

THE EVENING TIMES-STAR, ST. JOHN, N. B., WEDNESDAY, JANUARY 9, 1924

GIVES LECTURE ON PHYSICAL EXERCISE

Minister Tells of Methods He Adopts to Maintain Vigor

A packed church at Exmouth Street Methodist church, St. John, N. B., last evening, when Dr. Crossley gave his lecture on "Vitalizing Exercises," his plan for health, efficiency and long life. The exercises include seven groups of seven exercises each for the arms, legs, body, head and hands, with additional suggestions on bathing, breathing and exercising generally.

Rev. Dr. Crossley and Mr. Leonard both delighted the large congregation with their gospel songs. Many congratulations were extended to Dr. Crossley for his wonderful exhibition of vigorous exercises, that people much younger than 78 might find difficult at first trial.

Following is the address in part of Dr. Crossley: "The vitalizing system I practise and advocate is variously named: 'The Resistance System,' 'Tensing,' 'Flexing' and 'Conscious Evolution.' The title I prefer is 'Vitalizing, or The Stretching and Relaxing System.' The muscles of our bodies are nearly all arranged in pairs. When we stretch we simply make one muscle resist the other. Apply this to all the system and you have Nature's secret. Be sure to get this secret.

Hardening of the arteries is absolutely prevented by this system, as stretching and relaxing prevent the mineral matter and dead tissues from permanently adhering to the arteries. If this were the only benefit, every man, woman and youth should, with gratitude to God, faithfully practise His prescribed system and so prevent hardening of the arteries, consequent high blood pressure, and susceptibility to heart failure, apoplexy and premature death.

The human body was God's crowning act of physical creation and pronounced "very good." It is "the temple of God," which we are to present to Him as a "living, holy, acceptable sacrifice" (Romans 12:1), and in which we are to "glorify God" (1 Cor. 6:19, 20).

Jesus is greatly interested in our bodies, as evidenced by His many miracles, and that He sent His first apostles to preach the Kingdom of God and heal the sick. "All healing and health of body and mind are Divine, whether the means employed be prayer, or medicine, or adjustments, or auto-suggestion, or by the observance of Nature's laws, which are God's laws."

"These Vitalizing Exercises, which I have greatly enjoyed for many years, have, by God's blessing, meant much to me. It is often remarked: 'Dr. Crossley is one of the best of men.' Would you not like to become another living example? You may!"

Dear Peggy,
I went! And Bill told me I looked like a million dollars! My complexion now would truly make the apple blossoms blush for shame. My dress was pretty sweet too! She asked? - I kept a bottle of Campana's Italian Balm in the kitchen for a month, and rubbed some on my face and hands every time I turned around. Campana's is surely an antidote for leavened hands.
Marie.



FINAL WORD!

Judge Has It In Court When Sentencing Wife



Above: Mrs. L. F. Chew with Judge L. P. Chew. Below: Judge L. P. Chew. Atchison, Kas.—Judge L. P. Chew, of police court here, is no respecter of persons when it comes to enforcing anti-speed laws.

Recently he declared war on those who love to "step on it," with an accompanying warning that all brought before him would be fined if found guilty.

Police with stop watches stationed themselves at downtown crossings. And one of the first offenders to fall foul of their net was Mrs. Chew, wife of the judge himself.

The officer making the arrest after learning her identity permitted her to go. And at dinner that night Mrs. Chew told her husband of the incident. Next morning the policeman was hailed before the bench.

"Did you let a woman go yesterday after stopping her for speeding?" Judge Chew asked.

"Why, er—yes, your honor," the blundering stammered. "Go get her and bring her into court," came the succinct interruption. "But—" the officer started further explanation.

"Bring her in—I don't care who she is," belittled the court. In less time than it takes to tell Mrs. Chew was standing at the bar before her husband as a prisoner.

"One dollar, and don't let anyone catch you speeding again," decreed her lord and master and judge rolled in one.

Mrs. Chew paid and with a swish of her skirts hustled from the room. But the judge hasn't told what she said to him that night.

All folks hereabouts know is that he had the final word with her in court.

MINISTERS DISCUSS POWER OF PRAYER

Speakers Make Use of Modern Inventions to Illustrate Addresses

There was a good attendance at the four groups of churches, which united in the week of prayer last evening for the second series of services. The subject, "The Power of Prayer," was treated similarly by the various speakers, reference being made in every case to the power of prayer. Radio and modern electrical appliances were used as illustrations of the wonders in God's world, which are just being fully realized. The lesson was applied in the addresses in relation to the subject of the evening.

Group 1 met in Zion church with Rev. George Orman presiding. Rev. W. J. Johnston of the Coburg St. Christian church, spoke, dealing with the wonders of the great water powers of the world. He showed how one speck of dust in the machinery will hinder the working of an automobile. So a sin, no matter how trivial would hinder the contact with God and the spiritual working force of His people, he said. Rev. Messrs. A. L. Tedford and R. Taylor McKim were assistants in the service. The service in this group will be held in St. John's Stone church this evening. Miss Florence Wilson sang a solo very sweetly last evening.

Group 2 met in Carmarthen street church, with Rev. E. Styles presiding. Major W. H. Burrows, of the Salvation Army spoke on the direct answers to prayer in Bible history. Well as in present day experience. Rev. Messrs. Neil MacLaughlan and James Dunlop, were the other clergy present. A choir led the singing. Service this evening will be held in Canterbury church.

Group 3 had a congregation of more than 600 in Victoria street Baptist church with Rev. George Macdonald presiding. Rev. W. H. Spencer was the main speaker. Prayer was offered for Rev. David Hutchinson, D. D., whose illness has been a great disappointment. Mrs. G. Brethall sang a solo. Rev. Messrs. H. A. Goodwin, R. P. McKim and W. J. Phillips were present. The meeting will be held in present. The meeting will be held in present.

The Kirk's West St. John, was the place of meeting for the fourth group. Rev. Charles Freeman presided and Rev. Fred T. Bertram gave the address. J. Percy Crulshanks sang a solo. The clergy presiding were Rev. Messrs. W. A. Robbins, Bertram and Freeman. Service in this group will be held in Charlotte street Baptist church this evening.

The second annual meeting of the St. John Gyro Club, a young men's organization, was held last evening in the Hotel Dunlop, with W. Grant Smith, president, in the chair. There was a large attendance. One of the pleasing features of the evening was the presentation of a pipe to President Smith, who was one of the originators of the club and one of its most earnest workers. Reports were received and officers elected for the ensuing term. All present were enthusiastic over the work of the club.

After an excellent dinner had been served by the host "Jack" Dunlop, the cigars were passed around and the members settled down to real business. Reports for the past year were received showing the work accomplished. The club went on record as being in favor of a Juvenile Court.

The chairman of the athletic committee touched the assistance rendered during the last year to local athletes, among which was the backing of Charles Gorman, the outstanding speed skater, in the presentation of a rowing machine to Hilton Belyea, champion amateur single sculler, and the holding of a city skating championship meet for the Charles Gorman Benefit Fund.

Other features of reports submitted showed that the club had been active in assisting the Health Centre and in establishing the Lady Byng Summer Camp for Children at Seaside Park. A vote of thanks was passed to the newspapers of St. John for assistance during the past year. The "Novelty Five Orchestra" under the leadership of Cedric E. Flewelling, delighted those present.

Reports were received from the different officers of the year. The following officers were elected: President, Ralph H. Gale; vice-president, Arthur P. Rankine; secretary, H. E. Fowler; treasurer, Arthur Speight; chairman of civic affairs committee, A. I. Machum; chairman of membership committee, L. M. Wilson; chairman of finance committee, H. E. Magnusson; chairman of athletic committee, L. S. MacGowan; club greeter, S. M. Rankine; corresponding secretary, R. B. McDade; song leader, P. B. Cross; auditors, W. J. Simon and H. A. Morrison; pianist, P. L. Bonnell and L. M. Wilson; directors, J. B. Hann, W. G. Smith, W. G. Langford, Harold Scott and Dr. Stephenson.

After all business had been transacted the members settled back in their chairs and enjoyed a short smoker, while the orchestra played with a short programme of music.

WARDENS CHOSEN.

John W. Goslin of Coverdale was elected warden of the Albert Municipal Council at the annual meeting yesterday.

At the January meeting of the Gloucester County Council, Councilor E. Howard Good of New Brandon was chosen warden.

More than 10,000 Germans moved to the United States in October, 1923.

GREEN FLORAL BORDER Dinner Sets

AT BARGAIN PRICES
1 Set 87 pieces, formerly \$22.00 to clear \$15.00
1 Set 95 pieces, formerly \$25.00 to clear \$17.00

O. H. WARWICK CO., LTD., 78-82 King St.

BUSINESS LOCALS

Excellent ice; 15 bands. Carleton Rink tonight. 4888-1-10
While my new premises are being remodelled I will carry on business at 101 Union street (upstairs)—K. W. Epstein, optometrist. 1-4 tf.
One-half and one-third off Overcoats—Turner's, 440 Main street. 1-4 tf.
For sale, two muskrat coats, and some neckties. No reasonable offer refused. Morin, 52 Gormain. Phone M. 187. 4893-1-11.
Good ice tonight—East End Rink. 4865-1-18
One-half and one-third off Overcoats—Turner's, 440 Main street. 1-8 tf.
Green ground bones for hens at Slipp & Flewelling's, Ltd., 240 Main St. 4871-1-14
Sale of men's and boys' overcoats at Turner's, 440 Main St. 1-4 tf.
Excellent ice; 15 bands. Carleton Rink tonight. 4888-1-10
See Gorman, Arena, tonight, 8 to 8.15. Ten bands and skating afterwards. Admission 25c. Follow the crowd.
Sale of men's and boys' overcoats at Turner's, 440 Main St. 1-4 tf.
See Gorman, Arena, tonight, 8 to 8.15. Ten bands and skating afterwards. Admission 25c. Follow the crowd.
See Abbie's practice tonight, 7.15 to 8. Ten bands and skating also. Admission 25c. Door open 7 o'clock. Follow the crowd. 4878-1-10
Dancing at the Plaza tonight. 4708-1-10
"LEAP YEAR DANCE" RITZ, TONIGHT.
Something different, at the usual price. 4702-1-10
Dance, tonight, 106 Paradise Row. 4878-1-10
Will Present Chinese Opera
This seems to be Chinese week. If you want to see a good China shop come to St. Peter's Auditorium. Beautiful shop! beautiful china! beautiful music. Will be presented Thursday and Friday, January 10 and 11, at 8.15 o'clock. Tickets only 85c—all rush seats. 4898-1-10

VICTORIA RINK

Tonight, 10 bands for skaters as usual and perfect ice. In addition, see the professional skaters, Miss Gladys Robinson, in an exhibition of speed skating and Everett McGowan, in fast skating and barrel jumping. No extra admission. 4890-1-10
Regular meeting Loyalist Temple, No. 13, Thursday, 8 p.m. Installation, social hour, programme and refreshments. 4878-1-10

A GLEAMY MASS OF BEAUTIFUL HAIR

35c "Danderine" so Improves Lifeless, Neglected Hair
Girls! An abundance of luxuriant hair full of gloss, gleams and life shortly follows a genuine toning up of neglected scalp with dependable "Danderine."

Falling hair, itching scalp and the dandruff is corrected immediately. Thin, dry, wispy or falling hair is quickly invigorated, taking on new strength, color and youthful beauty. "Danderine" is delightful on the hair; a refreshing, stimulating tonic—not sticky or greasy! Any drugstore.

Broken Glasses A Quick Fix

Just as Sharpes Sight Service is swifter in getting your new Glasses made up—so are you saved here more than anywhere all the bother of a wait for repairs.
Many years' accumulation of equipment and speed see to this. The record of your former visit lets you save time by telephoning.

Sharpes

50 King
Removed from 21 King.
Now Opposite Oak Hall

NOTICE

NEW BRUNSWICK PROTESTANT ORPHANS' HOME

Most first payments on pledged subscriptions to New Building Fund are due on Jan. 1, 1924. Please send same to H. Usher Miller, Treas., P. O. Box 796, or Room 15, 71 Dock street, St. John. 3998-1-13

Great Bargains

IN Ladies' Coats, Suits and Dresses AT WILCOX'S

January Clearing Sale

LADIES' COATS in many styles and cloths, some mannish and some wrap effects. All the very latest.
Regular price from \$16.00 to \$33.00
Sale price from \$8.98 to \$23.00
LADIES' COATS with Fur Collars, some with Fur Cuffs as well.
Regular price from \$22.00 to \$58.00
Sale price from \$12.98 to \$39.00
LADIES' COATS A large assortment of Marvella Cloths, some with Fur Collars and Cuffs and some without.
Worth from \$35.00 to \$58.00
Sale price from \$25.00 to \$39.00
LADIES' SUITS Regular price from \$22.00 to \$39.00
Sale price from \$15.98 to \$25.00
GIRLS' COATS to fit from 2 to 6 years with Fur Collars and Cuffs.
Sale price, \$5.98, \$6.98 and \$7.98
GIRLS' COATS with Cloth Collar to fit from 2 to 6 years.
Sale price, \$3.98 and \$4.98
GIRLS' COATS Some with Fur Collars, some with Fur Cuffs, some with Cloth Collars. Size from 7 to 14 years.
Worth \$10.00 to \$25.00
To clear from \$5.98 to \$16.98
LADIES' DRESSES A large assortment to pick from.
Regular price from \$10.00 to \$33.00
Sale price from \$5.98 to \$23.00
Come in and see the Biggest and Best Bargains ever offered at WILCOX'S
Cor. Charlotte St., Cor. Union Street

You're the Judge

No jury or witnesses required. If your stomach is off and you don't enjoy your food, buy a bottle of WASSONS Stomach Tonic

If it does not make you a whole lot better we will refund your money. 60c and \$1.00 bottle at WASSONS TWO STORES. Mailed anywhere.

ST. JOHN TO EDMUNDSTON

(MONDAY—WEDNESDAY—FRIDAY)
Leave ST. JOHN 1.40 p.m.
Arrive EDMUNDSTON 4.40 p.m.
Leave EDMUNDSTON 8.30 p.m.
Arrive ST. JOHN 2.10 a.m.
Returning Train leaves Edmundston at 6.00 a.m. Monday, Wednesday and Friday, arriving Moncton at 2.30 p.m. connecting with No. 18 Train arriving St. John at 5.50 p.m.
BUFFET SLEEPING CAR Between Moncton and Edmundston. Passengers can remain on car at Edmundston until 8.00 a.m.
FOR FARES, RESERVATIONS, ETC., APPLY TO A. L. GIBB, CITY TICKET OFFICE, 49 KING STREET

ST. JOHN TO QUEBEC AND MONTREAL

Via Maritime Express (DAILY EXCEPT SUNDAY)
Leave ST. JOHN 6.15 p.m.
Arrive MONCTON 9.40 p.m.
Leave MONCTON 10.25 p.m.
Arrive LEVIS (Quebec) 1.50 p.m.
Arrive MONTREAL 7.50 p.m.
ALL STEEL TRAIN OF FINEST EQUIPMENT Standard Sleeping Cars and Standard Dining Car Between Moncton and Montreal.
Parlor Buffet Car Between St. John and Moncton.
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4 pkgs Seedless Raisins 25c
2 lbs Mixed Starch 25c
2 pkgs Cornstarch 25c
2 lbs New Prunes 25c
3 pkgs Jello 25c
3 lbs Split Peas 25c
98 lb bag Cream of Wheat or \$3.75
49 lb bag of Cream of Wheat or \$1.95
Robinson Flour \$1.00
1 lb block Pure Lard 25c
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5 lbs tin Pure Lard 65c
1 lb block Shortening 20c
3 lbs tin Shortening 30c
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1 lb tin Shortening 15c
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Choice Creamery Butter, per lb 45c
Try our West End Sanitary Meat Market for Choice Western Beef, Lamb, Pork, Chickens, Turkeys and all kinds of Vegetables.
Phone your orders—West 166.

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544 Main St. Phone M. 3461
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9 lbs. Lantic Fine Grain Sugar \$1.00
Libby's Corn Beans 22c
1 lb. Block Pure Lard 22c
3 lb. Tin 65c
5 lb. Tin \$1.05
20 lb. Pail \$3.75
1 lb. Block Domestic Shortening 20c
Orange Pekoe Tea 65c
5 lb. Best Oatmeal 25c
20 lb. Bag Oatmeal 90c
Fancy Barbados Molasses 90c gal
Fancy Table Syrup (maple flavor) 40c, 40c; half gals. 75c.
2 qts. Small White Beans 25c
2 qts. Yellow Eye Beans 25c
Clear Fat Pork 22c lb.
Small Picnic Ham 19c lb.
15 lbs. Best White Potatoes 25c
60 lbs. Best White Potatoes \$1.10
6 lbs. Onions 25c
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Ricketts Blue 10c pkg.
2 Tins Hand Cleansing 25c
3 Cakes Lifebuoy Soap 25c
3 Cakes Fairy Soap 25c
3 Cakes Plantol Soap 25c
3 Cakes Castle Soap 25c
3 Cakes Ivory Soap 25c
4 lbs. Barley 25c
4 lbs. Rice 25c
2 lbs. Tin Silcock Pineapple 25c
2 lbs. Finnan Haddie 75c
4 lbs. Brunswick Sardines 25c
No. 3 Baldwin Apples 25c peck \$1.75 bbl.
45c. pkg. Table Raisins 25c
25c. pkg. Table Raisins 15c
Orders delivered on West Side every afternoon; in Fairville, Millford, Ran-Joff and East St. John Monday, Wednesday and Friday afternoons.

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