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HON. DR. VENIOT CRITICIZES THE AUDIT OF POWER COMMISSION

Bathurst, Dec. 7.—The report of the audit of the New Brunswick Electric Power Commission made recently by P. S. Ross & Sons, Montreal, and issued last week by the Commission is attacked by Hon. Dr. P. J. Veniot, former Premier and chairman of the Power Commission in a statement issued here today.

"I consider it an outrage on the part of the Commission to publish such an audit without giving certain details in order that the public may be able to form an intelligent judgment," Hon. Dr. Veniot declares.

The published report said that there was a deficit on operation of the Musquash plant of \$71,822.15 for the period from October 31, 1923 to Oct. 31, 1924, and another deficit of \$35,726.34 from Oct. 31, 1924, to Aug. 31, 1925. This, Mr. Veniot declares, gives a false impression.

With regard to the \$71,822 deficit, he says that \$16,000 of it was a refund made to the City of Saint John in adjustment of certain difficulties arising out of flood damages, \$6,808 was for power purchased from Saint John during repairs of damage caused by the flood while \$47,199 was charged to future renewals, leaving the actual cash deficit \$1,815.

He declares that the first two items might rightly have been charged to capital account instead of revenue because the work was not yet finished.

Not Done in Ont., He Says. With regard to the third he says

that under the act it was not compulsory to set aside any sum for renewals, reconstruction or alterations, but it has been the practice in the system of bookkeeping adopted by the Commission.

In Ontario, however, he says it is not the practice to place anything aside for this purpose until after the hydro plants are in operation from three to five years. Therefore, the former Premier argues, this \$47,199 should not be included in any cash deficit connected with the direct operation of the plant.

With regard to the second period Hon. Dr. Veniot points out that "the so-called deficit" has dropped from \$71,822 to \$35,726 and predicts that the end of the fiscal year should show a cash surplus of between \$20,000 and \$25,000 from revenues received by the sale of power. Such a rapid rate of improvement will wipe out "all so-called deficits" within the next two years, he says.

Hon. Dr. Veniot asks why it was necessary for the commission to have such an audit conducted so soon before Oct. 31, the end of a fiscal year, and asks: "Does not this strengthen my contention that all this hurried work was connected with the movement to destroy the feeling in favor of the policy owner ship in order that an excuse might be found to hand over Grand Falls to the tender mercies of private corporations."

How to Relieve Children's Colds

Avoid Serious Results by Using Baby's Own Tablets.

When a child shows the first symptoms of a cold, such as sneezing, redness of the eyes, clogged or running nose, prompt measures for relief may avert serious results. Mothers should always have on hand some simple, safe and effective remedy for immediate use.

Baby's Own Tablets act quickly, contain no opiates or narcotics, are tasteless and harmless. Mrs. Joseph Cadieux, Holyoke, Mass.:—"I have used Baby's Own Tablets for my children and find them a very satisfactory medicine. When my little boy had a cold I gave him the Tablets a night and he was well next day. I give them to the children for constipation and they always do good. I think Baby's Own Tablets are much easier to give a child than liquid medicine. I recommend the Tablets to all mothers who have small children and believe they should always be kept on hand."

Baby's Own Tablets are sold by medicine dealers or will be sent by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

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A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 35 leading universities and found to be superior to 19 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94% air and 6% common kerosene (coal oil). The inventor, J. M. Johnson, 246 Craig St., W., Montreal, is offering to send a lamp on 10 days' FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him to-day for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.

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CITY SPEED IS THE GREATEST KILLER

A solemn warning against "athletic strenuousness" appears as an editorial in The Journal of the American Medical Association. Modern American speed, with all that that implies, is the basic cause of "chronic cardiovascular disease, the greatest cause of death in all our cities," the writer asserts. This means disease of the heart, blood vessels and kidneys. In the more advanced stages of these affections they are usually associated and are presumably what physicians mean when they announce that So-and-So "died of a complication of diseases."

"For twenty-five years," says the writer, "the tendency, in this country at least, has been to increase speed, until we have reached the age of rest: almost no nerve and brain relaxation and often not enough muscle rest." The consequent mental and physical tire is interpreted by the business layman as a need for more exercise he may drink more coffee or alcohol or use more tobacco, either to cause stimulation or to procure rest.

"When he does take exercise it is usually spasmodically, mostly a week-ends and excessively, to the point, frequently, of causing heart tire. In his exercise is golf, it is thirty-six holes instead of eighteen if it is tennis, it is five sets morning and afternoon; if it is walking, it is a cross-country 'hike,' with two many hills and too much climbing. Even motoring for pleasure has become 'speed and distance' at tension instead of with relaxation.

"The efficient man would advise regular training for the development of any set of muscles for any particular test, but he does not seem to realize that the heart is a muscle and that without training (regular, daily, gradually increasing muscle work), he pushes it to tire and often to exhaustion by his spasmodic, unregulated exertion.

RESTLESS AGE OF SPEED.

"The restless age of speed, telephones, stenographers, dictographs, committee work, ceaseless interviews, overeating and hurried eating, artificial stimulation, chronic mouth infection (which is very frequent) all lead to one end: Chronic cardiovascular-renal disease, the greatest cause of death in all our cities. The women do not escape this strenuousness and are adding too much of the same programme to their household duties. The result is the same as in men, except that women may have more nervous irritability, due to overstimulation of the thyroid gland.

"The craze of the day is competitive athletics. Twenty years ago such sports were confined to colleges and universities, but now the disease of 'athletic competition' has spread to the high schools, and therefore to undeveloped youth. The larger the boy, without regard to his age, the more he captivates the athletic trainer and the more he is pushed to competitive strains: A boy who has grown rapidly to oversize may not have his heart developed to fit his bulk. Ordinary exercise, even if not competitive athletics, causes his heart to work all that it is well able to do, and hence competitive speed or endurance is absolutely inexcusable in his case. Doubtless many 'fine, sturdy lads are damaged by high school athletics.

"In college, the oversized boy, tall and overweight, is excellent football material. If not overtrained and heart-hurt at the time of the athletic tests, he requires a hypertrophied heart and hence an increased systolic blood pressure, which makes him uncomfortable and mentally and physically 'foul' (as he terms it) as soon as his athletic life ceases. He is from this time on an impaired insurance risk; as a rule, he does not live to his expectancy. In practically all colleges and in some schools physical medical ex-



aminations are made of each boy or youth before he is accepted and trained for any special branch of athletics, and the diseased or damaged hearts are eliminated. But what medical examination of a boy or youth can exactly determine his reserve heart strength

THE SCHOOLBOY'S HEART.

"It would seem, therefore, that competitive athletics should be graded to the average endurance for the age of the boy. The distance of the run and the length of the boat race should be kept down to the figure that is perfectly safe for well hearts at a given age. Acute heart strain is of not infrequent occurrence in training for athletics, to say nothing of such occurrences at the end of the race. It has been repeatedly shown that with the first strain of heavy work the heart increases in size; but it soon becomes normal or even smaller as it more strenuously contracts, and the cavities of the heart will be completely emptied at each systole.

"If the work is too heavy and the systolic blood pressure is rapidly increased, it may become so great as to prevent the left ventricle from completely evacuating its contents. The heart then increases in size and may sooner or later become strained; if this strain is severe, an acute dilatation may of course occur, even in an otherwise well person. Such instances are not infrequent. A heart that is already enlarged or slightly dilated and insufficient will more closely increase its forcefulness under the stress of muscular labor; and we have a delayed rise in systolic pressure. Also the paleness, faintness, nausea and vomiting that often occur after long runs or other severe strain, with or without heart pain, are evidence of heart strain.

"An athletic strain may not show an acute dilatation, but the heart weakness may persist for days and even weeks. Repeated heart tone must impair future heart tone. The heavy strain face, as photographed at the end of a long competitive race, typically shows the actual circulatory strain undergone by the competitor. Falling over in the boat at the end of a four-mile race is positive indication of utter heart exhaustion.

"The boy is ready to die for the fame and success of his alma mater, and the Faculty schoolmates and friends all put their faith and dependence on him. He must not fail! But is the sacrifice of even a small number (there may be many) of our fine, sturdy men worth the price? Our young girls, in this age of feminine freedom, are also overdoing athletics. Why should girls try tests of vaulting? Is such prowess worth the possible price?

"Disapproval of graded constant calisthenics, exercise, athletics and outdoor life for all children and youth is not intended. Outdoor exercises and sports are essential for the health of adults.

"Our age has been characterized as 'athletics crazy'; let us see whether we can not get back to athletics 'normalcy.'

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