

SAYS MIDNIGHT STARTS PERIOD OF BEST SLEEP

A Good Rest Makes Care as Great as Mountains Vanish Over Night

12.00 o'clock midnight. This should be the hour of soundest sleep. It is claimed by good authority that one hour of sleep at midnight is worth five hours of sleep at any other time.

We go to bed tired in mind and body and if our sleep is good, we arise refreshed and rejuvenated. Even night care that seemed as mountains at the morning is nothing in the morning. Truly, good sleep is the repair shop for the body.

Miserable, indeed, is the person who cannot sleep. Sleeplessness weakens the nervous system. It upsets the digestive organs, it influences the blood circulation and every other function. When a man lies in bed and hears the clock strike one, two, three, four, his nervous system is shattered.

Thousands tell how Tanlac has brought them sound, healthy, refreshing sleep, strengthened their nerves, and given them good appetites. It makes new, rich, vitalizing blood and more nerve force. If you are pale and thin and lack vitality the rapid building up action of Tanlac will surprise you.

Tanlac is being specially introduced in Norwich at Smith's Ex. store, 205 Main Street. Tanlac may also be obtained in Jewett City at Gorman's Drug Store, and Colchester, Otis Pharmacy.

NORWICH TOWN

Pastor and Singers from Central Baptist Church Brighten Afternoon at Sheltering Arms—Fourth Car at 6.30 a. m. Put on to Accommodate City Workers—Miss Hyde an Associate Professor at Mt. Holyoke.

Rev. Dr. J. B. Slocum, pastor of the Central Baptist church, conducted a most inspiring service Sunday afternoon at the Sheltering Arms. The text of the address was until the day dawn and the day-star arise in our hearts. Peter wrote these words from a personal experience. It was a living, lasting reality. The morning star prophesies the coming of day. Jesus was the morning of the world. We hear the voice of God in Genesis, Let there be light; and across the centuries comes the answer of Jesus, I am the Light of the world. Isaiah says, Watchman, what of the night? The reply, The morning cometh. There had been a long night on the earth, Jesus came to bring the morning, to bring help to the needy, peace to the troubled.

How darw the night of the world! Christ touched our hearts. He held up torches to His light. Eleven caught their light from Him and passed it on and on until the world's darkness was made light by that shining God has given us the chance to make our lights shine. Your patience, your faith, the light on your faces, helps us. If the Day-star is with us at evening time it shall be light.

The singing was a most beautiful part of the service, supplementing the address. Under the direction of F. L. Arnold, with Mrs. Slocum at the piano, a chorus of voices and members of the Sunday school orchestra, Richard Arnold, clarinet, Benjamin Palmer, Jr., flute, the hymns were given grandly. Rev. and Mrs. Slocum gave the duet, The Light of the World, and Rev. Mr. Slocum the solo, Come to the Garden Alone, many joining in the chorus. There was also a clarinet solo, Schubert's Serenade. The service closed with the singing of My Lord and I, and There is Sunshine in My Soul.

Now Associate Professor. Miss Gertrude S. Hyde of Washington street has returned to Mt. Holyoke college, South Hadley, Mass., this year as one of the associate professors of art. Recently she studied at the University of Chicago under the direction of Professors Offer and Sargent, and later she lectured before the Isabella club of Norfolk. Her portrait, painted by the Eighteenth Century.

Fourth Car at 6.30 a. m. Another car, starting from the Bean Hill Green, making the fourth at 6.30 a. m., was put on the Yantic line last week to accommodate those working downtown. Every car is crowded, as they near the city line there is standing room only.

At Protection Lodge Installation. Elmer Gaskell of West Town street was in Central Village Thursday evening for the installation of Independent Order I. O. O. N., Protection lodge, No. 19.

Heard and Seen. Willis White, who is on the railroad, was at his home on Peck's Corner during the week end.

John Casey of Springfield, Mass., was at his home on West Town street for the week end.

Joseph Tuminski from Springfield, Mass., was at his home on West Town street Sunday.

Fred Stelzner of Orono and avenue left Wednesday morning, where he has secured a position.

Saxton woolen mill on Sturtevant street was closed Friday afternoon out of respect to J. H. Bailey.

Miss Grace W. Chase of Providence was the week end guest of Miss Meda Phreaner of West Town street.

Misses Loretta and Rosina Allyn of Norwich were recent guests of the Misses Rogers of West Town street.

Miss Mary Filburn has returned to her home on Huntington avenue after a few days' stay with Hartford relatives.

John Kingsley of Hartford is at his home on Huntington avenue, called here by the serious illness of his mother.

Switzerland imposes a tariff on auto imports.



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WARFARE, STEEL AGAINST MEN

R. T. Crosby Tells Members of City Bible Class Physical Condition of Individual is Fundamental in National Preparedness—Germs and Not Bullets Are the Greatest Enemies of Individual.



R. T. CROSBY

That in any system of national preparedness the physical condition of the individual is fundamental, was the thought emphasized by R. T. Crosby, physical director of the local Y. M. C. A. in a talk which he delivered before the City Bible Class for Men at the Central Baptist church on Sunday afternoon.

Mr. Crosby compared modern warfare as steel against men and then showed how the individual man was necessary for the maintenance of the big guns, ammunition and general equipment necessary for warfare as carried on at this time. How this manual labor necessary for the bringing of the ammunition, supplies, care of the injured and other work incidental to campaigning necessitated the most severe kind of muscular labor and endurance.

How the greatest enemies of the individual are not the bullets of the enemy, but the germs that have access to our bodies through various channels lessened virtually through exposure to stock strain, or other accidents. Enlarging upon the germ topic it developed that germs have access to our systems largely through the stomach and are contributed by defective teeth and impure nourishment such as impure milk or water. Defective teeth also are responsible along with hasty and improper mastication, for some of the food passing into the digestive tract in an unmastered condition which had a tendency to produce indigestion, malnutrition and

in the more extreme cases poisons which permeates through the medium of the blood of all the organs, muscles and even the brain. This produces a decreased efficiency, a lower vitality which makes the inroads of different diseases easier and results in a lessening of the powers of the individual. Among other things the individual should be taught to care for his body first aid to the injured to take care of the minor accidents which are so common, personal hygiene and community hygiene. The personal hygiene carries us back to the life of the individual in the home, with its lighting, heating, ventilation and cooking. So the schooling should be properly attended to in these respects. Community hygiene should embrace proper water and milk supplies and sewerage systems. The country boy or man was generally supposed to be more healthy or hardy than his city brother. As a matter of fact, however, the high death rate of the city of recent years has drawn particular attention to conditions in the congestive districts which have resulted in proper methods of sanitation and hygiene with the result that the mortality of the city is now less than that of the rural communities. This is due to the fact that the inhabitants of rural communities are unconsciously carrying their mode of living after the city man and with it the attendant evils of city life, without, however, recognizing the necessity preventative sanitary measures.

The argument then developed that games and play are now recognized as developing character and moral fibre in the individual and developing team work which is so necessary in modern industrial life. That it was this moral fibre which in the last analysis was the determining factor in great conflict. The modern trend of physical education is upon the character value of play. The Adams and Slater bills recently enacted in New York state and which will go into effect next fall provide for approximately one and one half hours per day of physical activities for the proper development of the individual. This is the most constructive legislation ever put into effect along the lines of physical education and preparedness and is indicative of the modern trend. The latter provisions the national government are contemplating similar measures.

L. M. Carndall supplemented these remarks by showing how physical preparedness should apply to times of peace and civic life as well as times of military necessity. He emphasized the fact that men, money and material were a very considerable national preparedness. About 85 men listened to the talks with much interest.

STATE IS UNABLE TO PROVE GAMBLING

Men Arrested in Union League Club Raid Are Mound Not Guilty.

James Parkman and Max Rosenthal, who were arrested Saturday night, Jan. 6, in a raid conducted by state police officers upon rooms of the Union League club in the Bacon block at 130 State street, New London were found not guilty of conducting a resort for gambling, by Judge William B. Colt, following a lengthy trial in the criminal court in New London, Saturday. The bond of George Basket, one of the 15 alleged frequenters, and the last of the number to be tried, was called following his failure to answer to his name Saturday morning. The bond for \$25, makes a total of \$370 in bonds that have been returned in the case.

The court's ruling was based on the assumption that the club is an organization duly authorized under the laws of the state holding a charter and that the evidence presented in court, failed to show otherwise. Records presented in court, he said, tended to show that the club meetings have been held regularly and that only members were eligible for admittance to its rooms.

Henry M. Martin, was the principal witness of the prosecution. He testified to being introduced into the club by a friend and to have frequented the rooms on three different occasions the last of which was on the night of the raid.

Witness denied ever holding membership in the club or carrying a key to the clubrooms. He said that whenever he entered the rooms he knocked and was admitted by some individual from the inside. When shown his name signed in what was termed the day book, Martin admitted that it was in his own handwriting and said that he supposed he must have signed the book, although he had no recollection of it.

Attorney G. Curtis Morgan counsel for Parkman and Rosenthal, asked the witness if he did not approach Parkman and offer to leave town, if the latter would advance him \$25 in bail money. Martin denied the allegation.

Witness said he first went to the club the last week in December. He went on two other occasions between then and the date of the raid. On the night of Jan. 6, he went to the club about 9 o'clock. He said he played in a game until 10.45 o'clock, and then left the rooms returning about five or ten minutes prior to the entrance of the state police. He denied that he had any communication with the state police in the interval.

He testified seeing games played in the clubroom and to participating in them on several occasions. He said that it was the custom for the house to rake five cents on each ante. The money, he said, was usually collected by Parkman or Rosenthal when they were playing in the game, and thrown into a pasteboard box with a coin slot in the top. He said that the ante varied from five to 25 cents.

Both Parkman and Rosenthal admitted on the stand that the members sometimes engaged in a game of pool, which was entered in the book of club records, barring any games in which "oney figured, and ordering the steward (who the state case was against) to report any such violations of the club rules to club officers.

Parkman on the stand testified that the five-cent rake-off went into the general fund of the club and disbursed with the general expenses. He also admitted under cross examination that his official capacity is that of president, acting secretary and acting treasurer. Rosenthal, he said, is steward of the club and receives a salary of \$12 a week, following a similar raid, which was entered in the book of club records, barring any games in which "oney figured, and ordering the steward (who the state case was against) to report any such violations of the club rules to club officers.

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NEW LONDONERS WAIT FOR A SUBMARINE

Officials Have Not Slightest Idea When Undersea Boat Will Arrive.

"I do not know whether a German submarine will arrive here tomorrow, next month or next year," was the ingenious response of Capt. Frederick Hinsch, in charge of the affairs of the Eastern Forwarding Co. at the state steamship terminal, to a query Saturday morning in regard to the probable date of the coming of a Teutonic undersea freighter, possibly the Deutschland.

Although preparations similar to those previously made are going ahead at the terminal, officials declared they have not the slightest idea as to when the sub-sea merchantman will poke her nose into port. The mother ship will remain in the harbor and the floating fence rides, loosely at the end of its hawsers waiting to be pulled across the entrance to the enclosure to screen the submersible from observation.

The impression prevails that, barring accident, a German submarine will put in an appearance here in a few days. Her return cargo of crude rubber and nickel is ready and it is said the Wilhelm has on board sufficient provisions for quartering of the crew of the newcomer.

George F. Eager, American consul at Barman, Germany, well-known in this city, is quoted as saying that prior to leaving Germany some months ago, he had seen nearing completion, a merchant submarine of much larger tonnage than the Deutschland.—New London Day.

PARISH STATISTICS REPORTED BY ST. PATRICK'S RECTOR.

Total of 131 Baptisms, 54 Marriages and 110 Deaths During 1916—Faithful Curates Made 1,292 Sick Calls.

Supplementing his annual financial statement read on the preceding Sunday, Rev. John H. Broderick, rector of St. Patrick's church, presented the second portion of his report yesterday, this dealing with general parish statistics.

During 1916, Father Broderick stated, there were in the parish 131 baptisms, 66 of boys, 57 of girls and 8 of adult converts.

There were 96 first communions, 43 of boys and 53 of girls. During the year there were 54 marriages, 38 in which 13th parties to the contract were Catholics, 16 mixed marriages. Regarding the latter, the pastor expressed emphatic disapproval, since such unions do much to imperil the faith of the Catholic party to the marriage; and for many such marriages he blamed the Catholic young men of the parish, who, because they shirk the responsibilities of marriage, stand by and let the best girls of the congregation be taken away by young men outside the fold.

The mortality list for the past year shows a total of 110, 66 men and boys having died and 44 women and girls.

There are nine societies connected with the church, that is, of a strictly religious character, which organizations are for men, women and children, and have a total membership of 1,600.

During the year the parish records show a total number of 1,292 sick calls, an average of four for each week day, indicating that the two assistant pastors, Rev. Peter J. Cuny and Rev. Myles P. Galvin, are both faithful and busy. Father Broderick said, since as the time of the pastor is taken up with many other matters of parish activity, the duty of visiting the sick devolves largely upon his curates. Of this total of sick calls, 430 were made strictly to members of the parish, and 772 to Catholics in the various public institutions within this parish limits.

Father Broderick had words of the warmest commendation for those who Sunday after Sunday so faithfully do their part as expressed in the work of God, and the progress of His holy religion, the pew rent collectors, the door collectors, the ushers, the senior and junior choir members, and he publicly thanked these for their valued assistance.

No one has a keener sense of humor than has the rector of St. Patrick's, and in the course of his comments upon the year past he incidentally threw a sidelight upon one class of church attendants whom every pastor comes to know. The Saviour said: "Not every one who says 'Lord, Lord,' shall enter into the kingdom of heaven," and it is evident that the rector of St. Patrick's does not believe that at all who wear long faces and pray loud are out on Sunday with the intention of giving a square deal to the Lord. For in speaking of the importance of prompt, regular meeting of church obligations, he gently touched up the few in the slow-pay class, the careless individuals who are perfectly willing to let others bear the burden of church support, letting their own dues run quarter after quarter and year after year. In a congregation of over four thousand it is natural that a pastor



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find a few such individuals, but their obligation, as a matter of conscience, was clearly put before them Sunday.

The matter of the care of the cemeteries and other subjects of parish interest were dealt with also.

The day was the third Sunday after Epiphany, the epistle read in the masses being from Rom. xii, 14-21, and the gospel Matt. viii, 1-13, the latter the narration of the miracle of the healing of the leper and the servant of the centurion of Capernaum.

NORWICH BOY SCOUTS WILL BE REPRESENTED.

Local Council to Send Delegates to the State Convention.

The local council of Boy Scouts will be represented at the state convention which will be held in Hartford on Feb. 24, when it is expected that there will be between 1,500 to 2,000 Boy Scouts in attendance, coming from practically every city and town in the state.

It will be the second state convention held in Hartford in two years, the other having been the first state convention of Boy Scouts ever held in Connecticut. Previous conventions have been held in New Haven, Waterbury and Meriden.

A parade in which all of the visiting Boy Scouts will take part and the intercity contest will feature the convention. The parade will start at 1 p. m., forming at the municipal building, and will go around the municipal building to Main street to Pearl, to Trinity, to Capitol avenue, to Broad and to the armory. The visiting scouts will constitute the first division with the local scouts forming the second division.

At the armory a review will be held, ending with the salute to the flag, during which the entire body of Boy Scouts will stand at attention and

salute while the band plays The Star Spangled Banner. After the salute, the intercity contest will be held and prizes awarded the winning teams. The convention will end with the completion of the contest and the visiting scouts will proceed to their respective homes.

The program for the convention follows:

1 p. m.—Parade of local and visiting scouts. First division, visiting scouts. First division forms on street north of municipal building, facing east. Second division forms on Prospect street, facing south, right resting on street north of municipal building. Scouts will march in columns of fours, and will salute with the left hand when passing reviewing stand.

1.30 p. m.—Doors of armory open.

2 p. m.—Review of all scouts by state and city officials. Scouts will salute with hand farthest away from officials. Flag salute—Scouts will salute from first to last note of music. Intercity contest and exhibition. (See events below.)

4 p. m.—Dismissal of visiting scouts. At Assembly these will form in column of fours and marching clockwise will be led off from the floor. Hartford scouts will stand at attention.

4.30 p. m.—Policing floor by Hartford scouts. At second Assembly these will form in line facing front of floor, and await orders.

Contest Events. (State Standard Rules.)

First aid race.

Friction fire lighting.

Morse signaling.

Exhibition work (ten minutes time limit).

Semaphore signaling.

Knot tying.

Stretcher making.

Exhibition work (ten minutes time limit).

Scoutcraft. (Judged during exhibit

tion work. Troop must have at least 200 points to compete.) Form by rank.

Prizes and Awards.

To the troops getting most points in contest, silver cup.

Second and third in contest, pennants.

Scoutcraft winner, plaque.

Exhibition winner (troop), silver cup.

Troop coming greatest distance with at least 15, medal.

Troop presenting best appearance in parade, medal.

Best drum corps in parade.

Attorney Troland to Wed.

Mrs. James P. Sullivan of Huntington street announced the engagement of her only daughter, Miss Roberta Morgan to Attorney Thomas Edwin Troland, son of Selectman and Mrs. Thomas H. Troland, at a bridge party given at her residence in New London Saturday afternoon. While the announcement was not unexpected, nevertheless it came as a surprise to the guests, who had not known she was engaged. The wedding, which was a beautiful affair, was arranged for that purpose, on Saturday afternoon and attractive prizes were awarded. The rooms were beautifully decorated with flowers. Those present were intimate friends of the bride-elect.

Mrs. Kettle Fined.

Mrs. Georgianna Kettle, wife of Edward Kettle of New London, who was sentenced in the criminal superior court last week on the charge of obtaining money from prostitutes, caused a disturbance in a Norwich saloon Friday afternoon and in the city court Saturday she was fined \$1 and costs. Edith Holmes of Versailles, a companion who was also arrested, was discharged.