THE STANDARD, SATURDAY APRIL 12, 1913

### PRO BY DA ARITIME DAY

# NTIC ICE AND CURRENTS ertant Action Taken by Marine and Fisheries Department

# Under Direction of Hon. J. D. Hazen,

indo has just been made by the tment of Marine and Pisheries, which the Hon. J. D. Hazen pre-lawish at the entrance in the Sydney harbor on the of Newfoundland. The lo-of Newfoundland. The lo-movements of the ice in will be reported and full will be furnished daily of will be furnished daily of a the Canadian Jewis Contreal. It is to the effect

J. G. Hotpall.

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t of great interest been made by the

Barnes, of McGill University, who as during the past several years nducted experiments on one of the partmental sceamers, will be on ard the Montealm while performing is partol service. In Cabot Strait. weans of his invention the "miloro-ermometer," Prof. Barnes has dem-strated the possibility of determin-g the approach to ice by any vessel uipped with his apparatus. Enger to all himself of any scheme that pro-late to safeguard navigation to the ver St. Lawrence, the minister of arine has directed that Prof. Barnes the astaff of assistants shall join e ship in order to demonstrate fur-er, the utility of the invention with had made arrangements for the location and the move-teauships during the spring The Titanic disaster and the fination of the spring The Titanic disaster and the fination of the spring the major of the spring the major of the spring the spring of the spring of the spring of the spring the spring of the spring the spring of the spring of

a arrangement whereby all om the Scotia will be for-the signal office at Quebec ere promptly furnished to a partice. In this way is sent and brought across the sea, and the merchandise interpretate at all the river and Atlantic ports will be do of the provailing ice on. Mr. Hazen has been imbitious that the work opperty carried out, and opperty carried out, and opperty carried out, and people, of the country. Canada is striv-met to reason the state of the people of the country. Canada is striv-met the work done by the

hig for intreased in waterways. Re-dence in her great waterways. Re-cent accidents have done much injury. It will not be the fault of the present holder of the important position of minister of marine and fisherles. If public confidence be not increased in

bottles and ardent spirits are strictly proh-enancies bited, however diluted, it is an es-eight tablished rule to avoid liquids as r bed, much as possible and no mote liquor wenty-of any kind is allowed to be taken if any the tis merely requisite to than what is merely requisite to that the fat when it may be asain warmed; in oth-bottween the purges the pedestrian must be fed as usual, strictly adher-ing to a nourishing diet, by which he is invigorated. Profuse sweating is resorted to as an expedient to remove the superflu-an expedient to remove the superflu-sent of the process. Training for puglism is nearly the same as for pedestrianism, the object in both being principally to obtain additional wind and strength. Experiment the superfluence of the same as for pedestrianism. The object of the same as for pedestrianism. the object additional wind and strength. The is then put to bed in his financies and being covered with six or eight is jair of biankeis, and a feather bed, must remain in this state from twenty-of the state of the state being then well wrapped in a great is coat, he walks out gently for two miles to breakfast, which on such occasions. It should consist of roasted fowl. He afferwards proceeds with his usual ex-tines of the pedestrian be foul, an is performance of the match, or, in oth-ber words, he must indergo three or m ach of the pedestrian be foul, an is training and he is now supposed to be the training and he is now supposed to be training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the training and he is now supposed to be the he intervals in every kind of ex-

Old Mine Sydney, Broad Cove and Pictou Soft COALS Scotch and American Hard BEST AMERICAN CUMBERLAND BLACK-SMITH -COAL J. S. GIBBON & CO.

IN STOCK

Ail the Best Grades of

Union Street; Teler "ne, M 2636.

G. M. Bosworth, vice-president of the C. P. R., arrived in the city ye-terday afternoon in his pivate car "Saskatchewan," which was attached to the Montreal train. Mr. Bosworth is in the city to await the Empress of Britais, which arrives today and to meet Mrs. Bosworth, who is return-ing from England. Mr. Bosworth had nothing new to say concerning the extensions of service or development walk. He concurred, he said, with the statement of Sir Thomas Shaugh-nessy made here inst week, that St. John must have greater accommoda-tions if the port is to cope with the charnel of the harbor, he said, should be deepened to thirty-five feet at least so that it could be used for a greater period each day than is pos-sible at present.

MPHUVEMENI

AUCTION SALES.

City Property and Lots: 6 Houses with Lots in Lancaster: 2 Building Lots in Carleton POTTS

NEEUEU

Makes Childs Play of Wash Day

WANTED.-Learn Barber Trade Few weeks required, tools free. Poal (ions secured. Professors of 18 to 26 years experience. Write, Modern Barber College, 62 SL. Lawrence Blvd., Montreal.

WILLOW RIVER — The Original Townsite—New Town of Importance in British Columbia's Inland Empire. On Fraser River and main line Grand Trunk Pacific and four other rail-roads. Gateway of magnificent Peace River Country. For particulars regard-ing lots, subdivision acreage, 40-acre farms, address Pacific Land & Town-sites Co., Ltd., 315 Richard Street. Vancouver, B. C. AGENTS WANTED.

Ther party. For terms and particulars apply to be undersigned solicitors. Saint John, N. B., 7th April, 1913. BARNHILL, EWING & SANFORD,

E. McLEOD, J. W. SHARP, Executors of Mary Jane Peters, Decease Prince William St., St. John, N. B.

WANTED. WANTED.—Ladies doing work to send for fine assorts slik pieces. Bunch contains 50 pieces. Only 25c, postpai dress Cushion Supplies, Box 3 on N B n. N. B

A Pure Hard Soap

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One cent per word each insertion. Discount of 33 1-3 per cent advertisements running one week or longer if paid in advance. Minimum charge 25 cents.

SITUAT:ONS VACANT.

TO LET.

TO LET-25 and 27 Elliott Row, two upper flats. 222 Rockland Road, one middle flat. For particulars apply to T. H. Haley, 8 Charlotte street. Phone, Main 2160.

LOST.

Gold signet ring. Reward by leaving at this office.

**BUSINESS CHANCE** 

PROFESSIONAL.

INCHES & HAZEN

F. INCHES. D. KING HAZEN Earristers, etc. 108 PRINCE WILLIAM STREET Phone Main 380.

HOTELS.

"THE PRINCE WILLIAM"

**Apartment Hotel.** 

WANTED-Bright, ene from 14 to 16 years of ag to enter the dry goods b learn of good opening with advancement by applying to Manchester Robertson J

WANTED-Head and miths. Steady work. Highest wages ames Fleming, Phoenix Foundry, St ohn, N. B.

WANTED—At once an exper-tales lady for millinery depart-also two experienced trimme ame department. Apply Ma Bros & Co.

WANTED-Experienced hands, als young men and women to learn. Goo wages and steady work. Cornwall of York Cotton Mills, St. John. N. B.

WANTED AT ONCE--A girl for general heasework. Apply to Mrs. A. R. C. Clark, 160 Charlotte street. St John West. tf

AGENTS WANTED.—Asents 38 ; day selling Mendets, which mend Graniteware. Hot Water Bags, Rub ber Boots, Reservoirs, Bollers, Mets Tubs and Tinware without cement o older Sample ten cents, Collett solder. Sample ten cents. Collet M'f'g Company, Collingwood. Ontar

## FOR SALE.

NEW HOME AND OTHER MA. CHINES. From \$5. One W. & W. tall-oring muchine, \$8. Genuine needles all kinds. Best oil. Domestic marchine. Repairs. One good typewriter chesp. I have no traveller: buyers can save money in my shop. William Crawford, 105 Princess tsreet. Oix ciste White Store.

FOR QUICK SALE—Large 2½ story house at Hampton. 2 minutes walk from depot. Hot air furnace, baith room good water. For photograph and full particulars apply F. W. Crawford, Can-ada Life Building, St. John.

FOR SALE-Building lot in Lan-caster Heights. Also house to rent. Apply G. C. Godfrey, Havelock street, West End. Permanent and Transient. Sum-mer months transient only. House of refined taste and excellent table. Overlooking harbor.

FOR SALE—General Hardware bus iness with large turn-over, showing substantial profits. Other large inter ests oblige owner to sell at sacrifice inside thirty days. Investigate. Ad dress Box 29, Standard Office.

top of an even to breakfast, should consist of beefsteaks of ton chops, under done, with stat-and old beer. After breakfast h again walk six miles at a pace; and at 12 lie-down in be out his clothes for half an h getting up he must walk four and return by 4 to dinaw which also be beefsteaks or mutton with bread and beer as at by immediately after dinner he r sume his exercise by running

For Pale Girls

are generally prefer one ounce and a hal are taken each time

Immediately after dinner he must re-sume his exercise by running half mile at the top of his speed and walk ing six miles at a moderate pace. H takes no more exercise for that da but retires to bed about 8 and th

the present age a difference atmost is now required to produce atmost is now required to produce a same effect. The skillful trainer tends to the state of the bowels, the mas, and the akin; and he uses such eans as will reduce the fat, and at the same time invigorate the muscure of the state. The patient is purged by reaking under a load of dothes, and sy tying between leather beds. His limbs are roughly roubbed, his dirth is strong ate and he is gradually inured to exercise by repeated trains in walking ercise by repeated trains in walking enclose the present of the strong for train-

TRAINING STALD 1824

following is an article "On the tages of Training" taken from published in 1824, but probably from an older publication: art of training for athletic ex-s consists in purifying the body. trengthening its powers by cer-processes which thus qualify a for the accomplishment of la-

ig the Greeks and comman, rules of regimen, and cover prescribed to the candidates aastic celebrity. The manner ing among the ancients b resemblance to that now pi by the moderns. But as if of living and general hal somewhat different from the present age a difference ment is now required to prod same effect. The skillinit frai Bright, Ruddy Cheeks

No Longer Any Need to be Pale, Weak or Anaemic,

By Fallowing the Advice of Miss Ewen You Can Quickly Become Strong Again.

Judge of Probate. H. O. McINERNEY. Registrar of Probate. ROBERT G. MURRAY, Proptor.

EQUITY SALE.

t to a decree of the Supreme O de in a suit between Margaret 1 iff, and James G. Forbes, Admini made in a suit between Margaret Rol Intif, and James G. Forbes, Administr non cum Lestamente annaro of the es rt Reed. deceased, James G. Forbes, of the last will of Amelia Reed, decea E. Robertson, Sarah Minwarath Robert Reed, devenued, James G. Porbes, estor of the isst will of Amelia Reed, decease maie E. Robertaens, Sarab, Minnworth, All imock and Margart Guyan, defendants, a lab between James Gordon, Forbes, Admin Rob of Kobert Bued, deceased, Plaintiff, an Bate of Robert Devel, deceased, Plaintiff, and Bate Orthon Compared and the Amelia Bate Orthon Compared and Ameriane Bate Orthon Compared and Margarest Giva et al. Amelia State State and Margarest Giva et al. Amelia State Detries and Effects, rich only and State State and Bate State Ministrator of the estate and Recease laintift and James G. Forbes, Administrat Donis one com Seturation State Stat

