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Now's the time to plan for Christmas. Let's make this one a Joyous Christmas! For over four long years our hearts have been with our boys in France. Now we're going to welcome them home Let Music again. help. Play some of the glorious Victory Marches by the best military bands.

All the world's best music can be in your own home if you have a Victrola.

Come in and see how easy it is to have one.

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WATFORD

TO CHECK CONTAGION. "Do not cough or sheeze without shandkerchief before the face." Since the outbreak of influenza, how often have doctors, and others interested in public health, advised us of

ested in public health, advised us of this, and yet how frequently is the warning disregarded?

The failure to obey this simple rule is probably responsible for the spread of much contagion. Take for example those in the early, unsuspected stages of consumption—a single, unguarded cough may release millions of deadly tubercle bacilli; to be breathed in by others around. Until recent years consumption was considered incurable, but we now know that it can be cured if taken in time. The Muskoka Free Hospital has proved this without a doubt, for

has proved this without a doubt, for thousands of its patients have been restored to health and lives of use-

fulness.

One ex-patient of that hospital writes as follows: "Just eight years ago this Christmas time I entered your Sanatorium. I was a very sad and discouraged girl that Christmas Eve, but I have been home over seven years, and I can hardly believe that'I ever had T. B. I look back to the days I spent there, with great thanks to God and those faithful workers who understood our cases and needs, and ministered to us so faithfully."

To carry on this great work the

To carry on this great work the Muskoka Free Hospital for Consumptives is again appealing for help. There is much to do. Will you

Contributions may be sent to Sir William J. Gage, 84 Spadina avenue, Toronto, or to George A. Reid, Secretary-Treasurer, Gage In-stitute, 223 College street, Toronto.

"Dad" Turnbull a Great Athlete

ORTY years ago a ruddychecked lad sat on the rails surrounding Toronto athletic fields and watched the lacrosse giants of that day perform, wondering whether some day he would get his chance to fill their shoes. To-day the youngster of '78 is completing a lacrosse career that extends over thirty-four years, a record in point of service in not only our national game but in all branches of athletics in the Dominion. It has oft been said that a man is just as old as he feels. Assuming this to be correct. Alex. Turnbull, of New Westminster, the lad of '78, must still be classed as a young man. "Dad," a sobriquet wished on him by the writer many years ago at a time when the veteran was said to be preparing to retire from the athletic field, and by which he is more familiarly known to lacrosse followers, ranks to-day as Canada's most remarkable athlete.

Beyond the sunny side of the halfcentury mark, by just how many summers he refuses to say, and we do not propose to hazard any guesses, Turnbull is to-day, thirty-four years after he first broke into senior company, still playing the national game, one of the most strenuous of all out-door pastimes. Records of twenty-two years in the majors established by Lajoie and others fade when compared with the wonderful record of the New Westminster stick-handler. That he has played lacrosse for thirty-four years is perhaps not so re-markable as the fact that he is still

playing the game. Many stars with whom he played years ago have passed into the Great Beyond, others have long since retired from the game, but as the years roll by, the daddy of them all, the greatest centre fielder in Minto Cup time and probably one of the greatest home fielders the game has known, plods along, taking his place regu-larly in the line-up of famous New Westminster teams. This may be his last season. He has not said so him-self but he believes that with the self, but he believes that with the game re-established this year and the youngsters interested in the sport that the time is opportune for him to hang up his stick. And it may be said that when he does retire he will take with him much of the credit for bringing the national game back at a time when the outlook was far from promising. Not only has the veteran no peers in the national game, but his record for length of service in senior company will probably never be equalled in lacrosse, baseball or any other sport. The baseball or any other sport. The name of Turnbull will have been written large and indelibly in the

history of the national game. Turnbull, in his youth, playe almost every small hamlet in On-tario. In those days it was customary for the different towns to strengthen their teams for matches from players in other places, and Turnbull was one of the players who was frequently called upon to make barnstorming tours. His first senior lacrosse was played in Toronto in 1884. From there he went to Paris, Ont., which beauted one of the greatest teams boasted one of the greatest teams that ever played the game. "Dad" started as a defence player, playing point in front of old Charlie Robinson, of the Paris team. In those days Indian teams were numerous throughout Ontario and Quebec, and among the tribes which the Paris team played were the Onondagas and Tuscorras. Turnbull got his fill of defence playing against the latter team, which trotted out a chieftain weighing 200 pounds. Turnbull, weighing 200 pounds. Turnbull, never very heavy and not standing much over five feet checked the big chief, but took no chances until Charley Robinson planted his foot in the seat of Alex's trousers when the latter was wearing 'em and advised the veterant to exhibit plack or

vised the veteran to exhibit pluck or there was no lacrosse future for him. From that time on Turnbull was ready to tackle them. In 1890 Turnbull was back in Toronto, and play-ed with the old Athletics in the C.L.A. From then until 1894 he played in Brockville and Perth and at that time played alongside the great Joe O'Meara. "He was some home player; they never made them any better," recalled the old time

star.

Turnbull has not only played lacrosse, but has taken a whirl at almost every other game, but lacrosse comes first, last and always in his affections. As a basketballer he was a star; he can break the blue rocks along with the best of them, and has taken a hand in other sport. "But give me lacrosse always. It's the greatest game," declared the old-timer. "We are not doing much this

CASTORIA For Infants and Children

In Use For Over 30 Years Always hears the Signature of Chart Hillithin,

season, out we are serving a userui purpose in re-establishing a national game in the West. And in a year or two we'll have the game back, played again with B. C. talent, I hope, and setting a pace for teams in other

parts of the country."

Turnbull made his debut in Western lacrosse along towards the fall of 1897, locating first in Rossland, and later going to New Westminster.

Many times leading writers have referred to Hans Wagner, Lajoie and later going to New Westminster.

other diamond performers as won-derful athletes because of the 22 years they spent in major league com-pany. But what of a lacrosse record of 34 years, all of it in senior company and with and against the great-est teams playing the game, and still at it? It is a wonderful record, one that will never be surpassed in any

Only Part of Foot Found. Lens Bottolf, a Swedish settler of Red Water, Alta., committed sui-cide recently, using ten sticks of dynamite. Only part of one foot was

NAVY EVER ON THE ALERT

Case of Carelessness at Sea is a Thing That Commanders Punish With Necessary Severity.

With not a light showing the transports plowed the Atlantic, bringing American soldiers to France, writes a naval officer in the Saturday Evening Post. Lookouts high and low, under navy discipline, searched the seas for hostile periscopes. The convoy, the apex of which was a big cruiser, was invisible in the black night. The vigllance of the navy training protected the soldiers, sleeping with their life belts on.

Suddenly out shot a bright light on the leading transport; a merchant sailor, one Jesus Fernandez Mendoza, s Spanish fireman, flashed an electric torch, fumbling about the deck. The light could be seen for miles. Instantly a navy lookout reported the occurrence to the navy officer in charge of the ship. A sharp command, a scuf-fle on deck, a bluejacket kicking the torch overboard stayed the Spaniard's desire to fondle an electric flashlight in the submarine zone. Five days' solitary confinement ended the lesson. owing a light on a man-o'-war at night in time of war is a court-martial offense; even lighting a cigarette or having matches. The navy commander, in absolute charge, enforces military discipline on a merchant vessel carrying troops and punishes the

Because of the navy, criminal carelessness and conduct involving the safety of thousands of men came to nought and a possible catastrophe was averted. The navy was in command.

SAYS RISK IS EXAGGERATED

Official of Explosive Factory Denies That Occupation is as Dangerous as is Generally Belleved.

In a paper read before a medical association in the east, Dr. W. G. Hudson, medical director of E. I. DuPont de Nemours & Co., manufacturers of explosives, recently made some in-teresting statements concerning the risks connected with the manufacture of powerful explosives. He asserted that the dangers of that industry were greatly exaggerated. As a matter of fact, railroading shows much higher injury and death rates than the manufacture of explosives. Of the accidents which occur in explosive factories only a small percentage are actually caused by explosives. Fourfifths of the accidents are due to care-lessness or negligence of employees who disregard the precautions necessary wherever men are working with tools and machinery. By increasing the share of work done by machinery and reducing the number of workers in proportion to the increased use of mechanical appliances, the manufacturers of explosives are striving to diminish the hazards connected with their business, says Popular Science

Barge Whistle Calls Birds.

A striking example of wildbird intelligence has been observed on the Panama canal in connection with the underwater blasting that is carried on there. A barge has been especially equipped for drilling blast holes below the water and depositing charges in them. When a blast is ready the craft moves off to a safe distance, and be-fore setting off the dynamite the barge whistle is blown several times to warn all vessels in the vicinity. Instantly numbers of wild birds may be seen coming from all directions, says Popular Mechanics Magazine, the reason being they have learned that many dead and stunned fish rise to the surface of the water following each ex-plosion. To them this particular whistle is like a dinner gong. More smarkable still, they readily distinguish between this whistle and others. Canal workmen and natives also share in the barvest.

Don't Get Tired So Easy. In American Magazine an author

The thing that makes the 'tired business man' tired is his belief that he is tired. Believe the contrary. There have been times when you worked all day and all night on a stretch.

It did not kill you.
"Work itself, as the modern business world is organized, cannot possibly 'tire out' the man of average normal health. If it could, Edison would have been dead at the age of thirtyfive, Bell would never have produced the telephone. Henry Ford would not be now a king of the automobile business, Herbert C. Hoover would not be controlling and directing the nation's food supply today, Woodrow Wilson would be in a sanitarium, and General Pershing would be taking a 'rest cure' instead of commanding American soldiers in France."

Effect of French Language.

A writer in Scribner's Magazine speculates at some length on the effect the French language will have on our own when the soldiers come back. He says: "One of the most prolific sources of new words in a language is an attempt to name new ideas. American soldiers in France will absorb many new ideas from their contact with the French and British; there will be many new shades of meanings for ideas denoted by old words. To express these the men will inevitably adopt French words or use English words with a new shade of meaning. I have not yet collected any examples of this: but it must take place, and one who watches the literature that follows the war will see many exam-ples, if they are not observed before."

The Terror of Asthma comes like thief in the night with its dreadful throtling, robbing its victim of breath. It seems beyond the power of human aid to relieve until one trial is made of that remarkable preparation, Dr. J. D. Kellog's Asthma remedy. Then relief comes with a rush. Life becomes worth living, and, if the remedy be used persistently, the disease is put permanently to rout. Take no substitute.

Prizes For Good Writing

A Barrie paper states that the late Capt. W. O. McCarthy has made a bequest ot \$150 to be donated in prizes in the Barrie Public schools for the improvement of writing. The views of Capt. McCarthy on the matter are set forth in s lletter to Principal Marlin in a letter from Leighton G. McCarthy, K. C., (brother of Capt. McCarthy) and we reproduce the communication because we believe it to be of as much interest here in Watford as in Barrie:

"My late brother, Captain W. O. Mc-Carthy, of the Second Rhodesian Regi-ment, who was killed in action near Turiani, German East-Africa, charged me to pass on to you, in his name, the enclosed \$150, to be competed for in prizes for penmanship by the boys (boys only) attending the various Public Schools of the town of Barrie.

"My brother stated that the above idea struck him owing to its having been very noticeable, when Canadian troops have brigaded with other British, both home and Colonial, in Africa, that, though the calibre and education of the Canadians was usually superior to the, other, their handwriting has always been much inferior. He further said that many times in the South African Constabulary, which was made up of twelve. hundred Canadians and three thousand others, he has been asked the bald question: why it was that Cananians wrote so badly, though they seemed as well educated as the others. He also said that the day before he had written his letter to me: 'When ne nad written his letter to hie. When paying my company yesterday the two worst signatures on the pay sheet were those of the only two Canadians in the company, though I reckon them amongst the five best soldiers."

What Capt. McCarthy said of the fine ineligibility of the Canadian hand is true. The average Englishman or English-women of moderate education writes a hand that is far superior to that of the Canadian man or woman of moderate education. As for the writing of the high-ly educated Canadians, why, it cannot

be read at all. There is one other point connected with the rock-bed of education that is worthy of note. The writer has had a somewhat considerable experience with younger people from both "Canadian and younger people from both 'Canadian and Old Country public schools, and we are able to say this: We have never yet found an Old Countryman who was not scrupulously accurate in figures and calculations. With the average Canadian you had better check oyer the figures if you want to make sure.

An education that leaves the student had only on the spelling of ordinary words.

shy on the spelling of ordinary words on accuracy in rudimentary problems in arithmetic, and with a writing hand that can only be guessed at, is no education

There are, unfortunately, many boys and girls coming from the public schools who could not qualify for a cent of the McCarthy money.

Recognized as the leading specific for the destruction of worms, Mother Graves' Worm Exterminator has proved a boon to suffering children everywhere. It seldom fails,

SPANISH INFLUENZA

Do Not Fear When Fighting a German or a Germ!

BY DR. M. COOK.

The cool fighter always wins and so there is no need to become panicstricken. Avoid fear and crowds. Exercise in the fresh air and practice the three C's: A Clean Mouth, a Clean Skin and Clean Bowels. To carry off the poisons that accumulate within the body and to ward off an attack of the influenza bacillus, take a good liver regulator to move the bowels. Such a one is made up of May-apple, leaves of aloe, root of jalap, and is to be had: at any drug store, and called "Pleasant. Purgative Pellets."

If a bad cold develops, go to bed, wranup well, drink freely of hot lemonade and take a hot mustard foot-bath, Have the bedroom warm but well ventilated. Obtain at the nearest drug store "Anuric Tablets" to flush the kidneys and control the pains and aches. Take an "Anuric" tablet every two hours, together with copious drinks of lemonade. If a true case of influenza, the food should be simple, such as broths, milk, buttermilk and ice-cream; but it is important that food be given regularly in order to keep up patient's strength and vitality. After the acute attack has passed, which is generally from three to seven days, the system should be built up by the use of a good iron tonic, such as "Irontic" tablets, to be obtained at some drug stores, or that well known blood-maker and herbal tonic made from roots and barks of forest trees-sold everywhere as Dr. Pierce's Golden Medical Discovery.

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