

Liberal Team for Placentia & St. Mary's.

SULLIVAN, SUMMERS AND CARTY.

We take pleasure in announcing to-day the Liberal Team for the District of Placentia and St. Mary's—Messrs. M. S. Sullivan, P. J. Summers, and Geo. T. Carty. These gentlemen will be the standard bearers of Sir Robert Bond in that important constituency. The sentiment in the great Bay of Placentia is, we are credibly informed, overwhelmingly in favor of the United Opposition.

Trepassey and St. Mary's are rapidly swinging into line, and making ready for a glorious Liberal victory on Polling Day. We make no false prophecy when we say that the gratification and corruption of the present Government will receive a death-blow from the loyal old district of Placentia and St. Mary's, which will again take its rightful place under the leadership of that sound, safe and wise statesman Sir Robert Bond.

Mr. Sullivan is well known to the District. He has been twice elected for that District. He is a young man who has emphatically "made good."

For several years he occupied the important post of Assistant Superintendent with the A.N.D. Co. at Grand Falls. He has resigned that position and in future will reside in St. John's. He will act for the company in several agencies and will also look after the employment of labor. While Mr. Sullivan was Asst. Superintendent, he had many opportunities to work for the men of Placentia who went to Grand Falls seeking work. He always looked after the men from his district and consequently they have a very warm place in their hearts for him. He will still be in a position to find work at the inland paper town for all who desire it, and if possible in a better position than when he resided at Grand Falls.

Mr. Summers will be a distinct advantage to the team. He has a large knowledge of public affairs, having been the editor of the Evening Herald for three years, while that paper was supporting the policy of Sir Robert Bond. He is a lawyer of ability and experience. He contested H. J. Main in the 1908 election and although unsuccessful, his vote was not far behind his strong colleague, Capt. Lewis.

Mr. Carty is almost as well known throughout Placentia District as in St. John's. His popular qualities will add many to the number of friends George already possesses in

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the District. He is not without political experience having sat for four years as member for St. George's, being accountable for one of the numerous defeats that Hon. Mr. Gibbs has met in so many districts. When elected for Placentia and St. Mary's, as he will be, with Messrs. Sullivan and Summers, Mr. Carty will be a valuable and useful member. We wish the trio God-speed! Mr. Sullivan is now in the District, he will be joined by his colleagues in a day or two.

Rather Have Them Than Food.

Editor The Evening Telegram.

Dear Sir—Please allow me a little space in the Evening Telegram for a few words of gentle protest against the unseemly conduct of some person or persons here, who have been in the habit lately of tearing down the public message almost as soon as it is posted up, or at any rate before scarcely anyone can get a chance to read it.

This may seem all right to those who agree that the public message is nothing more nor less than a prostitution of the Government Telegraph system in the interest of the Government party politics. Granted, that there is a great deal of truth in that argument, even then, that does not justify indignant politicians in destroying the message before the public can get a chance to read it.

This lawless practice should be put an end to at once, or there is no knowing where it will end. If the talk in the street can be given credence to, even the wires are threatened in many places. A political heat wave seems to have struck the district lately and that to such an extent.

Capt. Fudge for Fortune

Special to Evening Telegram.

BELLEORAM, Yesterday. Captain Randall Fudge has been called out as the Liberal-Union candidate for Fortune Bay. The present signs indicate a sweeping victory for him. The people throughout the District are sick of Tory rule. The toilers appreciating the election will be the fisherman's fight for freedom, and will therefore rally round Fudge, who is well and favorably known throughout the District. Bond Can't Lose.

tent as to make people almost unaccountable for their actions. A few political remarks dished up in the public message are now too much for their restraining powers.

Hundreds upon hundreds of Opposition papers are pouring into the District every mail and they are having a wonderful effect upon the people. Never before have the people become so agitated and excited over elections as now, and their cry is: "Give us Advocates, we would rather have them than food."

This seems strange, Mr. Editor, to one not interested in politics. I would like to understand it all, but seemingly I cannot.

Hope, Mr. Editor, that this matter will be seen to and that the message will be protected from violence in the future or that politics will be entirely eliminated from it (which of course would settle the business).

Yours very truly,

NON-POLITICAL.

Belleoram, Sept. 25th, 1913.

Here and There.

FIRE DESTROYS PARSONAGE.

A message to Mr. Hutchings, Deputy Minister of Justice, yesterday afternoon, stated the C. of E. Parsonage at Hr. Buffett, had been destroyed by fire with all its contents. The fire was caused by a lighted lamp upsetting.

M.G.B. PARADE.—On Thursday night the Methodist Guards will parade at the schoolroom on Buchanan Street. This will be the first meeting of the brigade since their Armoury was burnt down over two years ago.

A SAD COINCIDENCE.—It is a sad coincidence to note that the late Richard Pendergast, who met with such a terrible death on Logy Bay Road, on Saturday night, as referred to in yesterday's Telegram, was in company with the late Maurice O'Brien, who was killed on the Logy Bay Road some years ago.

C.L.B. Presentation and Promotion.

Avon Battalion met at their Armoury last night when the following programme was gone through:—

- 1.—Inspection by Lt.-Col. Rendell.
- 2.—Manual exercise by the Battalion.
- 3.—Selection by the full band.
- 4.—F. Coy. gym. marching.
- 5.—Band selections.
- 6.—B. Coy. Dumbbell Exercise.
- 7.—A. Coy. Swedish Drill.
- 8.—Band selection.
- 9.—Gym. Squad exhibition on horizontal and parallel bars and pyramid figures.
- 10.—Physical Drill by Battalion.
- 11.—Marching by Battalion.
- 12.—Presentation.

The various drill exhibitions were gone through with precision. Mrs. (Hon.) E. R. Bowring presented the prizes, including the medals for shooting, donated by Mrs. R. B. Job. Both these ladies, who have done good work in connection with the brigade, were cheered to the echo. The prize-winners were:

Outerbridge Shield—No. 4 Section in charge of Corporal A. Edwards. Company shooting championship—A. Coy., Pte. F. Warren, 43 points; B. Coy., R. Martin, 39 points; C. Coy., Cunningham, 74 points; F. Coy., D. Carter, 77 points.

Cross Rifles to Lance Corp. E. Chafe, Pte. S. Ellis, Pte. S. Skiffington.

The following were awarded good conduct stripes:

A. Co.—Ptes. E. Warren, H. Moore, N. Crane, J. Underhay, F. Warren, A. S. Newman, H. Baistone, W. Kests, S. Skiffington, F. Phillips. B. Co.—Ptes. E. Downton, M. Colton, J. Bartlett, R. Field, H. Rendell, E. Ellis, H. Hawkins, J. Learning. F. Co.—A. Martin, H. Phillips, W. Bendell, C. Dicks, W. Cornick.

Rand—Ptes. F. Snow, Robt. Martin, H. Tilley, H. Hitchcock, Roy Martin, Jas. Snow. C. Co.—Ptes. S. Pike, A. Alcock, L. C. Hayward, Cecil Hunt, O. Crane, J. Goldstone.

The Lieut.-Col. Commanding, was pleased to approve of the following promotions:

Color Sergeant F. Miles, to be Sergeant Instructor. Sergeant F. Reid, to be Color Sergeant. Sergeant S. Cake, to be Staff Sergeant. Lance Sergt. G. Ivany, to be Sergeant. Corp. W. Ryall, to be Lance Sergeant. Corp. E. Adams, to be Lance Sergeant. Lance Corp. E. Vavasour, to be Corporal. Lance Corp. E. Jerrett, to be Corporal. Private D. Willar, to be Lance Corporal. Private C. Vavasour, to be Lance Corporal.

Cadets Dined.

The friends and supporters of the C.C.C. gave a dinner last night at Smithville to the members who won so many trophies in the different athletic events this summer. Over 250 persons, including guests, were present and after a well prepared menu had been served, the following toast list was taken up:

"The King"—Prop. The Chairman.

"God Save the King."

Selection by C.C.C. Band.

"His Grace the Archbishop and Clergy"—Prop. J. M. Kent, K.C.

Resp. Rev. P. Sheehan.

Song—Lieut. Halley.

"The Catholic Cadet Corps."—Prop. J. L. Slattery, J.P. Resp. Lt.-Col. Conroy.

Horn Solo—Capt. A. Bulley.

"Our Guests—The 'Competition'—

Prop. W. J. Higgins. Resp. Major Carty (Shooting), Quarter Master Sgt. Knight (Track Team), Sgt. Hart (Football), Cox Brown (Rowing).

Song—J. L. Slattery.

"The C.C.C. Reserves"—Prop. Lt. Adj. M. F. Summers. Resp. Capt. Vaughan.

Song—Jas. Atkinson.

"The Boat Club"—Prop. L. G. Sullivan. Resp. President P. F. Collins.

Selection by Band.

"The Ladies"—Prop. R. J. Power. Resp. Lt. Cullen.

Song—Chas. Jardine.

During the evening a pleasing presentation took place, when Phil, who steered the Cadet crew to victory, on Regatta Day, was presented with a handsome gold watch.

The recipient thanked the donors heartily for their gift.

Another Arrest.

At the instance of Mr. F. C. Barrett, Comptroller and Auditor General, Charles Nichol, of the Money Order Department in the General Post Office, was arrested on a charge of embezzlement. The accused is remanded while a full enquiry is being made to find out how long the misappropriation of monies has been going on.

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Warding Off "Old Age"

A London Physician says:—

When a distinguished scientist like Dr. Newsholme, of the Local Government Board, warns us that we are ageing prematurely as the result of the strain modern life throws on our hearts and arteries, it is worth thinking what can be done to stop this health wastage.

Dr. H. Strauss, of Vienna, in a recent number of the "British Medical Journal" makes the timely suggestion that much can be done to retard this premature wear and tear by paying a little ordinary attention to the diet.

The man whose heart or blood vessels begin to show signs of not being as young as they used to be should, for example, be very chary with his meaty foods. Two and a half to three and a half ounces of meat a day Dr. Strauss considers quite sufficient.

More important than what one eats, however, is what one drinks. Alcoholic stimulants of all kinds tend to burden the heart and blood vessels by making them work overtime, which of course increases the wear and tear. But it isn't only alcoholic stimulants Dr. Strauss inveighs against. Caffeine (the powerful drug contained in tea and coffee,) this distinguished scientist points out, is also a powerful heart irritant. Every time one takes a cup of these beverages the caffeine in it encourages one's heart to do extra work which is practically always quite uncalled for, and therefore is an utter waste both of energy and heart muscle.

In these days when the strain of modern competition and high-speed mental work keeps one's heart constantly working at high pressure (thereby tending to produce premature wearing out) anything which can possibly add to the work thrown on the heart ought to be strenuously avoided. Caffeine, the powerful heart irritant contained both in tea and coffee, is one of these substances.

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