TO ALL BRITISH PORTS

HALIFAX SAILINGS

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Jan. 26 Lancastria Mar. 2, Mar. 30 Carmania March 16, April 13. Caronia

, To Glasgow. Saturnia March 36
•From Portland March 28

NEW YORK SAILINGS

THE ROBERT REFORD CO., LTD.,

Direct to the ship's side -then EUROPE

TRAVEL by the famous Canadian Pacific fleet of Trans-Atlantic Steamships. Sailings at frequent regular intervals through the Winter from the convenient port of St. John, N.B. Canadian Pacific



ONLY THE MOTHER KNOWS

COUGHS AND COLDS OF THE CHILDREN

It is hard to keep them from taking thing; play too hard and get overheated, and cool off too suddenly; get their feet wet; kick off the bed othes at night, and do a dozen nings the mother can't prevent. The prompt use of

DR. WOOD'S NORWAY PINE SYRUP ill check the cough or cold before

ny serious lung trouble can possibly Fredericton, N.B., writes: - "My little ooy, age nine years, had a dreadful cold which left him with a bad cough. I tried Dr. Wood's Norway Pine Syrup, and after using three bottles he was completely relieved. I would

For sale at all druggists and deal-

IF RHEUMATIC BEGIN ON SALTS

Says We Must Keep Feet Dry, Avoid Exposure, Eat

which keeps accumulating and cir-culating through the system, event-ually settling in the joints and muscles, causing stiffness, soreness Inspector James C. Young was acked

muscles, causing stiffness, soreness and pain, called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a table-spoonful in a glass of water and drink before breakfast each morning for a week. This is helpful to neutralize acidity, remove body waste also to stimulate the kidneys, thus helping to rid the blood of these

CREAM CLEARS A



soothing and hearing sourced get the other fellow's point of view.

c wellef.

C. K. Kepkay, manager of the

Your doctor advises internal cleanliness

HE WILL tell you that the first results of constipation - headache, sleepless nights, biliousness, backache, etc.-warn that the body is flooded with intestinal poisons. In time these poisons may cause the breakdown of health and lead to serious disease.

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Why Physicians Favour Lubrication

Medical science has found at last in lubrication a means of overcoming constipation. The gentle lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus, Nujol brings internal cleanliness.

Nujol is used in leading hospitals and is prescribed by physicians throughout the world. Nujol is not a medicine or laxative and cannot gripe. For sale by all druggists.



For Internal Cleanliness

old; they will run out of doors not roperly clad, or have on too much Unanimously Re-elected Last Night-Health Measures Discussed.

> Meeting for the first time this year the board of health last night reelected Charles H. Mitchell as chairman. The selection was unanimous, Ald. W. J. Ashton, Ald. L. H. Douglass and Dr. W. S. Downham all giving their assent to the motion, which invited Mr. Mitchell to carry on for another term.

An epidemic of mumps in December resulted in more cases of that disease than in any one month for the last ten years. The report of Dr. Downham, medical officer of health, advise all mothers to use this remedy was, however, rather encouraging as for their children as it is an excel-

Would Stop Marriage. Would Stop Marriage.

Conditions respecting venereal diseases in the city were partly represented by the report of Dr. Gunn, medical director of the city clinic. During December 35 patients were under treatment. City Clerk Baker asked if some means could not be provided whereby persons suffering from the disease would not be permitted to marry until given a doctor's certificate. He stated that this was done as much as possible, but many done as much as possible, but many cases were never known, where people were unfit for marriage.

On the recommendation of Dr. Downham, it was decided that the finterio Academy of Medicine be

also to stimulate the kidneys, thus helping to rid the blood of these rheumatic poisons.

Jad Salts is inexpensive, and is made from the acid of grapes and lemon juice, combined with lithia, and is used with excellent results by thousands of folks who are subject to the superstraint of the subject to the superstraint of the subject in the subject is superstraint. There were fewer flaws in plumbing installations and the inspector hopes to give a number of lectures along this line during the coming months.

London Life Officials Hold Meeting at Dufferin Hall.

Members of the Industrial Depart-ment and the Ordinary Departments your nostrils are clogged and of the London Life Insurance Comir head is stuffed because of nasty pany met yesterday afternoon to disarrh or a cold, apply a little pure, iseptic cream into your nostrils. It Both meetings saw an enthusiastic gathering of men who were eager to

trelief.

this. Get a small bottle of Cream Balm at any drug store. clogged nostrils open right up; head is clear; no more hawk- Frank Robinson, manager of the Toor snuffling. Count fifty. All
routo office, spoke on co-operation as
the is gone. You feel fine.—Advt.
were answered by two agents, F. C. Gerred, of Toronto, and A. H. De-Mara, of Kelowna, B. C. In the four addresses the points of view of he manager and the agent were aken up and discussed at length. J. G. Stephenson occupied the

At Dufferin hall over 100 members of the Industrial staff met to discuss their work.

W. B. McKewen, city manager of

Toronto, read a paper on "Where and How To Select Agents for An Industrial Ordinary Life Insurance Company." A vigorous discussion of nearly an hour followed the ad-

William Lang, of Kitchener, spoke on the training of agents for an in-dustrial ordinary life insurance com-

A. E. Richardson gave an excellent paper on policy contracts and how to make collections. An exhaustive treatment of the subject was given Discussion followed.

R. P. Pierce was presented with a gold watch upon his winning the Ju-bilee sweepstakes in ordinary pro-J. J. McSweeney, city manager of

East Toronto, was presented with a sold watch. He won in his district in industrial issue during the jubilee

sweepstakes.

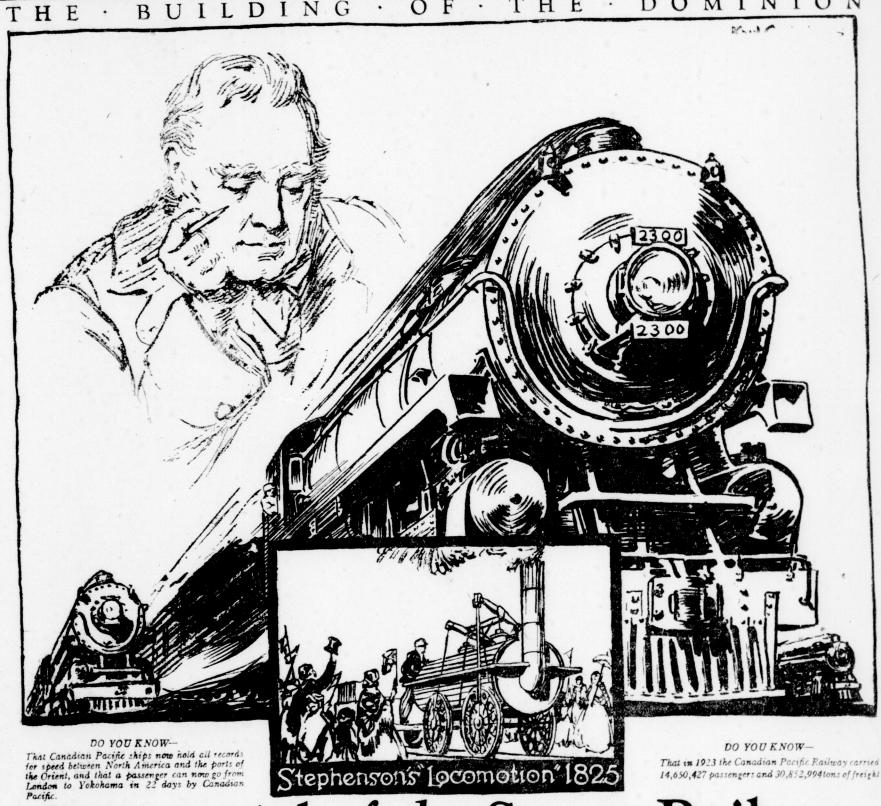
Toronto Professor Has Busy Three Hours in Public Health Clinic.

Scecial to The Advertiser. by Staff Correspondent. Sarnia, Jan. 20.—Clinics operated

here in connection with public health week today were literally swamped week today were literally swamped by the many people from both city and county appearing for examina-tion and, in cases for treatment. In the afternoon, the auditorium of Turner Hall held upwards of a hun-dred people awaiting registration, while in all the clinics physicians and dentifies were working at their and dentists were working at their

tmost capacity.
Altogether between three and four

armiture AT THOMAS' "GOOD-BYE" FURNITURE SALE - NOW IN FULL SWING Reductions On Everything From 30% To 50% RESERVE BUY TODAY WHILE OUR STOCK IS COMPLETE - DELAY SPELLS DISAPPOINTMENT BUILDING . DOMINION



1925 marks two important anniversaries—the hundredth of the steam railway—the 40th of the Canadian Pacific. Just one hundred years ago, according to the scribe on the spot, a "great concourse" of people witnessed the first trial of the steam railway. The locomotive (inset above) and thirty-eight "waggons" made the run from Brusselton to Stockton.

To quote the local Chronicler: "Such was its velocity that in some parts the speed was frequently twelve miles an hour.

George Stephenson, the engineering genius back of this epoch-making enterprise, ventured this prophecy: "You will live to see the day, though I may not live so long, when railways will come to supersede almost all other methods of conveyance in this country-when mail coaches will go by railway, and railroads will become the great High Way for the King and his subjects. The time is coming when it will be cheaper for a working man to travel by railway than to walk on foot.'

It was not until 1885—when the last spike was driven in the Canadian Pacific-that "the Great High Way for the King and his subjects" became a transcontinental reality in Canada. Not only were Canada's scat-

tered provinces united into one great nation-but the most difficult and most important link created in what was to become the World's Greatest Highway!

CANADIAN PACIFIC It Spans the World

hundred have registered to date for examination and very many of these are children.

Yesterday afternoon, Dr. C. L., and others were waiting.

Starrr. professor of surgery at the surgery at the surgery and success for surgery surger