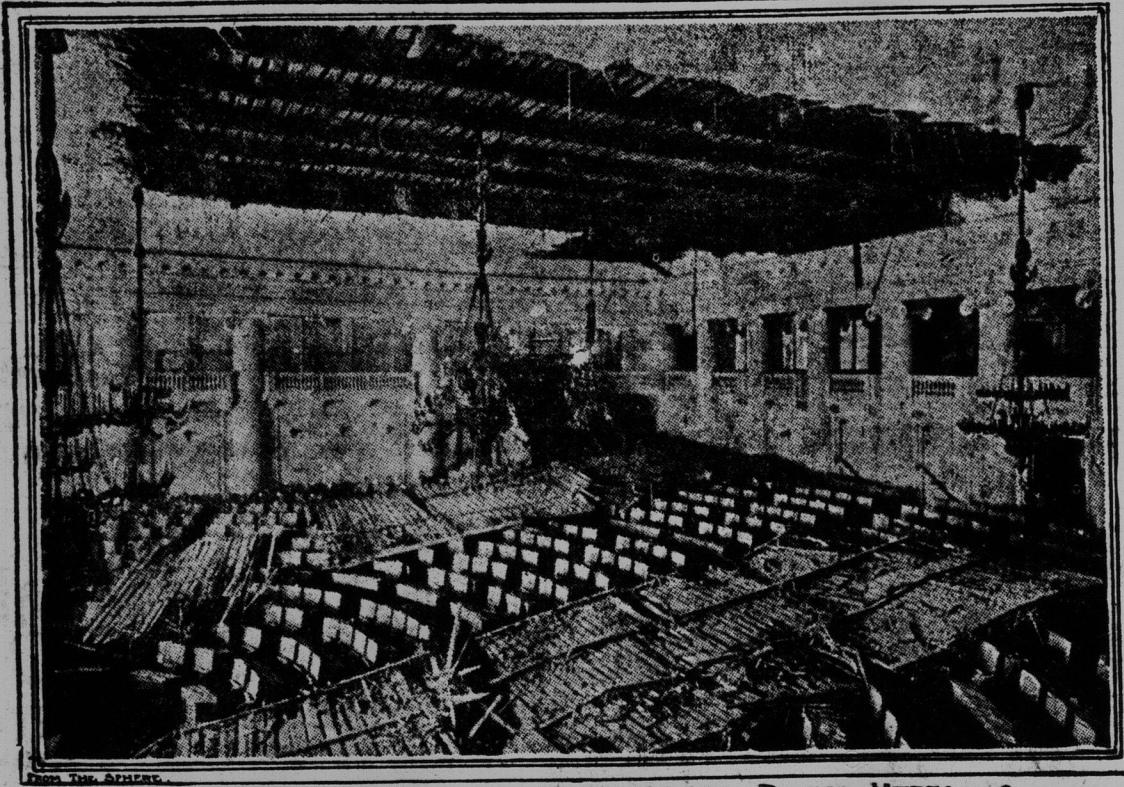


THE EVENING TIMES, ST. JOHN, N. B., WEDNESDAY, APRIL 10, 1907.

How Douma Member Had a Narrow Escape.



THE FALLEN ROOF OF THE PALACE WHERE DOUMA MEETS.

ST. PETERSBURG, April 6.—From the above illustration it will be seen that many lives would probably have been sacrificed had the Douma been in session at the time the ceiling collapsed in the night of Friday, March 15. Fortunately, the auditorium was unoccupied except by two watchmen, who were in another section of the palace at the time. The heap of debris fell upon empty seats and no one was hurt.

Investigation of the accident disclosed

that it had apparently been due to the sudden overloading of the building after it had been unused for a long time. It was found also that inferior conical nails had held the rafters together, having not been replaced since the time of Catherine II. Three-quarters of the floor was covered with debris. About the only portions which escaped the downfall were the press seats and the extreme right.

Immediately following the crash and owing to the narrow escape of the members of the Douma a report gained circu-

lation in St. Petersburg that the evening was the work of the government. This theory was disproved, however, when the condition of the ceiling was found to have been defective. It was believed that the rumors were started by peasant deputies in reports they made to their constituents in the country.

The building was so seriously damaged that the sessions of the Douma were discontinued for several days until new quarters were found. The damage is now being repaired.

physical training might play in the adjustment of man to the new conditions. First he referred to the question of food in its relation to occupation. Old instincts, he said, developed by former conditions, had now to be modified if health was to be retained.

"Most men are eating too much," he said, "and this, in conjunction with mental strain, largely increases the prospects of nervous breakdown. For a sedentary life meat three times a day is absurd. The mental worker should be more moderate in both food and sleep, and also in the use of tea and coffee."

"Have you noticed the large number of obese people in the street car?" asked Dr. Fisher, amid laughter. "Hungry," he said, "was developed in days when great eating was requisite, but we are eating just as heavily, though the need has vanished." The manual worker might indulge his appetite with comparative safety, but to maintain the highest level of mental efficiency meant care in the character of food and strict moderation in the use of proteins.

He next pointed out the importance of play in the development of organic vigor. "The child plays because it must, if ever it is to become a healthy man. Play is the boy's first school of social ethics. He meets 'the other fellow,' and finds out the value of co-ordinate action. Everything that develops to adults is useful to society, and this is what play does. It has its psychological value in the various qualities it stimulates. There is an intimate connection between mind and movement. A feeble-minded child is slow to act, muscularly."

Having dwelt upon the danger of forcing children to excessive mental strain, he pointed out that the hard-worked business man should not neglect, no matter what his age, some form of physical exercise, which will throw off the result of mental fatigue. "There are a lot of fellows in this town," he said, "who never come to the gymnasium here." In regard to children, there should be a public playground within half a mile of every home. "In New York roof playgrounds are used. Some of these roof playgrounds will accommodate 2,000 children. There is great need, too, of more public baths."

Dr. Fisher thought there should be courses of personal hygiene at the Y. M. C. A. "I have talked with many men in the army and navy," he said, "and in industrial centres, and I was surprised at their ignorance in regard to the first principles of healthy living. With tuberculosis and pneumonia in Canada there is great need for work in this department among the industrial classes, whose ignorance of sanitary science contributes so much to possibilities of disease."

Leslie Wetmore, of Carleton, has gone to California to reside. His family will follow later.

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