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BENEFICIAL REMEDY THAT YOU CAN BUY.
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REGULAR PASSENGER SERVICES
TO ALL BRITISH PORTS

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To Plymouth, Cherbourg and London
Feb. 2, March 9 Ansonia
Feb. 22 Carmania
To Queenstown and Liverpool.
Jan. 26 Lancastria
Mar. 2, Mar. 30 Carmania
Mar. 16, April 13 Caronia
To Glasgow.
*Saturday March 21
*From Portland March 28

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Jan. 21 Lancastria
Jan. 21 Ansonia
Feb. 14 Carmania
Feb. 28 Caronia
To Londonderry—Glasgow.
Jan. 31, Feb. 28 Carmania
Feb. 14 Ansonia
Feb. 28 Caronia
To Cherbourg & Southampton
Feb. 7, Feb. 28 Carmania
Feb. 21 Ansonia

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To Mediterranean
Mauretania, Feb. 17

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to the
ship's side.
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agent,
J. E. PARKER
General Agent
Passenger Dept.
C.P.R. Bldg.,
Toronto,
Ont.

CREAM CLEARS A STUFFED-UP HEAD

If your nostrils are clogged and
your head is stuffed because of nasty
catarrh or a cold, apply a little pure,
antiseptic cream into your nostrils. It
penetrates through every air pas-
sage, soothing and healing swollen,
inflamed membranes, and you get
instant relief.
Try this. Get a small bottle of
Ely's Cream Balm at any drug store.
Your clogged nostrils open right up,
your head is clear, no more hawk-
ing or snuffling. Count fifty. All
the stuffiness, dryness, struggling for
breath is gone. You feel fine.—Adv.

INSURANCE HEADS DISCUSS PROBLEMS

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Meeting at Dufferin
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Three Hours in Public
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duction.
J. J. McSweeney, city manager of
East Toronto, was presented with a
gold watch. He won in his district
in industrial issue during the jubilee
sweepstakes.

NINE OPERATIONS AN HOUR AT SARNIA

Toronto Professor Has Busy
Three Hours in Public
Health Clinic.

Special to The Advertiser.
by Staff Correspondent.
Sarnia, Jan. 20.—Clinics operated
here in connection with public health
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 dentists were working at their
utmost capacity.
Altogether between three and four
hundred have registered to date for
examination and very many of these
are children.
Yesterday afternoon, Dr. C. L.
Starr, professor of surgery at the

YOUR DOCTOR ADVISES INTERNAL CLEANLINESS

HE WILL tell you that the first re-
sults 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 over-
come 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 con-
stipation. 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 in-
ternal 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.

MITCHELL IS HEAD BOARD OF HEALTH

Unanimously Re-elected Last
Night—Health Measures
Discussed.

Meeting for the first time this year
the board of health last night re-
elected Charles H. Mitchell as chair-
man. The selection was unanimous.
Ald. W. J. Ashton, Ald. L. H. Dou-
glass 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 Decem-
ber 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,
was, however, rather encouraging as a
whole.

Would Stop Marriage.

Conditions respecting venereal
diseases in the city were partly re-
presented by the report of Dr. Dunn,
medical director of the city clinic.
During December 35 patients were
under treatment. City Clerk Baker
asked if some method could not be
provided whereby persons suffering
from the disease would not be per-
mitted to marry until given a doctor's
certificate. He stated that this was
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
Ontario Academy of Medicine be
asked to seek provincial legislation
to negotiate a doctor's certificate
before people can be married.