of  
bringing physical training to the  
front in educational work. College  
authorities are realizing that they  
are responsible for the ignorance  
among the alumni of the colleges,  
regarding the care of the body, as it  
is a well known fact that eighty per  
cent of graduates die from ten to  
thirty years before the age at which  
they should. They are also realizing  
that under the old method less than  
fifty per cent. of the students are  
engaged in any form of systematic or  
organized exercise. This is due to the  
fact that our colleges were, and some  
are as yet, fostering two classes—  
one class attends for social and ath-  
letic advantages, and the other  
attends largely for intellectual oppor-  
tunities. The first class is inclined  
to neglect mental work and carry  
athletics to excess, while the second  
class is inclined to neglect physical  
training and carry mental efforts to  
excess. Neither class lives strictly  
hygienic lives.

Now our colleges are adopting new  
methods to eliminate such conditions  
and are awakening to the fact that  
physical education has a legitimate  
place in the college curriculum.  
Some of these methods are as fol-  
lows: (1) Intra-collegiate sport and  
recreation in addition to our inter-  
collegiate sports, with the constant  
purpose in view of usefulness in after  
life. This draws in the spectators on  
the side lines and promotes interest  
by friendly rivalry. (2) Organization  
of activities on the basis of athletic  
sports, rather than on gymnastic  
basis, giving games to the student if  
normal physically; if not, remedial  
gymnastics until fit. It is necessary  
to have a wide range of sports,  
games, and physical activities, and a  
plan to encourage more general par-  
ticipation in them. (3) Exercise tak-  
en systematically and at regular in-  
tervals. (4) A subject with required  
attendance. (5) Strength test upon  
entering and at the end of each year,  
so a student may realize the benefit  
of systematic training. (6) Encour-  
agement of the type of physical  
exercise that a student is likely to use  
in after life. (7) The teaching of  
fundamental principles of hygienic  
living. (8) Increase of facilities for  
outdoor sports in winter and summer.

In the past years athletics at the  
O. A. C. have been carried on without  
these advantages and, in spite of  
great difficulties, we have been handi-  
capped primarily in not having an  
athletic field, and necessary funds for  
equipment which is essential for ex-  
ecuting an effective program; this is  
our greatest need and will be a  
hinderance to our progressive pro-  
gram for this year. It is our great  
desire that it will not be long before  
we benefit by both.

The whole student body had a  
meeting before final examinations on  
the thirtieth of last March for the  
purpose of discussing and voting on  
the new program for the coming year  
which was outlined by our athletic  
executive. Professors Blackwood,  
Toole, and Crowe, and Dr. Creelman  
presented the case to the students and fac-  
ulty the great need of such a program  
and their duty in regard to athletics  
and themselves. After a discussion,  
each cause of this program was voted  
on and passed unanimously by the  
whole student body.

The following is a brief outline of  
the Athletic Program for the coming  
year:

(1) Students who have had pre-  
vious training to act as leaders in the  
different branches of sports—to coach  
in boxing, wrestling, aquatics, and  
track and instruct in athletic games.

(2) Promote a fuller program of  
inter-year athletics by having sched-  
ules in more branches of sports.  
Inter-year competitions in the follow-  
ing sports: Rugby, soccer, play  
ground ball, push ball, volley ball,  
outdoor basket ball, boxing and  
wrestling, track, mass athletic meets,  
cross country runs, tug of war, ten-  
nis and aquatics.

(3) For those students who do not  
take part in these sports, two com-  
pulsory periods a week will be given  
in which they will be instructed in  
athletic games, field and indoor  
events, swimming, boxing and  
wrestling.

In order to promote this program,  
we had to enlarge on our Athletic  
Council which was composed of the  
sports managers, picked from the  
faculty, and the Athletic Executive.  
To this we added a Leaders Corp and  
Managers of inter-year sports picked  
from the students. The Leaders Corp  
is made up of directors of sports  
(one for each sport) and their  
leaders. The inter-year managers  
(one for each sport) have charge of

## HIS LIFE RUINED BY DYSPEPSIA

Until He Tried "FRUIT-A-TIVES"  
The Wonderful Fruit Medicine



MR. FRANK HALL

Wyevale, Ontario.

"For some two years, I was a  
sufferer from Chronic Constipation and  
Dyspepsia.

I tried every remedy I heard of  
without any success, until the wife  
of a local merchant recommended  
'Fruit-a-tives'.

I procured a box of 'Fruit-a-tives'  
and began the treatment, and my  
condition commenced to improve  
immediately.

The Dyspepsia ceased to be the  
burden of my life as it had been, and  
I was freed of Constipation.

I feel that I owe a great debt to  
'Fruit-a-tives' for the benefit I derived  
from them."

FRANK HALL.

50c. a box, 6 for \$2.50, trial size 25c.  
At all dealers or sent postpaid by  
Fruit-a-tives Limited, Ottawa, Ont.

The coaching and managing of inter-  
teams and are responsible to their  
year representative who is a member  
of the executive.

By such an organization we feel  
confident of swinging our program  
successfully, which means every stu-  
dent will take part in some branch  
of athletics. Those students, who  
come under clause (3) of our pro-  
gram, will be given special instruc-  
tion by our Leaders Corp and will  
greatly benefit themselves and the  
college. In this way we will be able  
to reach the student on the side lines.  
Suggestions regarding athletics in  
rural community centres will be pre-  
sented in a future article.—K. W.  
Forman, Director of Athletics, O. A.  
College, Guelph.

#### Clever Ants.

The reputation of King Solomon as  
a naturalist has been much enhanced  
by the comparatively recent discovery  
of the fact that certain ants do, as  
he asserted, make a business of gath-  
ering and storing grain. But there  
are other ants which pursue a much  
more remarkable practice. They culti-  
vate mushrooms.

The so-called parasol ants of  
Brazil get their name from their  
habit of marching along in single  
file, each one with a piece of green  
leaf held over its head. These scraps  
of leaves are taken to underground  
chambers, well cleared, and allowed  
to ferment and decay in a mass,  
through which the mycelium of a  
fungus soon begins to run in white  
threads. When little mushroom but-  
tons have started to develop the  
workers bite them off and feed them  
to the baby ants.

Experiments have proved that  
these mushrooms, if permitted to de-  
velop, will attain a diameter of six  
inches. But the ants prefer them im-  
mature. Man has discovered that by  
preparing suitable beds in dark  
places where he can control temper-  
ature, he can grow mushrooms all  
the year round, but the leaf-cutting  
ant got the idea long before he did  
and acted upon it.

#### Dairying.

Canada had 3,343 dairy factories  
in 1919, viz., creameries, 1,043;  
cheese, 1,835; butter and cheese,  
443; condensed milk, 23.

Canada's annual dairy production  
value, \$250,000,000; exports,  
\$65,000,000.

Canada ranks fourth in world pro-  
duction of cheese. Exported over  
\$40,000,000 worth in 1919, or 78 per  
cent. of total production of 190,000,  
000 pounds.

The Election In the U. S.  
The careful candidate had been  
asked for his views on the League of  
Nations. "Gentlemen," he remarked  
cautiously, "about all I can say is  
that I am in favor of any kind of a  
league which will best conserve the  
interests of humanity, providing a  
plank is inserted which will insure to  
men at all times the right to eat  
strawberry shortcake in season." He  
was elected by an overwhelming ma-  
jority.

**Children Cry  
FOR FLETCHER'S  
CASTORIA**