

LESS FOOD, MORE MONEY, BETTER HEALTH

A writer who has spent almost a lifetime studying food values and the effects of foods on the human system, has published the important notes on the subject of eating and digestion.

It is admitted that most people eat too much and that a great many of the sicknesses from which people suffer are traceable to the stomach, which has been overworked by too heavy diet or injured by unsuitable food. Everybody assuredly would profit by eating less and choosing food with greater discrimination.

"As to the length of the digestive process" says this writer "nothing could be more ridiculous and disastrous than the statement in almost every book on the subject. It is usually asserted that digestion takes from two to four hours. Hence people are under the impression that they must eat every four hours or even more frequently.

"In many hospitals even, there are at least four meals a day. The hospitals should represent medical science up-to-date as regards foods—and everything. I have not the slightest hesitation in saying that if a really sensible diet was introduced into hospitals, three quarters of the hospitals would no longer be needed!"

"The full digestive process, including the digestion not only of the bodybuilding foods in the sto-

King Cole TEA
FILL OF QUALITY
"You'll like the flavor"

mach but also the digestion and assimilation of these foods in the intestines through the pancreatic juice and the digestion and assimilation of starchy and sugary foods and fatty foods in the intestines, may take from nine to thirty hours. "Instead of digestion taking from two to four hours, which would point to three or four as the right number of meals in the day, digestion takes probably not less than twelve hours in most cases, and points to, not more than two meals a day. What an economy of food, money, labor and energy!"

PILES

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FILL VACANCY IN THE CABINET AT EARLY DATE

Hon. J.P. Byrne was in Fredericton last week cleaning up his business in the office of Attorney-General which he has occupied since 1917. It is expected that he may also be sworn in as Judge of the King's Bench Division of the Supreme Court of New Brunswick.

So far nothing has been done towards filling the vacancy caused by the elevation of Hon. Mr. Byrne to the bench. Premier Veniot was able to be out last week and early this week some definite steps in the choice of the new Attorney General are expected.

If Ivan C. Rand of Moncton becomes Attorney-General, a bye-election in the city of Moncton will undoubtedly be called on at once the seat for Moncton having been vacated when Hon. C.W. Robinson was called to the Senate. Doubt exists as to whether Gloucester county will have a bye-election or whether this county's representation in the Legislature stands at three members for the coming session which will be the last before a general election.

Tourist Business In New Brunswick

At least 70,000 tourists came to New Brunswick during the summer according to the estimates prepared by C.B. Allan, secretary of the New Brunswick Tourist Association. A considerably larger proportion of the tourists came by motor than entered the province by car last year. He said he believed the tourists this year had been better satisfied with weather conditions, roads and accommodation than they had been in any previous year. The camp sites of which there were about 15 in the province, had been well patronized but he thought some of them could still be improved with advance. Some of the tourists had complained to the Tourist Association about indifferent accommodation in various parts of the province, having special reference to the hotels. Mr. Allan thought there should be some improvement made in several of the hotels.

He spoke of the entire lack of tourist accommodation in some localities where the tourist would be glad to go.

Speaking of the part that the Tourist Association had played this year in bringing so many tourists to the province, Mr. Allan said that it had expended more than \$3,000 in advertising since Jan. 1. The Association had this summer put on a province-wide campaign for members to try to raise a little money for extra advertising.

It was the experience of the Association that an increasingly large number of the visitors who came to the province wanted to play golf and Mr. Allan said that the Association had been able to

FRENCH ARE MOVING OUT OF THE RUHR

Berlin, Oct. 21—The French have evacuated the River Port of Karlsruhe as a preliminary to evacuation of the Ruhr and Rhine land in accord with agreements reached at London.

French troops also evacuated Mannheim Harbor as scheduled and are due to withdraw from Dortmund at dawn tomorrow. Preliminary work of evacuation, has been completed at Dortmund to the joy of the inhabitants.

There was considerable speculation in allied military circles today as to how far France would proceed with plans for evacuation of the Ruhr pending the outcome of the general elections in Germany next month. The French have been extremely cautious and greatly distrust the German nationalists who may gain in the elections.

The Horrors of Fame

The penalties which attend renown have gathered round the path of the little film star Jackie Coogan who has arrived in London from America. Not content with welcoming him on his arrival, hundreds of people hung about the Strand outside the Savoy Hotel in the wild hope of seeing him come out or go in. Disgraceful scenes took place at Westminster Roman Catholic Cathedral on Sunday. Jackie and his parents had to force their way into the church through crowds of curiosity-mongers, and even inside the building the pressure upon them was so great that a verger had to take them close up to the altar and they had to make their escape after service by a side door. On Monday at Wembley similar scenes were renewed, and the pressure becoming intolerable the small victim of publicity was carried on his father's shoulders to the Press Club for shelter. These happenings prompt cynical reflections upon the feebleness of the human intellect, and also upon the abundant leisure which multitudes are able to expend upon idle gazing. Could not such prodigious waste of time be made punishable by some mild type of hard labor? Meantime, the more thoughtful members of the community will bestow upon Jackie Coogan their sincerest sympathy and will recall the counsel of Thomas a Kempis—Ama nesciri—Love to be unknown. *British Weekly, Sept. 13th.*

SCHOOL TAX BOOKS

Poor and County Rate Books, Dog Tax Books, Receipt Books in Duplicate, Mill Saw Bills, Deed Forms, Teachers Agreements, for sale at the ADVOCATE OFFICE

help several of the tourists in that regard. The Tourist Association this year had distributed more booklets than in any previous year and had received and answered more enquiries with reference to accommodation, roads and places.

The figures for the entry of automobiles into the province this year, Mr. Allan had obtained from the various points and were as follows: St. Stephen about 5,000; Centreville 2,294; St. Croix 400; Edmundston 425; Grand Falls and Saint Leonards about 5,000; River du Loup 104 and Campbellton 250. The number of tourists brought by the Eastern Steamships this year had been about 11,000 and it was estimated that about 11,000 had come in by the C.P.R.; while tourists who had landed at Grand Manan and Campbellton would bring an additional 100 or 200. In each case the figures this year showed an appreciable increase over the figures of last year.



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INTERNATIONAL LINE
Service will be discontinued for the Season with the sailing from Boston, October 31st, and St. John, November 1st.
S. S. GOVERNOR DINGLEY will leave St. John Wednesdays at 8 a.m. and Saturdays at 7 p.m. for Boston.
Wednesday trips are via Eastport and Lubec, due Boston about 8 a.m. Thur. Saturday trips are to Boston direct, due Sundays about 2 p.m.
RETURN—Leave Boston Mondays and Fridays at 10 a.m. for Eastport, Lubec and St. John. FARE \$10.00 STATEROOMS \$3.75
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Skin disease threatens us every day. Invisible germs of blood-poison, eczema, etc., are waiting to infect the least cut or sore place. The money you use carries germs—you get them on the handles, rails and straps of the trains and street cars, and in a score of other ways. Specially treated Zam-buk, Mr. Henry C. Davis, of South 17th Street, Kansas City, U.S.A., has just escaped a virulent type of eczema, contracted, he suspects, through use of public towels. "I had medical advice," he says, "used in addition all sorts of so-called eczema remedies, without finding the hoped-for relief. Zam-buk treatment soon gave positive results. It took away the painful irritation and quickly purified and healed the deep troublesome sores."

The Advocate \$2.00 a Year