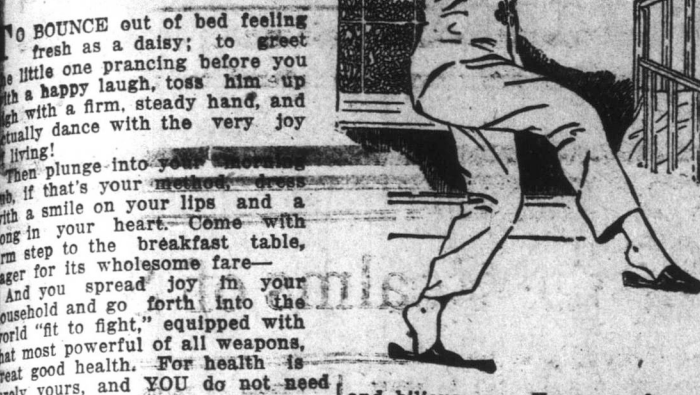


Do You Get Up in Morning Feeling Fit as a Fiddle?

Success in Life Often Times Depends Upon Starting the Day Right



No bounce out of bed feeling fresh as a daisy; to greet little one prancing before you with a happy laugh, to rise up with a firm steady hand, and to dance with the very joy of life!

When you plunge into your day, if there is a smile on your lips and a light in your heart. Come with you step to the breakfast table, and you spread joy in your household and go forth into the world "fit to fight," equipped with the most powerful of all weapons, good health. For health is your years, and YOU do not need it.

But how different if you arise unrefreshed, aching in every fiber, uninvigorated by the healthy laughter of your household. The long day ahead seems to you an eternity, you are filled with misery, and you have to summon all your will-power and what little energy remains to you to drag yourself up, dress and go to work, and you are discouraged without appetite, at your breakfast table. Gloom enshrouds you and you feel depressed, "pall about" your whole family circle, and you go out into the battle of life already hopelessly beaten. YOU need Tania!

And oh! how many thousands exist in this wretched state! Far wide the wall is heard from those who crawl out of bed with the greatest effort and wonder if there is anything that can bring the health they will make them feel "fit as a fiddle" in the morning. They need Tania!

What is the matter? Why are they tired out in the morning? The answer is simply that their systems are clogged and their blood is poisoned. The most powerful substances that have been stored up because the digestive and eliminative organs have not performed their proper functions. And the reason for all this is that too much richly eaten food has been piled into the stomach.

When you feel yourself getting up, unrefreshed and exhausted, look for the symptoms of stomach trouble, such as "dizziness," "nausea," bad taste in the mouth

SIDE TALKS.

By Ruth Cameron.

RAISING THE SPEED LIMIT

In one of the largest states in the United States a law was passed last year raising the speed limit at which automobiles can travel. Terrible isn't it?

Where are we going to end? The pedestrian will have no rights in the streets at all if this keeps on. We shall surely have to have underground tubes for him in the cities and leave the streets to the automobiles.

"Doubtless, you are shuddering at the thought of the number of deaths that this law's raising the speed limit will cause."

Too Many Laws.

Too many laws and too strict laws always defeat their own end. A group of clergymen, met for civic reform, tried this interesting experiment. They read over all the city ordinances to see what they were and if they were keeping them. There was not one who did not break some of those ordinances!

There are few communities that would not be better off with half or a quarter as many laws really enforced and respected.

For Better Children.

And there are many homes where the same thing is true. Better let Johnny's bedtime be 8.30 and see that he goes, than have it theoretically 8, and actually somewhere between quarter past eight and quarter of nine (the peace of that half hour being punctuated at regular intervals by "Johnny, go to bed." "Just a minute, Ma. I want to finish this chapter." "Johnny, you must go to bed." "Yes, Ma, I'm going." "Johnny, if you don't go to bed—")

Fewer prohibitions and commands and stricter enforcement of those few, reasonable requirements complied with as a matter of course, will make for peace, harmony, efficiency and better disciplined children.

Garden Party and Regatta Workers!

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The Fisheries of Newfoundland.

Editor Evening Telegram

Dear Sir—In welcoming our distinguished countryman Lord Morris, and his son the Hon. Michael Morris back to their native land, I will give to Caesar, etc., by first stating that I did not at all times see eye to eye with him politically, but as a Newfoundland, thank God, I am not made up of the type that is prevalent amongst us, jealous of one another's uprise, which unfortunately is to be found in the majority of Newfoundlanders in their native land (and foreign lands there are none more loyal). I am sorry to state that through illness caused by hardships endured in making an effort to modernize our fisheries I was unable to welcome, in person, Lord Morris and his son back to their native land. How ungrateful are those countrymen of mine, many of whom, had Lord Morris been a native of South Africa, or the far away Indies, etc., they would have done some neck-breaking in trying to outdo one another to welcome Lord Morris from India, Africa, etc., and the result would be additional emergency cases to our Sanitarium and Hospitals. I do not for a moment insinuate that Lord Morris is doing any worrying, oh no, he knows his countrymen too well to worry; but they are worrying to see him, the first Newfoundland to be given so great an honor by the Motherland, a peer of the Realm, a Member of the House of Lords in the History of Newfoundland, the oldest British colony, and now a Dominion of the British Empire. Is there one per cent. of us that would refuse such an honor? I say no; it would be easier to find a diamond in the sands of Quidi Vidi Lake.

And as to our fisheries, the main stay of the Dominion, Lord Morris' equal is hard to be found in writing up the fisheries and demonstrating to the world the great possibilities to the investor and the consumer of Newfoundland's greatest mine in the world (the great mine of the sea—food for the human race). That our fisheries with modernized methods and the re-planting of the various fishes wasted, and the by-products of our fish now thrown away, would mean millions of dollars annually to our native land, and that we to-day should be able to maintain a population of at least a million. Norway's fisheries equal 85 per cent of her total revenue from two and three quarter millions of people, or close on a million (852,500) of a population, and Newfoundland's fisheries are by far superior to Norway's, and Lord Morris can see as I do, as have we not the continents of North and South America at our door, and our Codfish, Herring, Salmon, and Caplin, the best in the world—Modernized ideas as to our fisheries, will stop emigration from our native land, and will bring hundreds of thousands of emigrants to Newfoundland and our countrymen and women back to their homeland, and then you need not worry about our railways, main and branch lines, when operated with economy, which I will refer to in another article.

Had Lord Morris remained in his native land I would have succeeded in my great undertaking to revolutionize and modernize the fisheries of our native land, as when Prime Minister in January, 1918, he gave me an interview of well over an hour's duration. He then strongly endorsed my ideas as to the modernizing of our fisheries, and he repeated the same since, in wishing me success from the Motherland, but he believed that he

YACHT "PAWNEE."

SPECIAL NOTICE.

On Friday, July 14th (ONLY) the Pawnee will leave Portugal Cove at 6.30 p.m., instead of 5.30 p.m., and will call at Conception Harbor in addition to Bell Island, Carbonear and Harbor Grace.

SATURDAY REGULAR SCHEDULE.

Sunday (ONLY) the 11.00 a.m. excursion will be run—the Pawnee leaving Carbonear at 1.00 p.m., calling at Conception Harbor in addition to Harbor Grace and Bell Island. Steamer leaving Portugal Cove 5.30 p.m. as usual.

Further than the changes made for Friday and Sunday no change will be effected from the regular schedule.

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NOTICE!

Effective June 25th, there will be certain changes of schedule in train services on the Canadian National Railways.

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Animals and the Movie Picture.

When we started the Jack London film it was chiefly the performing animal of the stage, the circus, and the amusement park, that we had in mind. But things move fast these days. Of late the presence of animals in the movies has become a frequent sight, and it is not only where the things that are cruel are made to look so by manipulation of the camera, but where they are actually practiced. The film in particular of late has caused an almost universal protest from humane people. The Pathe Company put out a picture representing two Boy Scouts capturing a bob-cat. In the first place there was no sense in the cruelty exhibited, and, in the second place, the picture was selling under false pretenses, as an official



At Bedtime

When you feel you want a drink last thing at night take the best of all hot drinks—Bovril.

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Have you tried a spoonful of Bovril in hot milk before retiring?

Always have BOVRIL in the House

Increasing Ore Exports From Sweden.

STOCKHOLM—Europe has increased its consumption of Swedish iron ore, a fact taken here to indicate that European industries are on the mend. The biggest iron ore mining firm in Sweden, the Grangebergs Oxelösund Company has exported, through Narvick in 1922, 250,000 more tons of iron ore than during the same period of 1921. In May alone of this year Narvick cleared 800,000 tons of iron ore, breaking all previous records. The principal buyers of Swedish iron ore are England, Belgium, Germany, and the countries of Central Europe.

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