

VOTERS' LISTS TO BE COMPLETED BY MONDAY

ST. THOMAS, Nov. 18.—Less than 100 names had been added to the voters' lists in this city up to Friday night. With the booths open on Saturday night, however, it is expected that there will be a last-minute rush of delinquents. The work will be completed on Monday. Magistrate Maxwell stated on Friday that no names would be struck from the lists, even though it was known that several people who formerly had a ballot had since died or had moved away.

PAY \$750,000 INSURANCE IN WESTERN HAIL LOSSES

REGINA, Sask., Nov. 18.—Three-quarters of a million dollars in hail losses have been distributed by the Municipal Hail Insurance Association since payment to Saskatchewan farmers commenced five days ago.

MOORETOWN RESIDENT DIES.

MOORETOWN, Nov. 18.—The death occurred Wednesday of Mrs. Leach at the home of her son, N. A. Leach, Courtwright. The funeral will be conducted by Rev. Mr. Dymond, Anglican minister, and interment will be made in Sutherland Cemetery.

FORESEES BIG ADVANCE NEAR IN MEDICINE

Dr. A. B. McCallum of McGill Urges Need of Greater Research Work.

VITAMINES A PROBLEM

Successful Isolation Will Present New Phase in Medical Science.

In an inspiring address to members of the faculty, alumni and student body of Western University Medical School in the auditorium of that building Friday afternoon, Dr. A. B. McCallum, professor of bio-chemistry at McGill University, voiced a plea for further pursuit of research studies in medicine, with a view to assisting mankind in new discoveries. The address was delivered in connection with the opening week of the new medical school building. Tracing the history of the pioneers in research work, Dr. McCallum declared that there still remains excellent opportunities in this field for those connected with Western University.

Taking for his topic, "The Next Great Advance in Medicine," he outlined the various achievements made in research in this branch of science, and proceeded to point out feasible fields for further triumphs.

"Progress has slowed up in medical research because methods have been exploited fully," Dr. McCallum began. He recounted the medicinal doctrines of the ancient Greeks and Romans, and the following of Galen's teachings for 1500 years. In the 17th century doctrine in medicine was the source of those of Hippocrates, he declared.

He mentioned the era of cellular pathology, which began with the teachings of Virchow, and greatly assisted in the advance of knowledge of this subject, but did not fulfill the hopes of those researchers of 60 years ago.

An important factor in the development of bacteriology has been the causation of disease," he said, paying tribute to the valuable work of Pasteur and of Lord Lister in 1864, which brought about modern principles of sterilization and exclusion of bacteria from living tissues whenever possible.

"A twenty-year struggle preceded their general inception," continued Dr. McCallum, "and they revolutionized surgery. These are the results of research. Bacteriology plays an all-important part in medicine. We know more now of the cause of disease than anyone 60 years ago would have deemed possible. The years to come will still augment our knowledge."

He then described the valuable researches in physiology and pharmacology, and proceeded to deal with his own special branch of medicine, namely, bio-chemistry, and referred to valuable information to be obtained in a study of lesions of the nervous system and the study of drugs.

Studies of the latter now reveal, he said, "a clear conception of their effects on the body, necessary and inevitable, and their value should not be in the slightest underestimated." Bio-chemistry, he declared to be one of the youngest of all subjects in medicine, which, with its inception in 1870, has

PORRIDGE —and PEP

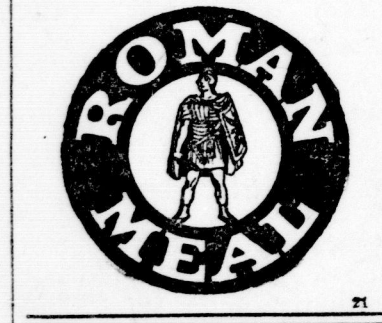
Roman Meal Porridge for breakfast puts pep into you for the whole day.

That is because it is a properly balanced, sustaining food, which increases vitality.

Aids digestion, positively relieves constipation.

And it's delicious—not a bit like other cereals!

All grocers carry Roman Meal



How to Make Pine Cough Syrup at Home

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and sugar. The "syrup" part is usually plain sugar syrup.

To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy ready-made for \$2.50. It is pure, good and pleasant—children like it.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—irritated membranes—and this Pinex and Syrup combination will stop it usually in 24 hours or less. Splendid, too, for bronchial asthma, hoarseness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs. Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

during the last 40 years, justified all claims.

As a problem of research, he mentioned proteins and their construction, and body metabolism.

"The greatest advance in medicine in the next three decades will be in the investigation of the intestinal mucosa," the speaker predicted. "The results will be of as signal a character as those of the last half century. Let each one of you look forward to take a part in this advance with the scientific legion of research."

To the faculty he declared that future graduates of Western University Medical School would be trained in having been taught by "some who have endeavored to explore the unknown."

In connection with research work in bio-chemistry, he cited the role of protein fats and carbohydrates in the human diet, which have a great deal of control on the progress of disease.

Because problems in these factors had been solved gradually by the speaker, he said, "The results will be of as signal a character as those of the last half century. Let each one of you look forward to take a part in this advance with the scientific legion of research."

"They are not fats, carbohydrates or proteins," said Dr. McCallum, "but accessory food factors." These factors he stated are popularly known as vitamins and deficiency of them in diet gives rise to beriberi, scurvy, and other maladies.

Vitamines Never Isolated.

Vitamines possess an unknown chemical formula, as they have never been isolated, but they are present in many forms. The patience of those who labor to isolate them will ultimately be rewarded, and that time will present a new phase of medical science.

This problem he declared to be only one of many awaiting those desirous of taking up research work in medicine.

"Young men of the faculty and students," he would, therefore, urge, "endeavor to explore the unknown," he concluded, "each in his own line, and in the words of Tennyson, to follow knowledge like a sinking star, beyond the utmost depths of human thought."

In his opening remarks, Dr. McCallum recalled "associates of hallowed memory" at Western University Medical School, in bygone days. He mentioned old friends in the person of Doctors W. Moorhouse, Woodruff, Moore, Vaughn, Wishart and Eccles. In a tribute to Dr. H. A. McCallum, late dean emeritus of Western University Medical School, who died during the past year, he sketched his career, and declared that his enthusiasm made his work a success.

"As dean he looked forward to a larger medical faculty, and strove to institute as many classes as possible for teaching and research," he said.

In introducing the speaker, Dr. Paul S. McKibben, dean of the medical school, stated that there are three reasons why Prof. A. B. McCallum should address "the spiritual opening" of the new school. The first reason was the fact that the distinguished visitor is a native of this district.

"The second reason," continued Dr. McKibben, "is that he is the brother of Dr. H. A. McCallum, who is with us in spirit today, and who provided assistance to our present state of growth and progress."

"The third reason," he explained, "is the position of Dr. McCallum as professor of bio-chemistry at McGill University and his extensive labors in the field of research."

Presentation to Dr. McKibben.

Dr. Robert Ferguson, of this city, briefly addressed the meeting, and thanked the speaker for his inspiring talk.

"Dr. McCallum has always manifested a kindly interest in our institution," he said. "We believe that his interest will continue, and fondly hope that a professional tie between the McCallum family and this institution will be maintained and strengthened by you."

During the function, T. Orville Smith, M.D. '22, and president of the Hippocratic Society of Western University Medical School, on behalf of the students presented Dr. Paul S. McKibben, their dean, with a bouquet of chrysanthemums as a token of esteem. Accompanying the present was an address eulogizing Dr. McKibben for his kindly efforts and constant interest in the welfare of the medical students at Western.

WILL PRESS FOR JUVENILE COURT

Social Service Council Also Discusses Need of Home for Friendless.

MAY OPEN HOSTEL

Three subjects afforded material for prolonged discussion at the meeting Friday evening by the Social Service Council of London, held in the Y. M. C. A., and presided over by James Gray: (1) the providing of shelter for friendless and homeless when temporarily destitute; (2) a report on unemployment and relief; and (3) the juvenile court.

So far as the juvenile court was concerned, no definite information was available. It was stated, with regard to exact action taken by this year's council, the term of which expires in three weeks. Under the circumstances, the meeting decided to ask Jared Vining, chairman of the large juvenile court committee, which sits a year ago, to line up forces once more to place the matter before the incoming city council.

Emphasis was laid by T. D. McCollough, secretary, and other speakers on the important part which thorough investigation and adequate probation play in making juvenile court work efficient.

The feeling of the social council was as previously strongly against any association of juvenile delinquents with police court or jail surroundings.

Home For Friendless.

Mrs. Marshall and Mrs. Harrison appeared before the council as a deputation representing the Local Council of Women to urge that steps be taken to establish a home for the friendless, if only a small cottage, where the unfortunate might be temporarily sent until other provision could be made for them. She cited a number of cases of old people who had to go to jail because there was no place else immediately open to receive them. Such a home, she stated, was also needed to take care of men and women coming out of jail until they could get resettled.

Declaring the need of such temporary shelter to be "a crying one," Mrs. Harrison told of needy cases continuously arising other than the aged imperatively needing assured, temporary shelter. One of these that had come to her attention was a graduate nurse who needed care, not ill enough for the hospital, and there was no place to send her.

Mrs. A. C. Joseph, who had been asked by the council to investigate possible avenues of relief for such a situation, read replies to letters she had sent to the House of Providence, the Strathroy, the Aged People's Home and the House of Providence in this city, each of which would receive applicants after indorsement by the city council or county council. So far as the jail was concerned, Mrs. Joseph had telephoned and found there was not a single case of the "friendless" type there on the day of the report.

"But we never know what day such case will arise. We must be ready for emergency," said Mrs. Harrison, objecting with Mrs. Marshall to the long delay involved by the unwinding of red tape. "What are we to do with cases needing immediate attention?" was a question raised.

Mrs. Joseph stated that either the Aged People's Home or House of Providence would receive emergency cases temporarily until more adequate provision could be made.

12 Killed as Cyclone Sweeps Arkansas

LITTLE ROCK, Ark., Nov. 18.—Twelve persons were killed, 30 or more injured and considerable property damage done by two cyclones which struck in widely separated parts of this state last night.

One storm near Mena in the extreme western part of the state wiped out a family of eight persons.

Another storm, striking a lumber camp near Arkadelphia, killed one person, injured 24 others and then skipped north to a point near Malvern, where three more persons were killed and a number injured.

clearing house in the social service headquarters to prevent "overlapping" and "overlooking."

Mrs. Harrison was appointed to represent the council at the conference on organized family work to be held in Toronto next week.

RECORD CROWD VISIT BELL TELEPHONE PLANT

ST. THOMAS, Nov. 18.—When more than 800 people were shown through the local Bell Telephone plant during the past week, which had been set aside by the company as "visitors' week," it is believed that a record for Ontario was set.

D. M. Sterling, manager of the plant, stated today that from reports he had received from other places, he had been led to believe that the local figures far exceeded those of any other city. The senior classes of the public schools and the entire enrollment of the Collegiate Institute had been guests throughout the week.

DEATH OF SHEDDEN RESIDENT.

SHEDDEN, Nov. 18.—The death occurred at Shedden on Thursday, after a long illness, of Ralph Humphries. Mr. Humphries was in his 73rd year. He leaves to mourn, besides his widow, two children, J. C. and Mary, both at home; one brother, Henry Humphries, Dutton, and three sisters, Mrs. McLean in the West; Mrs. George Carroll, Dutton, and Miss A. Humphries, Toronto.

The funeral will take place from his late residence, Gore road, Shedden, on Saturday at 2 p.m., with interment in the McIntyre Cemetery.

CHAMBERLAINS

Removes the Dread of Whooping Cough

In cases of whooping cough the spasms are less frequent and less violent when Chamberlain's Cough Remedy is used, and the danger is greatly lessened. Chamberlain's is known to thousands of mothers as a safe and reliable remedy for children. A bottle on your shelf relieves anxiety.

35c and 65c

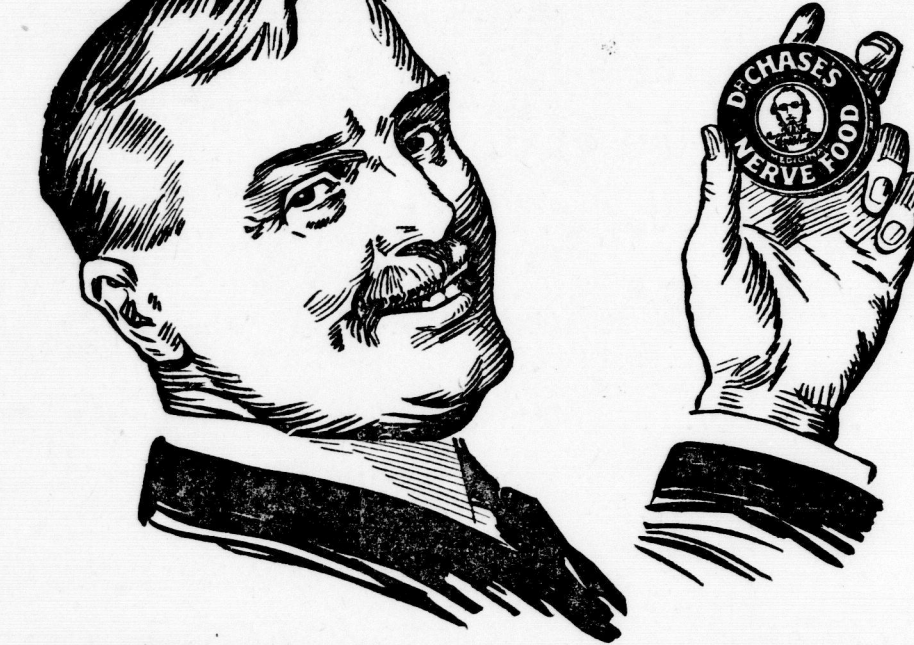
COUGH REMEDY

Saturday at 2 p.m., with interment in the McIntyre Cemetery.

LIBERALS ARE CONFIDENT.

STRATFORD, Nov. 18.—A rousing rally of Dr. Rankin's supporters was held in the Liberal committee room this evening. Dr. Rankin whose candidature is becoming increasingly popular and others spoke encouragingly of their reception throughout the riding.

"More Men Than Women Have Nervous Troubles"



This is the statement of a specialist on Nervous Diseases who comes in contact with many thousands of cases. The increase in diseases of the nerves during the last five years has been enormous.

Is it any wonder that men's nerves are giving out? Look back over the history of the last few years.

Think of the enormous burden of responsibility which has been put upon the shoulders of business executives.

The excessive mental strain. The worry and anxiety. The physical effort.

This has surely been great enough to break the nervous systems of the strongest men.

The war strain. The unsettled conditions of business and employment.

These are responsible for the rapid aging of men which you notice everywhere.

You feel out of sorts. You do not sleep well. You find yourself losing your grip on business.

Your daily task is more than you can stand. There is, perhaps, no organic disease.

But you find your energy and ambition petering out. Your doctor tells you to take a rest for a few months.

But you do not want to be put upon the shelf. Your business cannot spare you at this critical time.

Perhaps you cannot afford complete rest when living expenses are so high.

But you can take things easier. And you can profit by the experience of others and build up your exhausted nervous system by using Dr. Chase's Nerve Food.

This is the most rational treatment available, and is endorsed by more common-sense, reliable people than any medicine recommended for the restoration of the nervous system.

Dr. Chase's Nerve Food is universally used by women as a means of restoring the nervous system. Your wife, or sister, or mother, will be able to tell you something about its remarkable upbuilding influence.

But more men than women now have nervous troubles.

And Dr. Chase's Nerve Food is no respecter of persons.

It builds up new energy and strength in the most natural way imaginable by enriching the blood.

It supplies to the blood in condensed, easily assimilated form the elements which nature requires in order to replenish the depleted nerve cells and restore the vitality of the human system.

These certified letters may be from people you know. They are worth reading, anyway. For they are the honest opinion of people who have been benefited by Dr. Chase's Nerve Food. Edmanston, Bates & Co., Ltd., Toronto.

Overwork

Mr. D. F. Armstrong, R. R. No. 3, Mallorytown, Ont., writes:—"Through overwork and an extra amount of mental strain, I became very nervous and rundown. I began using Dr. Chase's Nerve Food, and it certainly touched the right spot. It almost seemed for a time as though I fairly lived on it. I can recommend this treatment to anyone requiring a medicine of this kind."

(Sworn before me at Mallorytown, this 7th day of March, 1921—D. S. Clow, J.P.)

Sleeplessness

Mr. W. J. Van Dusen, Centre St., Napanee, Ont., writes:—"For some time I suffered from sleeplessness and all the weakness and tired feelings that follow continual loss of sleep. Gas would accumulate in my stomach, and this also caused a great deal of trouble. Upon the advice of a friend I began a treatment of Dr. Chase's Nerve Food, and soon found it to be just what I required. By the time I had completed the treatment my system was in splendid condition and I felt much stronger."

(Endorsed by S. Casey Denison, Mayor.)

Rheumatism

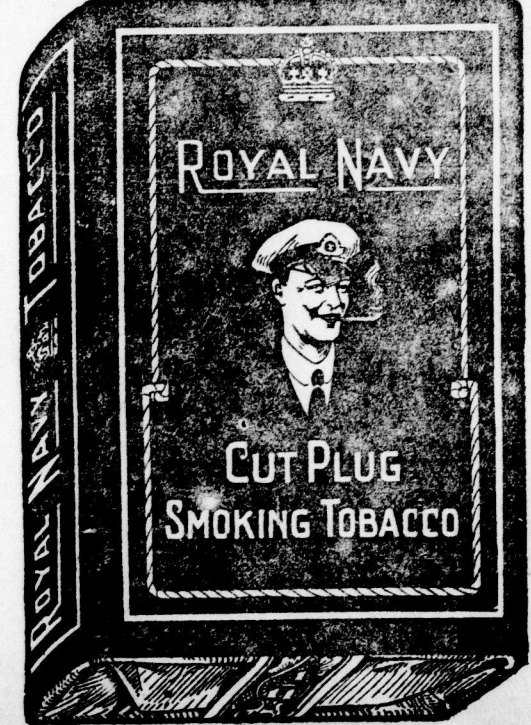
Mr. Charles R. Tait, Newtown, Kings Co., N.B., writes:—"I suffered with rheumatism and my stomach was in a very weak state. I could eat no fruit of any kind and suffered nearly all the time. I tried several doctors, but got no relief from any of them. I was in a drug store one day and overheard two men talking—one was telling the other about Dr. Chase's Nerve Food completely relieving him of rheumatism. I bought a box, thinking it would be like all the rest of them, but after taking this one box, I felt so much better that I continued the treatment, and now I can eat anything and do not suffer any more with the rheumatism."

("This is to certify that I am personally acquainted with Mr. Charles R. Tait, and believe his statement is true, and to my knowledge, correct.") (Signed) A. S. Mace, J.P.)

'ROYAL NAVY' CUT PLUG

BEST VALUE FOR 15¢

FINEST QUALITY Rich-Ripe-Mellow Virginia Tobacco



Complete December List Now on Sale Columbia Records

Dance Records

Ma—Medley Fox-Trot	Ted Lewis and His Band	A-3473
Bimini Bay—Fox-Trot	Ted Lewis and His Band	85c
Say It With Music—Fox-Trot	The Columbians	A-3472
Just Like a Rainbow—Fox-Trot	The Columbians	85c
Yoo-Hoo—Fox-Trot	The Happy Six	A-3482
Fancies—Fox-Trot	The Happy Six	85c
My Sunny Tennessee—Fox-Trot	The Happy Six	A-3481
Who'll Be the Next One (to Cry Over You)	The Happy Six	85c
Medley Fox-Trot	The Happy Six	
Canadian Capers—Medley Fox-Trot	Paul Biese Trio	A-3470
Dangerous Blues—Medley Fox-Trot	Paul Biese Trio	85c
Why, Dear?—Medley Fox-Trot	The Happy Six	A-6199
"When the Sun Goes Down" Blues—Medley Fox-Trot	The Happy Six	\$1.25

Song Hits

Ten Little Fingers and Ten Little Toes	Irving Kaufman	A-3477
Dapper Dan	Frank Crumit	85c
Sally, Won't You Come Back?	Joe Schenck	A-3478
Learn to Smile	Charles Harrison	85c
You've Made a Chicken of Your Mother	Nora Bayes	A-3471
Saturday	Nora Bayes	85c
Sweet Lady	Frank Crumit	A-3475
You're Just the Type for a Bungalow	Frank Crumit	85c
The Memphis Blues	Marion Harris	A-3474
Beale Street Blues	Marion Harris	85c
I Wonder if You Still Care for Me	Broadway Quartet	A-3476
Jealous of You	Charles Harrison	85c
Nervous Blues	Edith Wilson and Johnny Dunn's Original	
Vampin' Liza Jane	Jazz Hounds	A-3479
Edith Wilson and Johnny Dunn's Original	Jazz Hounds	85c

Opera and Concert

O Come All Ye Faithful	Barbara Maurel and Male Quartet	A-6196
Hark, the Herald Angels Sing	Barbara Maurel and Male Quartet	\$1.50
Then You'll Remember Me	Charles Hackett	79891
Mary of Argyle	Corinne Rider-Kelsey	A-6198
My Lovely Celia	Corinne Rider-Kelsey	\$1.50
Carmen "Canzone del Toreador" (Song of the Toreador)	Riccardo Stracchiari and Male Chorus	49968
Nearer, My God, to Thee	Columbia Stellar Quartet	A-3469
Lead, Kindly Light	Columbia Stellar Quartet	85c

Instrumental Music

Souvenir	Dual de Kerekjarto	79708
Festival Overture Key of "E" Flat Major	Cincinnati Symphony Orchestra	\$1.00
Marche Joyeuse Key of "C"	Cincinnati Symphony Orchestra	A-6197
At the Mountain Inn	Stell, Schuetze and Heinrich	A-3480
On the High Alps	Stell and Biedermann	85c
Dreams and Fairy-Tale	Gypsy String Quartet	E-7304
Flora	Gypsy String Quartet	85c

THE LURE OF MUSIC

Did you know that as a boy, Puccini, who later composed *La Bohème*, *Tosca*, and *Madama Butterfly*, was a failure in everything that he undertook, but he had a building dream.

New Columbia Records on Sale at all Columbia Dealers the 20th of Every Month

COLUMBIA GRAPHOPHONE COMPANY, Toronto. 196

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