

"VICTORY" FLOUR--THE HIGHEST GRADE MILLED

Health Lectures

Questions Answered by Miss Hall

(Q.) Which exercises should be taken each day?
 (A.) Constitutional exercises, i.e. exercises for breathing, liver, kidney, stomach and bowels. In addition to these other exercises should be added as needed but these should be taken each day.

(Q.) How long should one exercise be each day?
 (A.) It depends entirely upon the case. Often one hour a day may be taken at first, divided into half or quarter hour periods. Then from five to ten minutes a day should keep one in good condition.

(Q.) Do you recommend cold tub baths?
 (A.) Not for all individuals. Very few people can react after a cold tub bath. It is better to begin by taking cold hand baths.

(Q.) How much salt should be put in glass of water in taking stomach exercises?
 (A.) One teaspoonful only, taken for three mornings only.

(Q.) Which exercises will reduce abdomen?
 (A.) 1. Endeavor to touch floor while standing without bending knees. 2. Also lie on floor, and keeping knees rigid raise right leg and then left. 3. Lie on floor and endeavor to sit up and touch toes.

(Q.) What does a coated tongue and bad breath indicate?
 (A.) Some intestinal disturbance. Probably auto intoxication.

(Q.) What exercises can one take to get tall?
 (A.) None probably after a person is fully grown.

Obituary

GEORGE A. MOULAND

Yesterday we received the sad intelligence by telegram from Dotting Cove that Mr. George A. Mouland had died there that morning. The news came as a shock to the many friends of the deceased in the city, for he was in the prime of life and up to quite recently was actively engaged in the prosecution of the fishery.

George A. Mouland was a most successful fisherman planter of Dotting Cove, a loyal member of F. P. Union, and his council advice and encouragement will be sadly missed by his local council. Those who were intimately acquainted with him, speak of him in the highest terms, as a loyal citizen, honest, industrious, energetic and always ready to give his time and money to relieve distress or further any cause for the uplift of the people of his native place or country. He leaves a wife and several children to mourn his loss, to whom *The Mail and Advocate* extends sincerest sympathy in their hour of trial.

Mr. Thos. Newham.

The death occurred yesterday at the General Hospital of a highly-respected citizen in the person of Mr. Thos. Newham, conductor and railway engineer. The deceased, who in his 82nd year, was a native of Motherwell, Scotland, and from his youth was a railroad man. He was engineer on the Caledonian Railway, Scotland for many years, and after coming here 23 years ago, was a conductor on the Placentia line and for a few years guard at the railway station here. Deceased was a brother-in-law of Mr. P. D. Park, Grand Falls. The funeral takes place at 3 p.m. tomorrow from the residence of Mr. J. E. Taylor, Springdale Street.

Little Girl Breaks Leg

A little girl named Annie Lewis, of Pennywell Road, at 7 p.m. yesterday as Mr. A. O'Neill was driving along that street, jumped on the back of the carriage to steal a ride. She caught the back of the hood with her hands and in springing in her feet to the ground she fell. One of the spokes of the spokes of one of the rapidly revolving wheels and her left leg was broken between the ankle and knee. Mr. O'Neill never saw the little girl nor did he know what was happening till he heard the little one's screams and instantly checked his horse. The child was driven home by him and Dr. Roberts and Burden, who were summoned, adjusted the badly fractured limb, no blame can be attributed to the driver.

ADVERTISE IN THE MAIL AND ADVOCATE

Church Services

Cathedral of St. John the Baptist—Holy Communion at 8 a.m.; also on the first Sunday of the month at 7 and 12.15. Other services at 11 a.m. and 6.30 p.m.

C. of E. Sunday Schools—The Sunday School children of the Cathedral St. Thomas's, and St. Mary's Parishes will assemble in the Cathedral to-morrow (Sunday) afternoon at three o'clock, when the annual united service will be held.

St. Michael's Mission Church, Casey Street—Holy Communion at 8 and 11 on the 3rd Sunday of the month, and at 8 on other Sundays. Other Services, 11 a.m. and 6.30 p.m.

St. Thomas's—Holy Communion, 8 a.m.; Morning Prayer and Sermon, 11. Preacher, The Rector, subject: "A well of water and a fountain of life." Children's Service at 3.45, conducted by the Rector. Evensong and Sermon 6.30. Preacher, Rev. A. Clayton.

Christ Church, Quidi Vidi—Holy Communion on the Second Sunday alternate months at 8 a.m. Evening Prayer on the third Sunday in each month at 7 p.m. Every other Sunday at 3.30 p.m.

Virginia School Chapel—Evening Prayer every Sunday at 3.30 p.m.

Parish of St. Mary the Virgin, St. John's, West—Hours of Service in Parish Church.

Sundays—Holy Communion every Sunday at 8 a.m.; also on the first and third Sundays in each month at noon.

Wednesdays—Holy Communion, and Intercessions on behalf of the War at 10.30 a.m.

Fridays—Evensong and Intercessions on behalf of the War at 7.30 p.m. Holy Baptism—Every Sunday at 3.30 p.m.

Public Catechizing—The third Sunday in each month at 3 p.m. Churching of Women—Before any Service.

Sunday School—At 2.30 p.m. in the Parish Hall.

Young Women's Bible Class—Every Sunday at 2.45 p.m. in the Parish Room.

Brookfield School Chapel—Evensong—Every Sunday at 3 p.m. Sunday School—Every Sunday at 4 p.m.

St. Matthew's Church, the Goules, Evensong—Every Sunday at 3 p.m. Asylum for the Poor Holy Communion—The first Sunday in each month at 9 a.m. Matins—Every Sunday at 9 a.m.

METHODIST

Gower St.—11 and 6.30. Rev. D. B. Hemmeon.

George St.—11 and 6.30. Rev. N. M. Guy.

Cochrane St.—11 and 6.30. Rev. C. A. Whitmarsh.

Wesley—11 and 6.30. Rev. H. Royce.

Presbyterian—11 and 6.30. Rev. J. S. Sutherland.

Congregational—11 and 6.30. Rev. W. H. Thomas.

GEORGE ST.—On to-morrow, Sunday, the pastor will occupy the pulpit at both the morning and evening services. The subject of the discourse in the morning will be "The Advantage of a Disadvantage," and in the evening, "The Supreme Question and its only answer." It is hoped there will be a large attendance of Sunday School scholars, particularly at the morning service.

WESLEY—On Sunday evening the subject will be: "Immeasurable: Unfathomable." Friends, visitors and strangers are heartily invited to attend. Non-churchgoers especially welcomed.

WESLEY—It is Rally Day for the Wesley Sunday School to-morrow afternoon, and the Public Service at 2.30 will be especially interesting, because Mrs. Howland, the representative of the World's W.C.T.U., will be the chief speaker. Other Temperance advocates will be those to address the meeting. Inspiring hymns have been prepared by the scholars, and all going will need to be early to get a seat.

THE KIRK—Mr. MacKenzie, the great Scottish Baritone, will sing the Holy City at the Kirk to-morrow morning. Miss Strang will be the soloist at night.

No. 2 storm signal was ordered up to-day. This indicates a gale of westerly wind.

READ THE MAIL AND ADVOCATE.

The Civic Commission

Chairman Gosling presided at last night's meeting of the Civic Commission.

Mr. W. J. Ellis wrote particulars as to breaking of plate glass by Civic employees. Referred to Solicitor.

J. Armstrong who erected a house on Battery Road without authority and in ignorance of the law and who was in court some time ago for the same, asked the Board to reconsider their determination to remove him. The Court having decided the matter, the Commission cannot do anything in the premises.

Messrs. A. Findlater and C. Duder who complained that a projected erection on Ordnance Street would spoil its appearance and constitute a danger by shutting out a view of the street cars to people, were referred to the builder with whom the Engineer will also consult.

The Nid. Clothing Co. and others wrote that they agreed to pay \$1.00 per foot for a Tarrja pavement, and asked that it be done quickly.

Mrs. M. Lacey, Sebastian Street, whose husband, a city employee, has been ill for four weeks, asked for financial help for herself and family of ten, until her husband can resume work. Referred to Sanitary Committee.

As there is neither sewerage nor water on Warrberry Street W. Morris cannot get permission to build there.

G. W. Morris' application to lay concrete opposite his residence, Field Street, was referred to the Engineer.

Mr. W. A. McKay will have to submit plans as to his request to build a smelter on the Reid Nid. Co's property.

A. H. Murray & Co's plans for alterations to wharf and erection of a coal tramway, were passed, subject to approval of Engineer.

W. Strong's complaint as to a dump on the South Side Road was referred to Sanitary Supervisor.

Mrs. McRae got permission to repair house on New Gower Street.

J. Warding can erect coopeage on Coronation Street.

J. Johnson's plans for two houses on Coronation street were approved. Plans for G. Bishop's proposed erection on Brazil's Square were passed, subject to Engineer.

W. Horwood can build on the South Side if he connects with the sewer.

Tailors Union Dance

The committee in charge of the Tailors' Union Dance, to be held in the new C.C.C. Hall on Tuesday night next, have all arrangements pretty well completed and everything points to a great success. The T. A. Band, it is said, will render some splendid new dance music, which they have been practicing the past four or five weeks. As for the new hall, it is all that could be desired. A committee of fifteen lady friends of the Union will have charge of the supper arrangements, so that entire satisfaction in this way is assured; and all free after you buy your ticket.

Progressive Business Men

If you want to be absolutely sure of dry feet this winter, be certain that you get BEAR BRAND Rubbers.

In St. John's they will be on sale in the stores of:
 Anderson, John.
 Devine, J. M.
 Gobbie, W. R.
 Monroe & Co. (St. John's and Petty Harbor.)
 Nichol, Inkpen & Chafe, Ltd.
 Rodger, A. S.
 Scott, Alex.
 F. Smallwood.
 Smyth's (both stores.)
 Steer Bros.
 Whiteway, Jesse.

Look for the Bear. This on every pair.
CLEVELAND TRADING CO.
 New Martin Bldg.,
 St. John's, N.F.
 sep21,2iv,tf

The French brig "St. Louis," Capt. Lemessayer, arrived here from Cadiz this morning after a run of 42 days. She met much stormy weather and lost her mizzen topmast, but otherwise the voyage was without any particular incident.

LOCAL ITEMS

Venus Drawing pencils are perfect.—ap12,tf

At the Kirk to-morrow morning the famous Scotch singer, Ian MacKenzie, will sing the Holy City. In the evening the soloist will be Miss Strang.

Venus and Velvet pencils will give you satisfaction.—ap12,tf

Yesterday the Volunteers were drilled in the Armoury and were busy also making out their allotments. One name was added to the list of recruits Jos. Ryan, St. John's.

Wallace's Chocolates R most excellent.—ap12,tf

We hear that two Christian Brothers will arrive here by the Durango from Ireland. These gentlemen come to fill the vacancies in the teaching staff here, resulting from the transfer of Rev. Brothers Ryan and Murphy to British Columbia.

Velvet pencils for commercial use.—ap12,tf

Last week the civic collections for taxes amounted to \$2509. 71. For the corresponding week of last year the collections were \$18,641.19 which is a great decrease. In coal duties alone there is a shortage as compared with last year of over \$14,000.

Don't forget to ask your grocer about LaFrance & Satina Tablets.—ap12,tf

This forenoon the men working at the new Tarrja section recently put down on Duckworth Street, were putting the last coating of the material on this highway. The depth of the new composition is nine inches and the work will be finished by Monday or Tuesday next.

Elastic Cement Roofing Paint will save you dollars and trouble.—ap14,co

Boys using pea blowers of late are becoming a nuisance on the streets, especially on our principal thoroughfare. The peas are blown with great force sometimes and ladies have been repeatedly hit in the face as they pass along. The police should make an example of some of these thoughtless urchins.

U can get Elastic Cement Roofing Paint in 1, 2, 5 and 10 gallon tins from your dealer.—ap14,co

Recent arrivals from Bay of Islands say that all the people there are busy getting ready for the herding fishery. It will be prosecuted with greater energy than ever before, this fall and winter, and quite a number of new motor boats have been built to engage in it. Coopers are busy putting up barrels for those engaged in the Scotch cure.

Ask your dealer for Wallace's Souvenir box chocolates. Three pictures of 1st Nid. Contingent on cover—quality "Most excellent."—ap12,tf

The C.C.C. Battalion, about 300 strong, under Lieut.-Col. Conroy and Capt. Doyle had a route march last night, headed by their bugle and drum corps. The boys marched to Mount Cashel and round Kent's Pond and had a good tramp. They parade to last Mass at the Cathedral to-morrow and will likely be inspected by His Grace Archbishop Roche in the Cathedral grounds.

Everybody's doin' it now. What? Selling Elastic Cement Paint. Your dealer sells it in 1, 2, 5 and 10 gallon tins, also in barrels.—ap14,co

Letters received yesterday from some of our boys, say that before the Nid. Regiment left England for the Dardanelles a number of more proficient of those in "F" Co. the last to leave here were transferred to "E" Co., so that these boys are with the rest of their brave compatriots facing the Turks, and we feel assured will uphold the honour of old Terra Nova.

John Armstrong Of the Battery Appeals to Gosling

Dear Sir.—On the 16th inst. I was summoned before the Court on a charge of constructing a building contrary to the rules and regulations by the Municipal Act made and provided.

The place where the building was constructed is in that section of the city known as the battery. Nearly all the buildings there were built without conforming to the city rules and regulations and without the permission of the Council. When erecting the building I had no idea whatever that I had first to obtain the permission of the Council or that I had to conform to any rules or regulations; if I had, I would certainly have sought your permission in the first instance. In support of my contention in this particular I beg to point out that only in very rare cases has the Council exercised any control, so far as street repairing or supervision is concerned, or in any manner of building operations in that part of the city. Hence my plea that I was unaware of any building regulations. What I now desire to bring under your notice is the fact that the fall season is now upon us with its tempests, and storms and inclement weather. I cannot get a house in another section to live in. There is the difficulty for me. I have a wife and family and three children, one of them in delicate health, and surely common decency will stay the hand of the Board from throwing me and my wife and three children into the street and upon the cold mercies of the outside world. I know that in days gone by Irish landlords razed to the ground the cottages of Irish peasants, and threw them upon the road side, because they could not buy their body and soul. As the poet says:

The earth was not made for its people, that cry has been hounded down as a social crime. The meaning of life is to barter and buy; and the strongest and strongest and shrewdest are masters of time.

God made the million to serve the few and their question of right are vain conceits. To have one seek home that is safe and true, ten garrets must reek in the darkened streets.

If the order of the Court is carried out, apparently we have Irish landlords in another and not less atrocious form introduced into this ancient colony of Newfoundland. Now, would you, Mr. Gosling, like to have your darling wife and children flung out into the street at the order of a body of such men? Surely, the Council is not going to introduce such a barbarous system here, a system which is not fit for animals, let alone human being.

I would most respectfully ask the members of the Council to place themselves in my position, because after all it is only after you place yourself in your brother's position, and all of us, black and white are brothers, that you can appreciate at its proper worth what some of our brothers are up against. I have tried to get a house. I cannot get one. I have a wife and young children, one in a delicate state of health; if you carry out this inhuman order, suffering and misery will ensue, and possibly the death of the one who is ill. Are you prepared in this supposed enlightened 20th century to inaugurate in our fair city a policy of cruelty and oppression that is only paralleled by the ferocious Huns in their treatment of the Belgian citizens.

You rich men that sit round the Council Board have a duty to perform towards your poorer brothers, for we are all brothers. Always strive to remember that, gentlemen, remember always that little couplet which Wycliff and John Ball used to such advantage: "When Adam delved and Eve did spin, who was then a gentleman?" I am tempted, gentlemen, to bring to your notice a few choice gems of one of Ireland's noblest poets. I refer to the immortal "Goldsmith," and as a citizen of this city I would ask each and everyone of you to take them to heart:

This wealth is but a name,
 That leaves our useful products still the same.
 Not so the loss. The man of wealth and pride
 Takes up a space that many poor supplied.
 Space for his lakes, his parks ex-

SHIPPING

The Helen Steward to load codfish yesterday at Barr's for Brazil.

The schr. Jean is loading codfish at the Smith Co's premises and will sail for Brazil next week.

The schr. Success, Capt. Churchill, which is now loading fish at Job Bros. & Co's should get away to Brazil next week.

The schr. Gay Gordon entered at Grand Bank yesterday and will be loaded there by Harvey & Co. for Oporo.

The banker Nita M. Hollett which lost one of her crew named Knight, off Grey Islands and put back here, abandoned the attempt to get to Labrador, and with 70,000 squid on board has gone on the Grand Banks to fish there.

The Stephano left here for Halifax and New York at 3 p.m. to-day taking a large freight, mostly fish, and 20 saloon and 45 steerage passengers.

tended bounds.
 Space for his horses equipage and hounds.

The robe that wraps his limbs in silk-en cloth.
 Had robbed the neighbouring fields of half their growth.
 His seat where solitary sports are green.
 Indignant spurns the cottage from the green.

If you intend to proceed with this matter, and emulate the infamous Irish landlord Clanvicar who drove his tenantry across the Atlantic then the sooner the public know of it the better for all concerned.

I trust that this cruel order will not be carried out and that humane motives will actuate you in your dealings with me. Temper justice with mercy for the "quality of mercy is twice blessed, it blesseth him that gives and him that takes. 'Tis mightiest." I hope and pray that your decision will be that myself and family will at least be permitted to remain in the place that to me serves as a temporary shelter from the inclement weather, but which to you would not be a suitable table for your horse. But the poor have no choice, the smallest hands hold the most, the largest the least.

On behalf of my wife and family I ask you to permit us to live in this place until at least the spring season of the year, or until such time as I can procure a house to live in.

I have the honour to be
 Sir
 Your obedient servant,
 JOHN ARMSTRONG,
 W. C. Gosling, Esq.,
 Chairman,
 Board of Commissioners,
 City.

LOST—On last Thursday evening between the Cross Roads and Post Office, Water Street, a GENTS' SILVER WATCH, Appleton-Tracey Movement. Finder leave at "Mail and Advocate" office and get reward.—sep25,li

In Days Gone By

SEPTEMBER 25th.

Nomination day for first general election; polling day began the same day, 1832.

Siege of Paris commenced, 1870. Fire Brigade absorbed into constabulary under late I. G. McCowan, 1895.

Re-opening of St. Patrick's Hall (rebuilt after '92 fire) by a grand ball, 1894.

Excavations commenced at dock for foundation of new erection of power station, 1899.

Forty reserve firemen got their badge to-day 1895.

Opening concert, Methodist Hall, 1895.

SEPTEMBER 26th.

Lucknow relieved, 1857.

Water pipes first reached town, 1861.

Sergeant Jas. Quinn died suddenly in Central Fire Hall, 1899.

Two brothers, Edward and Peter Fleming (of Torbay) who had been adrift in a dory for 12 days were picked up and landed in Canada, 1888.

OUR THEATRES

ROSSLEY'S EAST END.

On Monday next the illustrious Sarah Bernhardt, the greatest actress the world has ever seen, will appear in an elaborate motion picture production, Dumas' emotional drama, "Camille". There has never been a more interesting figure on the world's stage than the "Divine Sarah," as her compatriots call her and in her old age, 71 years, she commands the love and respect of the world more than ever. Who has not heard of her bravery in recently undergoing a very serious operation and is now preparing for a world-wide tour. Mr. Rossley has procured this wonderful film at enormous expense and it will afford the people of St. John's a unique opportunity of seeing this distinguished woman in one of her best characters.

The contest was a great success and gives great promise of again being the weekly event in St. John's. The first prize was won by Chesley Samuelson. Ian MacKenzie, Rix Guerin and William Wallace continue to delight their audience with a musical menu that is a genuine treat to all lovers of good music.

TAILORS AT HOME, Tuesday night next, New C.C.C. Hall. Double tickets, \$1.20; Single, 80c.; Single Lady, 50c. Dancing 8.30. Tea 11.30. T. A. Brass Band.—sep25,2i

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To intending purchasers in the City and Outports we have on hand a full line of all
NEW GOODS
 direct from the Factories and selling at our usual
Low Prices.
 Hand and Foot Sewing Machines, Bedsteads, Spring and Flock Mattresses, Washing Machines, Wringers, Table Cutlery, Brooms, Stoves, Scrub and Shoe Brushes, Paints and Oils, Varnishes and Brushes, Builders' Supplies, Locks, Hinges, Felt, Nails, Glass, Tools of all descriptions, Axes, Enamelware, Oval and Round Boilers, Kettles, Chimneys, Lamps, Lanterns, Powder and Shot, Guns and Rifles, etc.
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