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Dear Sir,-It i sonly since leaving, St. John's on my way to Bitain that I have had leisure to examine the re cently issued Vital Statistics for 1911 find that the deaths attributed to Tuberculosis of the lungs show a slight increase, both in St. John's and in the Colony, over the number of those recorded as being due to this cause in 1910. Fearing that these figures may discourage some of these taking part in the present campaign against "The White Plague," I venture o send you a consideration of these figures as they appear to me. I hope that this will cheer up any who are inclined to be dicouraged. In the first place I am fully in agreement with prominent medical authorities in New foundland who maintain that statistics for so short a period as any one year crease or decrease of so lingering lisease as Tuberculosis. The duration of an average fatal case of Tuberculosis is generally considered to be about 4 years. (failing health 1 year partial disability 11/2 years, total disability 11/2 years It is therefore reasonable to suppose a hard winter as other common hardships, would carry off an unusual number of these nearing a fatal issue. Secondly, publiinterest recently has been more and more focussed upon the terrible ravages of Tuberculosis in the Colony, and I believe that this has caused the recognition of many cases which would otherwise have been attributed to Pleurisy, Broncho-Pneumonia, or one of many other condition This has been the usual experience when interest ha first been aroused in the disease according to the experience of

r. Livingstone Barrand, Secretary S. Association for the Study and Prevention of Tuberculosis. For he writes: "It is inevitable that an impatient public should demand re C. A. C. BRUCE, Manager, St. John's, Mid. sults before definite results can be orthcoming. A drop in the mortality curve of a slowly developing and slow rogressive disease, such as Tubercul sis, is not a matter of months bu rather a matter of years. It would seem to me unjustifiable to expect re sults in an observable diminutio in mortality for five years to come, think, however, we should have in dications by that time, and ten years should afford indisputable proof. Alo: "In spite of the fact that the first results of this conceutuated ac livity and interest i greater accuracy in mortality and morbidity statistic and that an actual decrease might appear in official reports as an apparen

ncreae in the disease, there is evo ence in some quarters that a direc esponse to the organized movemen already forthcoming." Thirdly: Although the number of deaths fron l'uberculosis of the lungs has increasd, the total number of deaths from all forms of Tuberculosis has decreas ed from 75 to 734. While on the subt may I add a few further remarks While on the voyage I have been bus; studying the eleventh annual report o the Canadian Association for th Prevention of Tuberculosis. I have een deeply inpressed by the fact that nearly all the recorded speeches by he most celebrated doctors on the west of the Atlantic, together with many of the reports from the local associations dealing with the subject

SALLOW FACES Often Caused by Tea and Coffee Drinking.

How many persons realize that te and coffee so disturb digestion that hey produce a muddy, yellow com

roven a means, in thousands of cases f clearing up a bad complexion. A Washn, young lady tells her expe-

"All of us-father mother, sister and brother-had used tea and coffee for many years until finally we all had stomach troubles more or less.

"We all were sallow and trouble with pimples, breath bad, disagreeable taste in the mouth, and all of us simply so many bundles of nerves. "We didn't realize that tea and offee caused the trouble until one day we ran out of coffee and went to borrow ome from a neighbor. She

"Although we started to make it. we all felt sure we would be sick if we missed our strong coffee, but we tried Postum and were surprised to find i lelicious.

gave us ome Postum and told us to

"We read the statements on the okg., got more and in a month and a half you wouldn't have known us. We all were able to digest our food without any trouble, each one's skin became clear, tongues cleaned off, and nerves in fine condition. We never use anything now but Postum. There is nothing like it." Name given by anadian Postum Co. Windsor Ont.

Wellville," in pkgs. Ever read the above letter? A new

What Does the on Public Health. Governor Think?

TILTING, July 23. The man we are proud to honour visited us on Saturday. He arrived just before the burial of an old and respected lady, and the outward demonstrations of our appreciation were deferred until the evening when the harbor belched forth volleys of musketry equal to cannon to show that hearts at Tilting were true towards our leader and the great friend of the sons of toil in this country of Long will we remember the visit. The President is not a jinker, for our best day's real trapping this year came with him, and many of us were very busy. He remained and held a meeting Saturday night. Every Union man in Tilting gave up their work to listen to the man who has accomplished so much benefit for us during the last three years. His speech ended at midnight, he having spoken over two and a half hours. The speaker received an ovation as he arose to speak that shook the parish hall. He was continually applauded and as he sat down the audience showed their approval by rounds of applause and cheers. Tilting intends o do its part when voting day comes. We are solid Union men determined to nark our ballots to transfer real poli ical power from "get rich quick" politicians to the shoulders of the eoples own selected candidates: 'oaker will be supported and Union nen we intend to remain. The Presilent visited the union store which is eing erected and which we hope to omplete the coming fall. Guns fired t Joe Batt's Arm and Barrd Islands n Friday and Saturday morning as he President left were heard here. The district is stirred up and the nion fire is brighter than we ever hought it could be by the President's visit, long may he remain to uphold our cause. Long may the F. P. U. rule ur Island and defend the right of the ons of toil. The President left for

> (Signed) PATRICK GREENE, Chairman DANIEL FOLEY, Secretary.

onfirm the well known statement of

alf of Tilting Council.

'cakerville in his motor, accompanied

y several friends who accompanied

nim to Joe Batt's Arm. Now wha

lo the Chronicle, Plaindealer, Guard-

an, Star and the Governor think of

or. Newaheline and the other leaders n the fight with this monster disase in the Old Country, in fact hink I am not going too far if I say hat all the prominent leaders in the west of the world, and all the leading nedical practitioners in Newfoundand, believe that in order rapidly to ecrease the amount of suffering and he number of deaths from Tuberculsis in Newfoundland, two things are nost necessary. These are: (1.) A aw to stop spifting in public places fow long will men allow the lives of hemselves, their wives and above all heir small children to be endangered y careless dirty persons indulging in his dangerous habit? (2.) The isolation of advanced cases who by their abits or conditions are a public daner, in that they are scattering the eeds of disease and death amongst Il those about them. Persons with inallpox, Cholera, or The Plague, are ept in isolation, by force if necessary. Vhy should not those with Tuberculsis, which causes far more suffering nd death than Smallpox, Cholera and 'he Plague all put together. (This' f course does not apply to those villing and able to take the necessary recautions, for it cannot be too deep y impresed that clean and careful onsumptives are no danger to the community.) Sir, I have been deeply mpressed by the unanimity with vhich the foregoing opinions are held v all authorities on the subject that know of. I therefore feel that the only ourse for me to take is to lay them before the public through your valuthle columns. Finally: The above nentioned report focuses the attention of readers on the concensus of opinion xpressed by so many eminent authorities on the vital necessity for:-Efficient inspection of food stuffs, particularly milk and mea (2.) Especial attention to children It shows that Tuberculosis is very frequently acquired in childhood, but does not develop until later years. Owing to the great recuperative powers of childhood very much may be done to counteract this evil by:-(a) Medical inspection of school children. (b) PREVENTORIA and open air schools. Attention is also directed to the unusual arguments against the erection of Sanatoria in any neighborhood by local residents As this is likely to occur very shortly in Newfoundland it may be well to explain this more fully. The usual arguments advanced by local residents "There's a reason," and it is ex- arginst the erection of sanatoria in plained in the little book, "The Road their neighborhoods are: - (1,) Danger to the community. (2.) Injury to business. (3.) Depreciation of surone appears from time to time. They rounding property. The report claims

no place in which fewer persons contract Tuberculosis than in a properly run sanatorium. (2.) That local business is increased. (3.) That surrounding property goes up in value. Dr. Newsholme, who is probably the greatest living authority on these matters, holds the same views. The

above mentioned report published by Messrs. James Hope & Sons. Ottawa is full of interest and information, and anyone who is interested in this allimportant subject could not do better than obtain a copy and carefully study the contents. With apologies, Mr. Editor, for taking up so much of your

Yours sincerely A. W. WAKEFIELD. Kendal, 28 June, 1912.

"Taking His Losses!"

THE VALUE OF EVERY BUYING DOLLAR IS DOUBLED NOW AND EVERY SELLING DOLLAR IS CUT IN HALF.

BY J. R. HAMILTON.

These are the days when every merhant is "taking his losses." That is why they also should be the days when you are making your gains. Baron Rothschild said that he ounded his fortunes by buying cheap and selling dear. This is just as much he road to wealth for every home a We don't seem to realize that things

must be sold cheap at times and will e sold dear at other times. You can't lock at the advertising in his paper to-day without finding double money's worth in almost

everything you are accustomed to need right now. But you are going to need it later; so why not buy When every store is unloading.

it time for you toload up. A dollar in a saving bank will only earn three cents if it works a year. But a dollar put into the right kind of merchandise in July and August can easily earn fifty cents in a single

If you are going to need furniture he People's Union and their universal r rugs or a piano in the fall now is pproval of their leader's actions. Will the time to purchase-not two months hey yet attempt to be blind? On be-

What if you don't need shoes lothes or underwear this week? I ou can get five dollar shoes for three or four dolars by buying this week f you can cut a third off the price of your clothes or underwear; if yo can bring down the cost of you ouse needs twenty-five per cent there isn't any bank or investment in the world can equal that.

Every store and every factory learing its stock at this season of th ear. They are all selling cheap b cause they must all make ready fo the coming fall.

And when they are compelled ell chean then is the time above al thers when you are able cheap.

This paper now is filled full of learance sale advertising. Ever page is a money-making page for you ook over every advertisement large and small. Figure out not only wha on need right now, but what you ar roing to need and in that way double he buying of your pocket-book.

Fire Alarm.

ire was turned in from box 38 in Brazil Square bringing the Central and Western firemen to the residence of Mr. T. J. Malone, grocer, of Gowe Street. Mr. Malone's little bo lames, who was about going to bed i he top of the house, a three story ouilding, procured some matches and ignited the window curtains. Const. Humber saw the blaze from the afreet ran up stairs in the house tore lown the blinds and quenched the fire with a few buckets of water t was well for the child that the fire was discovered so quickly. Little damige was done.

How Nerve Cells Are Broken Down

Every man or woman who works with the brain uses up daily an enormous amount of nerve force. Millions of tiny nerve cells are broken down and must be replaced if mental and bodily efficiency is to be maintained. If brain fag, headaches, sleeplessness or irritability set in, the evidence is plain that nature is not rebuilding as fast, as work is breaking down. as fast as work is breaking down.
You cannot allow this depleting process to continue long if nervous prostration or paralysis is to be warded

Dr. Chase's Nerve Food will help you to get the balance on the other side of the account, so that each day will add a little to your stock of health and vitality. A man whose work is largely mechanical may keep going with health below par, but the brain worker must have a clear head or fall behind in the race. Restore the wasted nerve cells with Dr. Chase's Nerve Food and know the joys of good health and success.

Dr. Chase's Nerve Food, 50c a box, 6 for \$2.50, at all dealers or Edmanson, Bates & Co., Limited, Toronto. these assertions, in fact all available son, Bates & Co., Limited, Toronto.

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PAST TIMES OF THE PLAINS.

typically Western subject. Rancheros-Cowboys-Mexicans-Lariat-throwing, Buckirg Bronchos, Lassooing, etc.

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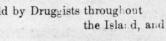
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