

Do you drink "SALADA" OR JUST TEA?

There's a distinct difference in favor of "Salada"

Right Rev. Dr. Mullock

On the Resources of Newfoundland.

(H. F. SHORTIS.)

In my last communication endeavoring to enumerate the many great enterprises conceived in the mind of the great prelate, Dr. Mullock, I omitted (owing to lack of space) to refer to his remarks on the mineral resources of our country. The more I peruse the writings of the great patriot the more I am surprised at the wonderful grasp he held upon every subject concerning his adopted country. As has been truly said by one who knew him well: "he came to Newfoundland to shape the channel of its history, and sway the destinies of the country." This is not saying much of his extraordinary influence upon every social and religious movement of his epoch. His was a mind that could have ranked among the very first in any land or in any condition of civilization. In this yet unfashioned colony it stood first portentous. Having lived and thought much amid nations hoary with the greatness of the past, his judgment on men and measures were not those of experiment, but of experience. If a man could be too great for such an office as that of Bishop, no matter how primitive or how narrowed the scope and scope of his authority, then Dr. Mullock was too great a Bishop for Newfoundland. However, he accommodated himself to the circumstances, or rather accommodated the circumstances, or himself. He was not impressed by his surroundings, but they were by him, and they bear his impress to-day, and will bear it forever.

He had the special gift of concentration of all his powers and endowments upon a given purpose. That purpose again was focussed upon one only object, the change assigned to him, the flock he ruled, and the land he lived in and loved. There the firm grasp of his mind was stretched, there, into all his energies converged. His life was outwardly full because it flowed from a full inward source. His work was rounded and complete because the eye that directed it was skilful and strong.

In speaking about the future of Newfoundland, I cannot help thinking that Dr. Mullock was endowed with prophetic vision, and peered into the future of his adopted country, describing it as it was, nearly a century in advance. He was of opinion that "if the Fisheries were fully developed, as they will at some future time when the population increases, and extends all along the shores and into the interior, this number will be doubled. The Gulf, and River of St. Lawrence depend altogether on Newfoundland—the possessor of this country holds the keys of the Gulf. The Labrador, which in time will become a country like Norway, will swell the continent of seamen. The fisheries then will not be confined to

price would be a great source of wealth for centuries, perhaps as great as the silver is at present, but when we consider that only a small portion of the country has been hitherto explored, and only on the sea-coast, that whatever mining operations have been undertaken, have been only limited, and that it was only recently that any attention at all has been paid to mining, the sea being naturally considered by a maritime and fishing population as the only mine worth exploring—the mine richer, in reality, than all the silver mines of Mexico, producing millions for the last three centuries, and inexhaustible, we ought to rest satisfied with what has been done hereafter. It is to be regretted that the lead mine of La Manche was abandoned, and Mr. Crooket, the superintendent of that mine 64 years ago, told Dr. Mullock that there was as much lead discovered as a thousand men could not remove in twenty years."

(To be continued.)

In London's Underworld

LATEST TRICKS OF THE CROOKS THAT HAUNT THE WORLD'S GREATEST CITY.

There is an amazing business done in the East End of London in making up raw material for sale in some of the expensive shops of the West End. Dirty-looking foreigners come in and offer ladies' costumes at prices that are absolutely ridiculous at the present value of silks and satins.

The explanation is cheap labor, long hours and stolen goods. It is all cleverly done, of course. No one could swear to a particular blouse or jumper being made of silk that was "lifted" from some City warehouse.

When a gang of crooks decide to break into a warehouse they keep a close eye on the changing of the policeman's beats, and drive up in a covered van just as the new man comes on duty. Breaking their way into the warehouse, usually from the back somewhere, they proceed to "open" up in the ordinary way, as though they were employees.

Two of the gang, with their coats of, carry the plunder out to the waiting van with bustling energy. The man outside drives off, and the two inside calmly put their cats on, slam the doors behind them, and go off up the street, giving the policeman of the corner a cheery "Good day" as they pass him!

Some of the methods adopted by crooks for stealing shoes and hats are very good.

A woman "shoplifter" will walk into the ladies' footwear department, try on an expensive pair of shoes, and while the assistant has gone off to make out the bill, coolly walk off leaving behind a pair of old shoes fit for nothing but the dust heap! She disappears in the crowd and although the frantic assistant rushes off to tell the house detective, it is rarely the culprit is found.

Hats are stolen in the same way; the woman just walks off with the new creation on her head while the bill is being made out.

Among the thousands of men driving taxicabs in London there are naturally a few black sheep, who will readily league themselves with criminals; and who will find carrying a burglar to a job and waiting in some back street while he does it, ten times more profitable than the hum-drum work of taking ordinary fares.

In time these men become known to the police. Their license is cancelled and they take to roguery out and out. Frequently they get hold of a brother driver's badge and drive a burglar about at night, when the risk of being stopped is practically nil. They get a certain share of the spoil and act as "spotters" to give warning of the approach of the police.

In his book, "The Underworld of London," Mr. Sidney Theodore Pease covers every field of London crime. In it he deals with motor thieves.

One of the first lessons learnt by all motor thieves is that it is more profitable to steal cars not easily recognizable. It is laid down, the writer is informed, that it is not really safe to steal anything but Fords, which, of course, are as silks as peas in a pod.

Besides being difficult of recognition, the Ford possesses another virtue in the eye of the expert motor thief—it is cheap, and therefore commands a ready sale.

Crazy Endurance Contests

Spelling Our Sport.

Every now and again we are treated to an epidemic of what are best termed crazy endurance contests.

Such events as "pam races, six day cycling races, and many of the so-called Marathons which are organized from time to time are far removed from the real spirit of sportsmanship, and often do untold harm to their participants.

It is not my desire to decry the plucky efforts of the two M.P.'s whose recent walk with full pack is still fresh in our minds, although as events proved it would have been far better if such a gruelling test had been un-

dertaken by men of much younger years.

Few of those people who were at the Stadium at the time when Dorando made his world-famous attempt to win the Marathon will forget what a pathetic figure this heroic competitor presented.

Although only a few yards from the actual winning post, Dorando took nearly ten minutes to struggle and stagger the remaining distance that would complete his triumph.

Thousands of people watched his pained, agonized face, expecting a tragedy to occur at every second, and then came the terrible sequel. Within a foot or two of actual victory he collapsed—eager friends went to his assistance, and Dorando lost the race!

I mention this incident to show what a devastating effect Marathon running must have on athletes not fully trained, or who are not physically fit for the ordeal. Dorando, if

must be remembered, was a picked man, selected to represent his country.

Overstrain Makes Many Crooks.

Overstrain due to unwise sport is far more prevalent than many keen athletes are aware, and there are many promising young champions at the present moment who are under doctors' orders instead of winning fresh triumphs on the field.

Some years ago I knew a college athlete who, against the advice of his trainer, was persuaded to enter for a long distance cycling race.

Although he was a wonder over short distances his physique was all against anything in the nature of endurance tests. He won his race, but at the cost of his heart, and is now a broken invalid to whom the slightest exertion is likely to prove fatal.

Danger of "The Will to Win."

Competitors are apt to forget that their body gets fatigued and worn out long before the spirit is beaten. The will to win carries a man forward to that thin line of tape, and his desire to triumph overcomes physical exhaustion.

It is not till the race is over that a competitor realizes that he has taken

far more out of himself than he should have done.

There is another side to the question which is constantly overlooked. Athletes who are continually taking part in endurance contests develop more muscle and lung power than they can use in civil life, and this abnormal development becomes an immediate danger the moment they settle down.

The Aim of All Athletes.

I am not, of course, running down all sporting contests; far from it. I refer only to the kind which make too great a tax upon the human system.

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and result in leaving the unfortunate contestants physical wrecks.

The fundamental reason for athletes to improve the body, but I am sure that many people do not realize this fact sufficiently. Personally I should like to see all rowing and running races over four miles eliminated altogether, and even this distance requires that every competitor should have a thorough and careful training by an expert before attempting to take part.

Why Worry

Worrying is a purely mental process. Only those who can think in the abstract can worry, and as this is a human attribute it naturally follows that only man, of all the animal kingdom, worries. The real cure for worrying is work—mental work. The rest of our worries are in the mind and the mind is so constructed that we cannot carry a worry and another problem at the same time; the problem crowds the worry out. The problem need not of necessity be a business one nor yet a scientific or profound one; concentrating on a game of chess or of whist or on a

good book will occupy the faculties to the exclusion of worry. If we would occasionally give attention to the worries of others we would soon have little time to concentrate on our own. So what have so many means of getting rid of our worries, why worry?

Sliced bananas, balls of cheese, chopped nuts and sliced white cherries make a tempting salad.

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