

OTHER EDITORS' OPINIONS

CONTRAST

ve to contrast the speed tawa railroads through hill and the majestic Prohibition's Progress chambers of Parli- glacier rolls slowly ages of the mountain hand crawls unse- small moves up a stem; prohibition to its own, interested to put the ation full steam ahead. haste has gone forth, members' part to shove through without much F. prohibition gets through ly to find another be- ms that even the latest isation does not con- ing the manufacture of ere.—London Advertis-

SPOOKS

posed to think the spir- rily logically inferior to ration by the devil, esse matter of telling for- dicting the future. If ver available that a meth fair regularity, beat- ipster or advise us be- one or two important ly improbable events, y to consider a grave opinion on the probable e information. In the matter of evidence phenomena, we should onfidence in the judg- ops, and should prefer rs with regard to the e self," and that of av- th regard to telepathy, es.

PROTESTANT-ISM

apter on the subject of the Jesuit Novitiate at ne, 1918, has, it is hop- ten. Hon. S. C. Mew- Hon. Charles Doherty neration of the charge ng like gentlemen they of impropriety; the "dis- charged in connection tiate, is shown to have the fact that this was ological institution sub- indignity of a raid; the chief censor in endeav- far as possible put the of feeling that the pub- an incident would e, is rightly commend- e, those who forced the e of a Government com- entilate this unfortun- hoist with their own

et us for a moment reck- desire of two or three Protestants to adver- has cost the country, a good many thousand time when the need of impetive; but this is deration in comparison -feeling that has been the whole affair. The gionist who is always a place in the limelight ation, is at all times a blic order and neighbor- the professional Prob- probably the worst enemy ation. He has been pro- here he belongs by Mr. leton, and it is to be he and others like him by the lesson.—Toronto ght.

REAL BASIS

is ni safe basis to rest rmining the origin of a sometimes a conquering ered, and sometimes the aboriginal people be- of their conquerors. So n English is concerned, ted that its base is Sax- also be allowed that it old into its present m by all those influenc- also changed the "stock into the exist- g. Be that as it may, ains that in physical, in intellectual character- entirely a non-Teutonic oximately more nearly, so has an intimate know- tentional people can at- tch and even Italian o the Germanic.—Lon- ws.

alovicpopoulos, of Los determined to marry, dn't stand for the name court let him change

OUR PUBLIC MEN FAVOR COMMUNITY ORGANIZATION

Mr. R. Crosby Outlines Work of Canadian City Bureau at Conference Last Night—City's Future What Citizens Make it—Lack of Growth in Past Due to Absence of Co-operation.

The aims and objects of the drive for an extended Board of Trade or Chamber of Commerce were explained to a representative gathering last evening at the city hall by Mr. Robert Crosby, Ald. Jamieson Bone, chairman of the executive campaign committee occupied the chair.

"We have a beautiful and well situated city with every natural advantage," said Mr. Bone, "yet in the past factories have closed. Now we are trying to build up the city. We are surrounded by a fine agricultural country. We urge the citizens to support the campaign for a new community spirit."

Letters of regret from Col. Marsh, Col. Ponton, Ald. Riggs and Mr. Jno. Elliott, regretting inability to attend were read.

Mr. Crosby declared that Bellevillians must feel "We are citizens of no mean city; What does the future hold for us? The past is gone. The next five years are alive with opportunity. Belleville will be what the citizens make it." The city bureau works to inaurate the spirit of co-operation. It will inaugurate the spirit of co-operation. A remarkable thing has come over the people in the last few years. Why? A warm feeling has been spreading about our city when you have given money and cause when you have read, become citizens because you have given up something. When a man gets old, the greatest satisfaction is not what he has accumulated but what he has begun, which will live when he has gone.

It will also cultivate a spirit of leadership. Continuity of leadership is what is needed in our community. The spirit of appreciation will be cultivated. The organization must be democratic. It must be the community working for the community. A ballot will be sent out containing the name of every member to every member. In this way directors are appointed. Every member will be an active director. There are nine directors been able to vote in favor of five. This will mean united backing of the directors.

What will the organization accomplish? Ballots will be sent out with two questions to each member. What will help you in your own business and what will help you as a citizen? No doubt more industries will come to Belleville. What proposition has the city for housing, schooling, sanitation and so forth. After the members record their answers, a program of work based upon answers received will be drawn up—to be carried out within the next few years. A program of work must be drawn up if we think of the Belleville of 1925 or 1930. There must be continuity of effort. Committee work will be dwelt upon. Every man must be ready to give himself to work. There is no task greater than that of making a city. There is one step beyond intellectual acceptance, that is action. The men of Belleville have first to believe the gospel we are preaching then you have got to live that belief. The two prime essentials of an organization is a working membership and an adequate income. Beginning the week of Dec. 1st will be the intensive drive for membership. There will be three majors of teams. Each major will have five captains under him and each captain will have four workers. There are 1500 or 1800 people in Belleville who should be members of a community organization. The value of team work and its accomplishment will be emphasized. The workers will be asked to give two hours per day for the week. Ald. Bone said: "We are going to have a bigger Board of Trade with a paid secretary and an officer. The Belleville council has done a few good things this year, but more needs to be done in the line of housing. What we want is a desirable city to live in. There is a crying need for a farmers' recreation room. Mr. H. F. Ketcheson was called upon for a few words. He said "Belleville has good citizens but we have lacked cohesion or community spirit. With all our resources, rail and water advantages, Belleville will likely be the nucleus of a big city. We are on the eve of a great advance. We have got to move as one. I believe we are starting

along the right line. We must support the organization. What does \$25 membership mean if Belleville grows 4 or 5,000 in the next five years. New houses are going up and yet the demand is very great. One builder says we may need 200, 300 or 400 new houses this winter."

In working for this we are working for ourselves. The load in the days gone by has fallen on a few. There has been difficulty to get men to run as aldermen. Why? The people have just sat back and criticized. Let us get away from this. If we do, we shall a year hence shake hands with ourselves, saying we are on the way to a great city.

Mr. W. W. Elliott of the Elliott Wood Working Co. told of his first visit to Belleville six weeks ago. He was surprised at Belleville's advantages and at its not having grown as other cities. He thought the future was bright.

Col. O'Flynn said he favored the proposal because he believed in organization. We have worked too much on our own lines without any thoughts of the other fellow. We shall see through the other man's glasses. We shall hope to see not less than 400 members in the Board of Trade or Chamber of Commerce.

Mr. W. R. McCreary thought that Belleville had a great future. It has immense natural advantages. I am going to try to put the Chamber of Commerce over the top two or three hundred per cent.

Mr. W. B. Deacon declared Belleville needed "pep." The future lies in the people. The success of the Victory Loan showed what was in Belleville. In a radius of thirty miles of Belleville \$1,500,000 was put in the Victory Loan in the last three weeks of the residents of this district, and city can do everything they set out to do. We have opportunities all around us. It will make us happier as a city. Fifty per cent or sixty of our youth find their livelihood outside of Belleville, leaving the city. Many big industries and institutions are managed by natives of Belleville. The Canadian City Bureau is an expert organization. Men and women are wanted in the Board; We want the working man happy and then we shall have no Bolshevism or I. W. W.

THOS. A. WILSON The remains of the late Thomas A. Wilson, son of the late Jacob and Mrs. Wilson, of Toronto, were interred in Cobourg Union cemetery on Saturday afternoon. Rev. J. S. I. Wilson, conducting the funeral services. Deceased, who was taken ill while in Ottawa, and passed away last Friday morning after a week's illness from hemorrhage of the bowels, was a well known commercial traveller. In addition to his widow and mother, he is survived by three sisters, Mrs. Tutman and Mrs. Kingston, of Toronto, Mrs. Storey of

Cleveland; and one brother, Joseph, of Toronto. His father, the late Jacob Wilson, was a former resident of Cobourg. Deceased was a cousin of the editor of The Sentinel-Star—Coborne Express.

MRS. JOHN McDONALD The death occurred on Nov. 11th of Mary Elizabeth Clark, beloved wife of John McDonald, Percy. Deceased was born in Hastings on Aug. 19, 1861, being the oldest daughter of the late Peter Clark. In 1879 she was united in marriage to Mr. McDonald, who, with two sons, William and Allen, of Percy, and three sisters, Mrs. Chas. Hill, Howard City, Mich.; Mrs. Ezra Cornelius, Warkworth, and Miss Vera at home, survive. Two sisters, Mrs. William Brittain and Mrs. John Adamson, of Waverley, survive. The remains were interred in Mount Pleasant cemetery—Campbellford Herald.

MRS. THOMAS DUNK The death occurred at her beautiful residence, Seymour East, on Wednesday, November 12th, of Marjorie Thomson, beloved wife of Thomas Dunk, sr. The late Mrs. Dunk was born in Linnebow, Aberdeenshire, Scotland, April 23, 1846, being the younger daughter of the late Mr. and Mrs. Wm. Thomson, who came to Canada when the deceased was a girl of ten years of age. Fifty-two years ago she married Mr. Thomas Dunk, oldest son of the late Aloanz Dunk, and spent her entire married life in the community, where she was held in the highest esteem, beloved by all who knew her for her kindness of heart and cheerful disposition. For many years she was a devout member of the Zion Methodist Church and was a faithful attendant of the house of God until affliction made it impossible for her to attend. The funeral service was conducted by her pastor, Rev. M. L. Hinton, at the family residence, on Saturday afternoon. Mrs. C. W. Turner of Campbellford sang very sweetly that beautiful hymn, "Crossing the Bar." Among the beautiful floral expressions of sympathy was a wreath from the Zion Ladies' Aid, of which the deceased was a beloved member. Also a beautiful spray from the Ladies' Aid of Trinity Methodist Church of Peterboro, of which Mrs. Lyle was president for three years. The flowers were beautiful and so appropriate as the departed was one of the greatest lovers of flowers. It was the privilege of the writer to know, she leaves to mourn her loss, her sorrowing husband, three sons and three daughters—Mr. F. Dunk, of Chicago, Ill.; Mr. F. J. Dunk, of Wawanassa, Man.; and Thomas G. Dunk at home. The daughters are Mrs. W. B. Fogg, Harrisburg, Ill.; Mrs. M. W. Lyle, Peterboro, and Mrs. V. B. Chaplain, Trent River. She is also survived by one brother, Mr. James Thomson of Campbellford. Interment took place at Zion cemetery. The deceased will be missed by the church, the Ladies' Aid, the community and so much by her home and loved ones. The bereaved family have the sympathy of their host of friends.—Campbellford Herald.

Bootleggers' Liquor Seized KINGSTON MEN'S FIREWATER SEIZED BY BROCKVILLE INSPECTORS. Inspectors Taber and Sykes Made Haul of 280 Bottles. Kingston, Nov. 21.—Bootleggers who attempt to use the Grand Trunk passenger trains these days have little chance of passing the dragnet set by the license inspectors. On Monday night and Tuesday morning, Inspectors Taber and Sykes of Brockville seized on trains 16 suitcases, containing nine gallons of high wines, and 280 bottles of whiskey in transit from the province Quebec to thirsty places in Ontario.

The larger seizure was carried out on the G.T.R., No. 19, between Montreal and Brockville, when Inspectors Taber and Sykes seized 12 suitcases containing 265 bottles of liquor of assorted brands. The liquor was said by the inspectors to be the property of bootleggers in Kingston. No arrests were made owing to the crowded condition of the cars in which the goods were found. While the inspectors were removing the suitcases were stolen from the vestibule. The officers again searched the car and in locating the articles found three other suitcases fully loaded with fire-water, which they had overlooked in their first search.

When the train reached Vaudeville which is within the borders of Quebec, the inspectors noticed that two

individuals whom they suspected of carrying wet goods left the train, evidently having noticed that the inspectors were on board. Figuring that the alleged bootleggers would wait for a later train, Messrs. Taber and Sykes met the International Limited on its arrival and succeeded in recovering the consignment. The seizure comprised nine gallons of high wines and 12 bottles of whiskey, it being in four large club bags. No arrests were made. The liquors seized by the inspectors would retail in Ontario for a sum in the neighborhood of \$1,500.

Late Mrs. H. J. Fenn The funeral of the late Mrs. Henrietta J. Fenn took place on Thursday afternoon from the residence of her daughter, Mrs. Robert Empson, Thurlow, and was very largely attended. The Rev. Mr. McMullen, of Camflon, officiated, assisted by the Rev. Mr. Wallace, of Sidney Town Hall. Favorite hymns of the deceased were sung by the friends and by the choir of Camflon Methodist Church. The interment took place at the Sidney Stone Church burying ground, the bearers being Messrs. T. H. Waldron, J. W. Waldron, J. W. Gay, J. Bush, R. Campbell and H. Fenn. Many beautiful floral tributes to the memory of the deceased had been made.

Contends Boy Was Influenced Into Criminal Course—Tanner Remanded Cecil Tanner, of Toronto, appeared before Judge Deroche this morning and pleaded guilty on charges of robbing Tom Deep at the Royal Cafe, Belleville, and another Chinaman at his laundry in Campbellford. He was remanded for sentence until Dec. 5th at 11 a.m. His alleged pal, Joseph Thomas Brown comes up before the judge tomorrow.

Mr. Butler, on behalf of Tanner said he was born on Nov. 13, 1903 in Nova Scotia. His father was drowned at sea. The mother married again and her second husband was killed in the explosion at Halifax two years ago. Cecil was hurt in the head in the disaster. The family moved to Toronto last May. There was no record in Halifax courts of the boy. The probation officer in Toronto reported no records against Tanner. It was alleged he was under the influence of "Shorty," his pal. Tanner's mother, Mrs. Simpson, testified that Cecil had been very contented at home until he began to chum around with "Shorty." Then she found marks in the house and one day discovered "Shorty" dressing Cecil up as a burglar. She communicated directly with the "Neighborhood Workers," who notified the police of the youth's alleged influence over the boy.

Crown Attorney Carney prosecuted.

Death of Mrs. E. T. Williams Mrs. E. T. Williams, wife of the principal of Stirling public school, passed away yesterday. In addition to her husband she is survived by one daughter, Miss Lucy. A son predeceased her a few years before. Mrs. Williams, whose maiden name was Fannie Currie, was a former teacher. She was held in high esteem for her many fine qualities of heart and mind.

Passed Away in Winnipeg Mrs. J. E. Thompson, nee May Price, Died of Pneumonia. Mrs. John E. Thompson, nee May Price, passed away this morning in Winnipeg after a very short illness. Such was the sudden telegram which reached Mr. David Price today, announcing the death of his daughter. Not until this morning did he know that she was ill, as a letter announced that she was suffering from a slight attack of pneumonia. The telegram arrived later. The funeral takes place tomorrow.

The deepest sympathy is offered to Mr. Price and family in their great sorrow. Not long ago Mrs. Price passed away after a long illness.

The girl's idea of a timid man is one who doesn't kiss her when he has the chance.

Your Body Its Own Doctor

HOW GOOD MOBILIZES ITS OWN DEFENCE.

When Attacked By Disease The Body Begins To Manufacture a Cure.

Every soldier, sailor, and ex-service man is familiar with the operation of inoculation. But what really is this process of inoculation which is attended by such magical results? The dictionary tells us that inoculation is "the communication of a disease by the insertion of infectious matter into the system." To a certain extent this is true, the newest method of preventive medicine being founded on the sound principle of setting a thief to catch a thief.

But the essential principle of inoculation as understood today is the raising of the resisting powers of the blood against disease germs. It must be borne in mind that the healthy blood of a perfectly fit human nature is of the nature of an all powerful and living germicide, competent to deal with and finally destroy the germs of any disease that may have invaded it. Microbes, that are invisible to naked eye, are constantly about us. We can no more escape their pressing attentions than we can dodge the pressure of the atmosphere.

Our blood, then, while healthy, maintains a constant vigil on the everthreatening microscopic army awaiting a chance to invade our bodies. The moment a few disease germs manage to effect an entry, be it through the lungs or swallowed with food or drink, or implanted by a sting, a pin-prick, a rusty nail, a bite or any other wound, the wonderful intelligence department of the body signals the news through the nervous system to headquarters.

Mobilization of all the complex defensive forces of the blood takes place at once. The white cells of the blood mass in their millions at the point of danger, giving the invaders an exceedingly warm reception. These white cells are the effective fighting units of the defensive force, the better known red force cells forming the transport and commissariat service. Their particular job is to fall upon, gobble up, and gently digest and annihilate the enemy individually and collectively; and this they do effectively so long as their number is equal to the task.

Why You Should Take Exercise. The white cells are, however, enormously helped in their fight by the use of a special kind of "munition" analogous to poison gas, used in a liquid form as a spray, to which the most malignant of the enemy germs must finally succumb. This anti-toxin (or counter-poison) is always produced automatically by healthy blood immediately it is attacked by disease germs.

When attacked by disease, the body at once begins to manufacture, and cure itself by its own medicine. That is why every infectious disease, if it does not kill the patient, automatically comes to an end. Were it not a fact that every infective disease stimulates the production in the body of its own antidote, which finally kills the original disease, there is no particular reason why measles or mumps or influenza, or any other catching "complaint," should not continue for years.

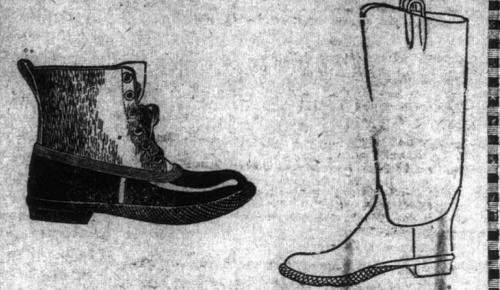
The modern treatment of tubercle by the injection or inoculation of tuberculin is founded on this principle of arousing the blood to the formation of the necessary antidote, which in course of time, provided the conditions are favorable, puts an end to the original disease—tubercular consumption.

Auto-inoculation or self-inoculation may also be produced in consumptives by a system of graduated exercises, which arouse the resisting powers of the body by raising what is called by scientists the "opposite index" of the blood. This opposite index is a measure of the rapidity with which the white cells eat any given germs in the blood. The name is formed from the Greek word 'opson' which means a sauce, or seasoning, or anything that makes the morsel more tempting. These sauces are manufactured and used by the blood to make the disease germs so tempting to the white blood cells that the former devour them with a relish that makes the cells greedy for more!

Exercises graduated according to the condition of the tubercular patient also act curatively by greatly improving the appetite, with resulting stimulation of digestion, absorption and distribution throughout the system of food elements.

It's easier to begin at the top and slide down than it is to begin at the bottom and crawl up.

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Table with columns: Train, READ DOWN, STATIONS, READ UP, Train. Includes routes to Montreal, Ottawa, Belleville, and Chicago.