

FIRM BELIEVER IN THE FRUIT TREATMENT



MRS. LAURA ALFORD

Thousands of people owe the splendid Fruit Medicine—"Fruit-a-tives"—a lasting debt of gratitude, which they gladly pay by testifying to its merits.

Mrs. Laura Alford of 28 Florence St., Ottawa, says: For years, I was a martyr to Constipation and Dyspepsia. I have tried cathartics, salts and so-called vegetable laxatives but all were unpleasant and gave no permanent relief.

MEDICAL

JAMES NEWELL, PH. B., M.D., L.R.C.P. & S., M.B. M.A., England, Coroner County of Lambton, Watford, Ont. Office—Corner Main and Front Sts. Residence—Front st., one block east of Main st.

C. W. SAWERS, M.D., Phone 13. Watford, Ontario. Office—Main st. Residence—Ontario st., east. Office hours—8.30 to 9.30 a.m., 2 to 4 and 7 to 8 p.m. Sundays by appointment.

DR. G. N. URIE, B.A.

Licentiate General Medical Council United Kingdom. Member College Physicians and Surgeons of Ontario. Successor to Dr. W. G. Siddall. Hours: 8.30 to 9.30 a.m.; 2 to 4 p.m. 7 to 8 p.m. Sunday by appointment. Office, Residence Main St., Watford. Phone 32.

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 Siddall's Drug Store, Main st.

G. N. HOWDEN, D.D.S., L.D.S., Graduate of the Royal College of Dental Surgeons of 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. Sawers', Main st., Watford, Ont.

VETERINARY SURGEON

J. McGILLICUDDY, Veterinary Surgeon. Honor Graduate Ontario Veterinary College. Dentistry a specialty. All diseases 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.

INSURANCE

THE LAMBTON FARMERS' MUTUAL FIRE INSURANCE COMPANY

(Established in 1875) JOHN W. KINGSTON, President. JAMES SMITH, Vice President. ALBERT G. MINIELLY, Director. THOMAS LITHGOW, Director. GUILFORD BUTLER, Director. JOHN PETER McVICAR, Director. JOHN GOWAN K.C., Solicitor. J. F. ELLIOT, Robert J. White, Fire Inspectors. ALEX. JAMIESON, P. J. McEWEN, Auditors. W. G. WILLOUGHBY, Manager and Sec. ROY E. McPHEDRAN, Treasurer. Agent for Warwick and Plympton

Campbell Clan Picnic

About 330 members of the Campbell clan gathered at Springbank on Thursday for their reunion picnic. The Dunwich and Ekfrid section of the clan provided the entertainment. Among those present from this immediate vicinity were: Mr. and Mrs. Peter Campbell and son Donald, Mrs. Bell Campbell, Mrs. Mary Campbell, Mr. and Mrs. Geo. Campbell, Mrs. Helen Crowe and son Harold, all of Forest; Mr. and Mrs. Jas. Johnson and daughter, Mr. and Mrs. Colin Johnson, Mrs. Margaret Johnson and daughter of Bosanquet; Mrs. Jean Campbell, Alex Campbell, John Johnson and family, M. D. Campbell and family, Angus Campbell and family, Jos. McCormick and family, Miss Ella McCormick, Will Brandon and family, Mr. and Mrs. Wilbur McKelvie and Mac Tait, all of Warwick; Arthur Gammon and family and Mr. and Mrs. Jos. Mills and two daughters of Plympton. Others from a distance and well known in this vicinity were David McPherson of Pasadena, Cal.; Dr. Alex Campbell and Mr. and Mrs. E. McEachern and daughter of Elkton, Mich.; F. M. McCordie and family of Toronto; Mr. and Mrs. John Crothers of Marlette, Mich.; Dr. Jas. Campbell, wife and daughter Helena, Big Rapids, Mich.; Miss Mary Mc-

Cormick, Kitchener and Mrs. Winnie Gould of Oak Lake; Mary John Kingston, Jos. McCormick, Sr. and John McCormick of Warwick; Miss Annie Cameron of Oak Lake were among the friends present.

The oldest member on the clan on the grounds was Mrs. Christina Brodie, of Mt. Brydges, who is 95 years of age. Despite her extreme age, Brodie seemed to take as lively interest in the day's program and derived as much pleasure as many of the younger people.

Members of the family came from points in the United States as well as from all over Western Ontario. There were representatives, too, from Saskatchewan and California.

At the bountiful dinner, served picnic style, speeches were made by several prominent members of the family association, including John A. Carroll, of Brampton; Mac Campbell, of Forest; Dr. James Campbell, and Robert Campbell, of Melbourne; John Allan Campbell, of Iona Station; W. R. Pollard, Robert Campbell, Donald Macpherson of Pasadena, California, and Reeve Peter Campbell of Forest.

Robert D. Campbell, Vermillion, Alberta, the poet of the clan, read his latest composition, "The Campbell Clan," which was vigorously applauded.

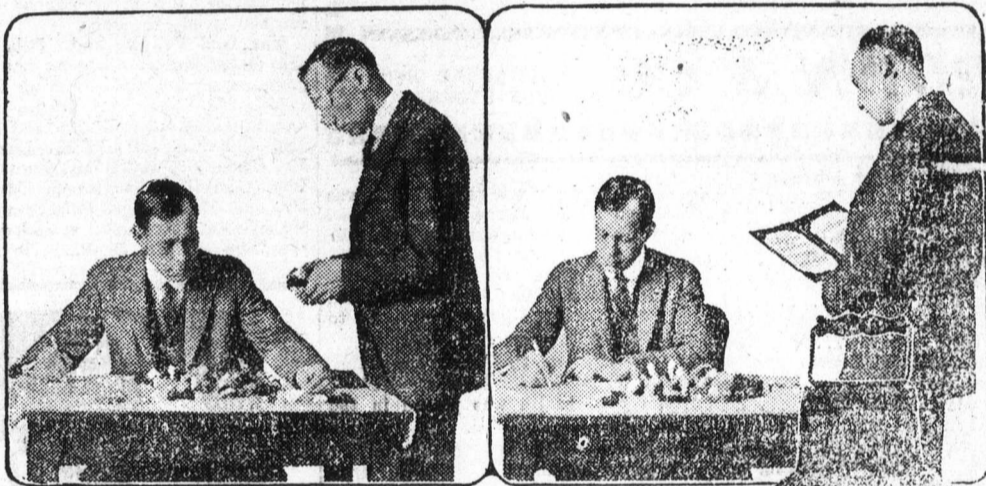
The Canadian Campbells are the direct descendants of three brothers who emigrated from Scotland in the roaring 40's. Two of the brothers, Humphrey and Alexander, came to Western Ontario and settled in Ekfrid and Dunwich, respectively.

Robert Campbell's poem on the clan follows:

"The Campbell Clan." Far back in Old Scotia there dwelt a great clan, Neath the Duke of Argyll they were loyal to a man. Who fought and who died for justice and truth, Who lived to fight evil, and fought it forsooth. But at last when in Scotland the times became hard, When oatmeal was chaff and butter was lard, Decided John Campbell, with family and wife, To emigrate westward and enter the strife.

A Foe to Asthma. Give asthma half a chance and it gains ground rapidly. But give it repeated treatments of Dr. J. D. Kellogg's Asthma Remedy and it will fall back even faster. There is eye. It goes right to work and drives asthma out. It reaches the inmost breathing passages and leaves no place for the trouble to lurk. Have it by you for ready use.

Vision as Applied to Railroading



Left—Selecting wools as test of color-sense. Right—Reading types in vision test. Below—Williams' lantern, for testing color-sense.

Are you color-blind? Short- or long-sighted? Slightly deaf? You may be, without knowing it, if you have never been tested.

These physical deficiencies, in some walks of life, are of little importance. But in railroading certain responsible positions require perfect vision, color-sense and hearing.

The examination of aspirants to positions as engineers, firemen, conductors, trainmen, watchmen and others directly concerned with the safety of trains, and the periodical re-examination of successful candidates, in these vital matters is the business of the railroads. In the Canadian Pacific, which provides an outstanding example of the care with which they are conducted, there is a special department charged with this work. It is called the Time Service and Vision, Color-Sense and Hearing Department. There is a Chief Examiner for Eastern lines and one for Western lines, each with a separate office.

All applicants for the positions already referred to, which demand a high standard in vision, color-sense and hearing, are required to pass an applicant examination and, if successful, must pass a further examination at least every two years thereafter, and in some instances more frequently, according to the diminution of their vision or hearing. They are also re-examined after any accident in which they are either directly or indirectly involved and which may have been caused by defective sight, hearing or color-sense. In addition, following any serious injury or illness or severe inflammation of either the eyes or eyelids, they are again re-examined and, not content with this, the regulations of the Canadian Pacific require them to face the examiner whenever they are slated for promotion.

Caution and regard for the public safety could hardly go further than this!

The tests employed are exhaustive and are so arranged as to approximate as closely as possible to actual conditions likely to be met with in their work by those examined. Applicants for positions as engineers, firemen, conductors, brakemen and others similarly employed are required to pass the near and far vision tests without glasses. If, at one of the periodical re-examinations, employees in these positions are found to be in need of glasses, they are allowed to wear them, provided they bring the vision up to the required standard. Applicants for other positions may wear glasses for near or far vision, depending on their

work. All glasses must be approved by the company and every employee using them is obliged to carry a second pair for emergencies.

The vision test, which is held indoors, involves the reading of Snellen test types, including letters of varying sizes, at a distance of twenty feet or less, and the reading of an American Railway Association standard reading card for testing near vision.

Applicants and employees examined for hearing must have normal hearing in each ear. They are obliged to repeat correctly train orders given in a normal voice at a distance of twenty feet. How important this is will readily be recognized by those who recollect the difficulties of making out conversation through the noise of a locomotive with steam up or through the clamour of wind or rain. A mistake in a few all-important syllables under these conditions may easily be made unless one has perfect hearing.

Most interesting of the examinations is that for color-sense. The man is asked to identify colors displayed by a Williams lantern and to pass a Holmgren or Thompson color-selection test. The latter test is held in broad daylight. A large number of skeins of wool of varying colors, called confusion colors because they are specially selected with a view to confusing the color-blind, are placed before the examinee. The examiner tells him to pick out all the wools which have red, green or some other color in them or perhaps to match them for shades. The man obeys and in a moment reveals his weakness, if he has any.

In the Williams lantern test the applicant is taken into a dark room. At one end of this room, twenty feet away, is the apparatus, consisting of an electric lantern on the front of which is a revolving disc containing a number of segments of glass, each in a varying shade of red, green, yellow, purple or blue, as well as white, all colors employed by the railroads in their signals. The examiner switches on the light and turns the disc, requiring the man to name the colors displayed as the segments pass before the lens. In turn, small red, green, yellow, purple, blue or white circles of light, in varying shades, singly or in combinations of two or three, become visible. "What are they?" asks the examiner. "White—blue and red—light green and dark green," says the applicant, and so on, naming the

colors as he sees them.

These wool and lantern tests reveal to an astonishing extent the prevalence of color-blindness. Fully four per cent. of the applicants are color-blind without knowing it and will not believe it when the examiner gently but firmly points out the fact. As it is, of course, vital that all men whose positions involve or might involve the reading of signals and all applicants for those positions should have an accurate color-sense, no color-blind person has the slightest chance of passing.

The number of men, applicants and employees, examined on a system so enormous as the Canadian Pacific is very great. Approximately nine hundred appear before the examiners every month on the Eastern lines alone, and between 13,000 and 15,000 employees on the Eastern lines come up for re-examination every two years. The figures for Western lines are approximately the same.

It will readily be understood that the entire system would be disorganized if these men, many traveling long distances, had to report to the offices of the Chief Examiners for their tests. The Canadian Pacific therefore retains two special cars, one of the Western and one on the Eastern lines, which are specially fitted as travelling-test rooms and are continually on the move. It takes these cars two years to make the round of the stations within their jurisdiction, examining applicants and the employees of the company. So, year in and year out, the Canadian Pacific continues these exhaustive tests which have as their object the maintenance of safety and efficiency.

YOUNG DAUGHTER MADE WELL

Mother Tells How Her Daughter Suffered and Was Made Well by Lydia E. Pinkham's Vegetable Compound

Vancouver, B.C.—"My daughter is a young girl who has been having severe pains and weak and dizzy feelings for some time and had lost her appetite. Through an older daughter who had heard of a woman who was taking it for the same trouble, we were told of Lydia E. Pinkham's Vegetable Compound. My daughter has been taking it for several months and is quite all right now. It has done all it was represented to do and we have told a number of friends about it. I am never without a bottle of it in the house, for I myself take it for that weak, tired, worn-out feeling which sometimes comes to us all. I find it is building me up and I strongly recommend it to women who are suffering as I and my daughter have."—Mrs. J. McDONALD, 2947 26th Ave. East, Vancouver, B.C.

From the age of twelve a girl needs all the care a thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter, make life easier for her. Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions.

New Words, New Words thousands of them spelled, pronounced and defined in WEBSTER'S NEW INTERNATIONAL DICTIONARY

Advertisement for Webster's New International Dictionary with a list of sample words and their definitions.

2700 pages, 6000 illustrations, 407,000 words & phrases, Gagester & Biographical Dictionary. Write for a sample page of the New Words, specimen of Spelling and Latin Words, etc. G. & C. MERRIAM CO., Springfield, Mass., U.S.A. Call at The Guide-Advocate office and examine the New International Dictionary.

CANADIAN NATIONAL RAILWAYS

Table with columns for 'GOING WEST' and 'GOING EAST' listing train names and departure times from Watford station.

Advertisement for A. D. Hone, Painter and Decorator, Paper Hanging, Watford, Ontario, listing services and contact information.

Advertisement for a Summer Session held at Elliott College, listing dates and contact information.