

Bad Diet Costs New York Millions Says Dr. Copeland

Much of Disease Treated in Various Hospitals Preventable, Declares Health Commissioner - Wants School Children Taught Food Values, So as to Avoid Malnutrition.

"We are putting a cart loaded with junk before a famished horse only to find that our topsy-turvy arrangement doesn't get anywhere," declares Dr. Royal S. Copeland, commissioner of health.

"I have taken the pains to compute the cost to the City of New York of the preventable disease brought about by food ignorance and malnutrition," he continues.

"Much of this disease is due, not to underfeeding, but to improper selection of food. In the bureau of hospitals, Department of Health, the city is spending \$450,000 a year for the care of tuberculosis patients.

"In the bureau of preventable diseases the city is spending another sum of \$300,000 a year in the control of tuberculosis.

"In the Department of Public Charities, at the Metropolitan Hospital, the city is spending \$800,000 a year on tuberculosis.

"Tuberculosis is due to a very great extent to malnutrition. It may be traced almost always to errors in which a lack of the right kind of food is most conspicuous.

"To these expenditures we must add \$200,000 as payments to charitable institutions outside of the city departments. Here, alone, in the repair of broken bodies, the city devotes annually nearly \$2,000,000 to the care of persons who could have avoided their misfortune had the lesson of food values been taught in early life.

"In addition to these vast sums spent every year, hundreds of thousands of dollars are spent in private institutions and millions of dollars are poured out by well-to-do victims of tuberculosis who seek aid and comfort in their own way.

"But tuberculosis is not the only disease arising from ignorance of food and the resulting loss of resistance which always follows malnutrition.

"The city, in a special way, has to deal with kidney and liver diseases, Bright's disease, anaemia, nervous diseases, sclerosis, diabetes, dysentery, ptomaine poisoning, cholera infantum, and many other complaints of children that originate in food ignorance.

"Every physician deals daily with patients suffering from nervous prostration, general debility, broken down vitality, headache, eye pains and other symptoms directly traceable to food folly.

"It is not only unfortunate, but actually tragic, that thousands of school girls patronize the pushcart, the delicatessen store, the candy store, and the soda fountain, filling their stomachs at lunch time with substances of little value from a nutritive standpoint, tickling their palates, and starving their blood and bones.

"Fancy cakes, sweets, pies, sundaes, and other non-nutritious nondescripts are not proper substitutes for real food. They dazzle the eyes, fill the stomach, and smother the appetite, but they make no provision for the normal demands of the human body.

"Until the people realize the importance of proper food, New York City and every other community will have to go on spending enormous sums in maintaining hospitals and institutions for the care of the victims of food ignorance, many of whom need never have been patients had they received proper education in the schools in the selection of the right kinds of food.

"The medical world now knows that the majority of ordinary physical ailments are due to willfulness or ignorance at the table. From the time he is first able to understand, the child should be taught the importance of selecting the right food. The reasons for such selection should be clearly explained in a manner that will appeal to the child mind.

"It will not do to scream at the child every few minutes, 'Don't eat this' and 'Don't eat that.' I find, in dealing with my own boy, that he is very keen to be a Boy Scout, and when I explain to him that whole wheat bread, for instance, is valuable in developing the muscles and the bones of his growing body, helping him to make good, healthy red blood, and that the proper use of milk, eggs, fresh vegetables and fruits will make him strong and vigorous and busy the day when he

day evening at the home of the latter's mother, Mrs. W. Conley, of Bethany.

Mrs. Alva Hagerman entertained visitors on Sunday evening.

WEST LAKE

April 6th, 1919.

Mrs. W. J. Wright is in Cressy this week with her niece, who is seriously ill.

Mrs. Frank Huff is ill and under the care of Dr. Caboon.

Mrs. Jean Williams and baby are in Toronto this week.

Mr. and Mrs. S. Masters have moved to Picton for the summer.

Mr. and Mrs. James Tubbs and family have moved to Oshawa.

The W.M.S. ladies met at the church on Thursday afternoon for their April meeting. Business consisted chiefly of election of officers for the coming year. Last year's president and vice president were again elected, namely, Miss Hattie Allen and Mrs. Stanley McConnell.

Mrs. Fred Haycock, who so ably filled the position of recording secretary last year was again elected. Other officers are treasurer, Mrs. F. S. Hyatt, corresponding secretary, Mrs. Lake. A short program was given consisting of readings and music and a solo by Mrs. King. A letter from Brandon was also read, acknowledging receipt of quilts, sofa pillow, etc. sent.

Miss Reta Wright is entertaining company from Picton this week.

Mr. and Mrs. D. Conger are spending a few days in Picton.

Mr. and Mrs. Shoebridge of Bloomfield were Sunday guests at the home of Roy Cooper.

MUST PUT HORSE BEFORE CART

"This is why I say the cart is before the horse, and just so long as we are content with this silly arrangement, just so long will we have a cart loaded up with junk and a famished horse in the rear of it.

"The physical standards of our nation are far below what they should be, in spite of the glowing flattery with which American health is constantly deluged. The sooner we begin to put the horse before the cart the sooner will we develop a healthy horse, because when we get sense enough to see the wisdom of this reasonable disposition of horse and cart we will have sense enough to dump the junk out of the cart and put solid substance in its place.

"One hundred thousand dollars spent in prophylaxis is worth \$100,000,000 spent in repair.

"Our educators, when they really get hold of this idea and all it means to the human race, will be just whenever they characterize themselves as educated. Until that time, with respect to the very fundamentals of education, they will remain as ignorant as the victims of their blindness and folly.

WEST HUNTINGDON

Miss Annie Sillis is visiting her cousin, Miss Kathleen Lannigan.

Mr. and Mrs. Morley Wright are leaving for the West on Tuesday.

Mr. Raymond Chambers of Stirling has been spending a couple of weeks with his cousin, Mr. James Chambers.

Mr. Archie Scott of Selby is visiting relatives here.

A gloom was cast over this community on learning of the death of Mrs. Willard McTaggart, daughter of Mr. and Mrs. G. Wallace. Our sympathy is extended to the bereaved ones.

Miss Jennie Adams spent Sunday at Mr. Howard Ashley's.

Mr. Morley Haggerty and Sand McCurdy spent the week-end in Concession.

A large number of friends and neighbors gathered at the home of Mr. Wm. Adams on Friday evening and presented William and family with a secretary and Mr. John Adams with an arm chair. Although they were completely taken by surprise they expressed their thanks. Mr. Adams and family are moving to Foxboro in the near future.

SALEM

April 7th, 1919.

Mr. and Mrs. Robert Gibson, of Halston spent Tuesday with their daughter, Mrs. Owen Roblin.

Mrs. Hattie Robinson spent Wednesday with Mrs. Ira Badgley, of Bethany.

Mrs. Tom Leslie and two children Norma and Alex spent Thursday with Mrs. Walker Snider.

Mrs. George Badgley spent Wednesday afternoon with Mrs. Alva Hagerman.

Miss Mabel Blakely spent Friday evening with Mrs. Frank Corrigan.

Mrs. Hattie Robinson called on Friday at the home of Walter Snider.

Mrs. R. Badgley of Melrose spent Thursday afternoon with her daughter, Mrs. Stillman Haight.

Mrs. Alva Hagerman took dinner on Tuesday with Mrs. Chas. McFarlane.

Mrs. Hattie Robinson had the misfortune to let the window fall on her finger, bruising it badly. We hope it will soon be all right again.

Mrs. Sarah Haight is spending a few days in Toronto.

Mrs. Frank Corrigan spent Tuesday at the home of Mrs. Fred Belcaneque, 5th Line.

Mr. Ross Cole and Mr. George Sillis spent Saturday evening in Belleville.

Mrs. O'Sullivan, of Lonsdale, spent Wednesday afternoon with her daughter, Mrs. Frank Corrigan.

Mr. Fred Robinson spent Thursday evening at the home of Albert Cook, 5th Line.

Mrs. Dan Hagerman is entertaining her sister for a few days.

Mrs. Chas. Cole of Bethany went to Toronto on Friday. We are very sorry to hear that Mr. Cole is not getting much better. We hope to see him back again soon.

Mr. and Mrs. Sam Sherman and family of the 3rd Line spent Sunday with Mr. and Mrs. Jas. Cole.

Mrs. Alva Hagerman spent Saturday evening with Mrs. W. Snider.

Mr. and Mrs. Fred Belcaneque, of 5th Line spent Sunday with Mr. and Mrs. Tom Leslie.

Mr. and Mrs. Robt. Miller of Bethany called at the home of Mr. James Cole on Sunday afternoon.

Mr. and Mrs. D. Ross spent Sunday

Missed \$1,005 in Sock

Niagara Falls, April 8.—Last week two little children playing in a vacant lot on the outskirts of the city came upon the body of an Italian, partly covered by bushes. He had been beaten to death and robbed, as his pockets were turned inside out. The murderers, however, overlooked \$1,005 he carried in his sock. A telegram found on him indicates that his name is Michele Bohanise, of Warren, Ohio. He was likely on his way from Montreal to Warren, Ohio, on account of his brother being ill.

Murder of Italian's Body Found by Children

A large number of friends and neighbors gathered at the home of Mr. Wm. Adams on Friday evening and presented William and family with a secretary and Mr. John Adams with an arm chair. Although they were completely taken by surprise they expressed their thanks. Mr. Adams and family are moving to Foxboro in the near future.

A New Attraction

Over in England every seaside resort is calculating on airplane touring trips as a side-show attraction. In Canada the aviation company which sells air jaunts and gives an insurance policy against accident ought to find business flourishing.

NO SUCH MISTAKE FOR HIM

The stingiest man was scoring the hired man for his extravagance in wanting to carry a lantern in going to call on his best girl.

"The idea!" he scoffed. "When I was courted I never carried no lantern; I went in the dark."

The hired man proceeded to fill the lantern.

"Yes," he said sadly "and look what you got."

Obituary

MAX E. DEVLIN

After a few days illness of influenza and pneumonia, Max E. Devlin, son of Mr. and Mrs. Mark Devlin, died at his home in Toronto last Thursday. He visited in Marmora about three weeks ago, going from here to Madoc and Smith's Falls, and a couple of days after returning to Toronto became seriously ill.

The late Max Devlin was born in Marmora about twenty-seven years ago and spent the early part of his life here. As a boy he was popular with all classes. About fifteen years ago the family moved out west. After war broke out he enlisted in Winnipeg in the mechanical transport and after going to England was transferred to the Imperial service.

With others he was sent to South Africa and in 1916 was ill for seven months with fever. He returned to Canada a short time ago and had apparently fully recovered from the effects of the fever. He leaves a widow.—Marmora Herald.

MRS. S. A. MOORE

On April 6th, the death occurred of Sarah Gilbert at Belleville General Hospital. The deceased lady was the widow of late S. A. Moore. Previous to her marriage to her late husband, she was married to Abel Henry Jones and resided in Sidney. Lately she lived at Grove street, Belleville, and during this time she was a member of Tabernacle Church. Mrs. Moore is the last of the Gilbert family. She is survived by five nephews.

WILLIAM HENRY DOXTATOR

There passed into rest on Sunday, March 9th, another Shannville resident, in the person of William Henry Doxtator.

Deceased was born in Tyendinaga seventy-one years ago. He lived on the farm until a few years ago, when he moved into the village where he resided at the time of his death. He was converted to God thirty-four years ago in a "Praying Band" service held by the Farmworth brothers. He lived a consistent Christian life and died in the faith. The last few years he suffered much from physical ailments, yet he bore his sufferings with Christian fortitude and marked patience, never complaining. Everything was done that could be done by loving hands for his comfort and to prolong his life, but his time had come and God took him.

When War Comes

HOW THE NATIONS SEVER THEIR DIPLOMATIC RELATIONS

The Formal Etiquette That Governs This Ceremony and the Issuance of Safe Conduct Papers Etc.

"The ambassador has been presented with his passports and has left the country."

Behind this curt formula, which indicates the departure of an ambassador from the country to which he is accredited on the rupture of diplomatic relations, lies a picturesque and significant proceeding with which few of the public can be conversant.

When a foreign country declares war it is usual for its representative, formally to present this declaration, the terms of which are received by wire from the foreign minister, under whose order he acts, and then to ask for his passport, or safe conduct papers, which are furnished him by the foreign office of the nation whose honor guest he has been. On the other hand, if the initiative is taken by the country to which he is accredited his passport is sent him by special messenger.

An ambassador is the personal representative of his sovereign, and the responsibility rests with the country among whose people he has been staying to, insure him a safe passage out of its boundaries.

If the ambassador has held his position long and is on terms of great cordiality with the foreign minister he generally calls to express his sorrow at the unfortunate turn of events and to take a friendly farewell; and occasions have been known when such leave-taking has been of the most painful character and associated with tears.

A diplomat is not generally considered an emotional character, but human nature will sometimes break through even the bounds of iron restraint, and on a delicate occasion, like an ambassador's recall, the final parting scene with a minister whom he has probably known both to love and admire, is of a most affecting description.

When an envoy completes his term of appointment in times of peace, it is customary for him to have a farewell audience of the monarch, when there is a delightful exchange of compliments, but this ceremony is dispensed with when his recall either means war or is a prelude to war.

He forfeits then all the official courtesies due to an ambassador, and the handing him of his passports and the insuring of his safe passage out of the country finish his connectio officially with the nation.

The time in which an ambassador is allowed to make his preparations for departure depends to some extent on his own convenience and the temper of the nation with which his own nation is at war. Twenty-four to forty-eight hours may be taken as the period which elapses between his recall and his departure, and his safety meanwhile is secured by precautions taken by the civil authorities. During this time papers of importance, which have not already been delivered into the hands of the government, are destroyed to prevent them miscarriage during the journey home, or because it is deemed more prudent that they should be

case. Mr. Gardner should see that the purifiers are looked after, that is, if he is the real manager of our gas works. Personally, I believe the gas works is a derelict but why let it drift, when, according to the engineer's report, by proper management, a tolerable gas can be obtained. It is a serious matter to delay and discuss too long about these matters, and the present condition does not seem hopeful. That there should be greater efficiency is without a doubt.

A. F. White,
Mem. A.S.M.E.

Fou Husband Frozen to Death

Port Perry Star.—Last Sunday morning Mrs. James Hayes found her husband lying outside the stable—dead and frozen. He had left the house on Saturday evening to visit a nearby neighbor. He did not return. Mrs. Hayes was somewhat uneasy when her husband did not come back and concluded that he had stayed at the neighbor's house all night.

Early Sunday morning the body was found, and evidently the old man had been dead for some time. Neighboring hands assisted the bereaved family, and the funeral took place on Monday afternoon.

"Jimmy" Hayes has been a noted character in this locality for many years; he and his wife and granddaughter living in a little cabin on the Centre Road, just a little north of the Seventh Concession in Reach Township.

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Belleville Boys At Home

Private A. J. Bolyea of 293 Pinnacle who signed up with the 69th Batt. in 1916 and has been serving with the 2nd Batt. in France.

Private A. J. Smith, of 2 West Bridge St. who has had a long service overseas.

Sapper J. W. Milne, 233 Charles St. who went over with the 8th Can. Div. and has been serving with the Divisional Signallers in France for two years.

Bomb. A. L. Alford, of 113 Church St. who went with the 33rd Battery in Dec. 1915 and has been serving with the 43rd Battery at the front.

Driver W. R. Service, of 5 Dafoe St. who signed up with the 34th Battery in Aug. 1914 and has been serving with the 33rd.

Private J. McCaw, of 377 1/2 Front St. who went over with the 155th Batt. and has been serving with the 2nd Batt.

Sniper Bernard, of 150 Irvine St. who went with the first Eastern Ont. Depot Batt. and served in the 6th C.E.T.

Gunner W. A. Hollicker, 38 Station St. who went over with the 71st Battery and has been serving in the heavy artillery.

DIED

MOORE.—In Belleville General Hospital, Saturday, April 5th, 1919, Sarah Gilbert, widow of the late S. A. Moore, aged 76 years.

Wrist Watches

A MODERN Wrist Watch for modern times—modern ideas—modern needs! A life-time service vested in its polite case—delicate in appearance, sturdy in deed. Not a perishable—living vibrant part of the social and business endeavour of this active 20th century. A trusted companion for men and women of appointment.

Prices \$7.50 to \$75.00.

Angus McFee

216 Front St.

Epworth League Held Fine Banquet

Enjoyable Function at West Belleville Methodist Church Last Night.

The command, "Eat, drink and be merry," was obeyed to the full when nearly one hundred members of Holloway Street Epworth League gathered last evening in the basement of the church for a banquet. During the last month an "Aeroplane Contest" has been in progress and resulted in the white side, which was defeated, entertaining the winners, whose colors were red. It was not difficult, as one sat at tables where there were good things aplenty, to obey the first two phases of the command; and as to being merry, that was not one whit harder for was not the winning side Jubilant and even the losers bore their defeat with smiles.

After the supper a program was presented by members of the league. The president, Mr. Everett Prindle, was seated on the platform beside Rev. J. N. Clarry. During the supper Messrs. Barragar, Smith and Sillis, who form a three-piece orchestra, delighted everyone with music.

A piano duet, by Misses Pearce and Farrell was the first number.

Mr. Jack Herby responded to the toast, "King and Country." He said in part, "we are all loyal citizens and welcome every opportunity to be of service to our country." He especially emphasized the necessity of team work in everything undertaken.

Mrs. Garnet Dobbs sang a couple of patriotic songs.

In speaking of "Our League" Mr. Austin Gay dwelt upon three stages, past, present and future. He said there was no reason why West Belleville Epworth League should not rank as one of the foremost. The record of its past achievements is inspiring; at present we are strong in numbers and we are hopeful of great things for the future.

A reading entitled, "Mrs. Smart Learns to Skate" was given by Miss Elsie Yerex which received a hearty encore.

As spokesman for the white side, Mr. Leonard Reid talked briefly on the topic "Cheerful Losers," while the winning side had as its champion Mr. Russell Woodley. He spoke at length on "How We Won" and discussed various phases of league work. The speaker, in concluding, expressed the appreciation of the side of which he was a member, for the good things provided by their opponents.

Between these addresses Miss Winnifred Pearce and Mr. W. Sillis sang.

Miss Evelyn Brown sang very sweetly "The Vales of Araby."

The president, Mr. Prindle, in a humorous view, responded to the toast, "The Ladies" after which Miss Rae Farrell read a cutting from "Anne's House of Dreams" and in response to an encore a humorous reading in Irish dialect was given by her.

The subject, "Our Returned Men" was capably dealt with by Mr. Charles Marvin. Mr. Marvin said, "You who were at home by your sacrifices helped to win the war as truly as we did who were 'over there'."

When called upon to speak Mr. Sillis said that he was always interested in young people's work. The evening closed with the National Anthem.

Laid to Rest

The funeral of the late Mrs. S. A. Moore took place this morning from 180 Meira Street West, Rev. S. C. Moore officiating. The obsequies were largely attended by friends of the deceased lady. The bearers were Messrs. B. Caldwell, T. Willis, J. F. Orr, S. A. Barclay, H. Rowe and J. N. Miller.

HAST

Petition for and Fill — Surv Mining at Shire

The Dominion asked by the Hastings County Council to grant a per ton on all Hastings District Government be of 50c on the experts etc report summer on the ores and on the treatment

This was the evening at the Branch of the County of Shire Hall in Co. office. The meet several leading Walter Evans, pried the chair- Pearce, of Marn of Bridgewater, Madoc, Mr. EIL worth of Madoc, Graham, John E son, Col. Panton Mr. Ashton of N

Mr. Evans stated meeting—to det the government- best means of d ores.

Discussion relation plant. 7 been halted pending whether it can fertilizer plant to minerals. Trento an ideal spot for

Mr. Gillespie industry was sat pyrites situated for the present. of acid has been no possibility, for acid making.

That there is tons of cinder w \$500,000 wasted the statement of something can be that is what the be asked to do, market in Canada will be. Still he North Hastings ca can be produced ton than anywie tintent.

Mr. Gillespie d us particularly, government to t way to make th able." Let the g survey of ores a large enough to Mr. James did would help.

Mr. Evans sta and Mann were mines if there w dollar per ton, smelter. Ore can present prices.

Mr. Kirkgaard bonus would no capital.

Col. Panton the capital.

Mr. Gillespie e given it should e ber of years to p It should be p Mr. Evans.

Mr. Ashton, a engineer from N quest gave his op a bonus should v values created r tonnage of ore.

Mr. Kirkgaard something as a o speculative world wealth. Most of Hastings in the lack of capital," an outline of a p bringing Hastings Investors. Our serious considera in the county. No without money. tion is required o all the municipal committee of five ed, these men t and expenses. A the reserves shou development sym ported for \$250 resources of H terpowers, etc. H ory farmer could \$1 for every hu years. The farme direct returns b suits in increas