

SAVE COAL, MONEY AND YOUR HEALTH

By Prof. Ellsworth Huntington, of Yale University.

Save coal and you will save money. It is easy to see how that will happen in these days of high prices. Save coal and you will save liberty. It is also easy to see how our fight for liberty will be helped if the coal bins of our factories, railways, and steamships are kept full. Save coal and you will save health. Can this be true? Will not our saving of coal be at the expense of health?

On the contrary, the shortage of coal will actually improve our health. With better health we shall have fewer doctor's bills. That will not only mean a saving of money for ourselves, but we leave the doctors more free for our fellow citizens. It will give the whole country greater strength to put into the work of winning the war.

Do you doubt this? Then consider these three facts:

1. An average temperature of 64 degrees is the best for the human race.

2. Moist air is more healthful than dry, provided it is not too warm. Such air feels warmer than dry air at the same temperature, and retains its heat longer.

3. Variations of temperature are much more healthful than a uniform temperature. As a means of preserving health, few things are better than a frequent fall of temperature followed by a more gradual rise.

More health at lower temperature. In winter, when we control the temperature within our houses, we ought to be able to live under ideal conditions. We certainly do not such things.

In order that people may enjoy ideal conditions of bodily health and of mental activity, they ought during the winter to sleep with open windows and in a temperature ranging from about freezing up to 40 degrees or 50 degrees. If rooms are used only for sleeping there is no necessity of warming them above 50 degrees, at any time of day. Of course people must be well covered at night. They should use warming pans or foot-stoves rather than suffer from the cold. Nevertheless it is decidedly good for people to dress and undress in a temperature of 40 to 50 degrees, provided they do so actively and quickly enough so that they do not become chilled.

Keep Rooms at 64 Degrees. The next requisite for health, so far as temperature is concerned, is that the rooms where people live and work should average about 63 or 64 degrees. During the part of the year when such temperatures prevail, out of doors, we get up in the morning and eat breakfast with a temperature of about 60 degrees. By noon the temperature rises to about 70 degrees. Toward sunset it is perhaps 64 degrees, and by bedtime it is down to 60 degrees. All day we are perfectly comfortable. We do not feel the need of a fire either in the morning or the evening.

We feel as if we could accomplish almost anything. Watch the thermometer during some of the most delightful Indian summer days and see how comfortable you feel when the thermometer is about 60 degrees at breakfast time and 70 degrees at bedtime.

Should be Plenty of Moisture. This means that the extremely dry air of our winter houses not only makes people feel cold, but dries up the mucous membranes so that colds and all sorts of disease become prevalent. Evidently the remedy for this state of affairs is to keep the air in our houses relatively cool and give it plenty of moisture. Thus we save coal, save money, improve health, and make ourselves feel comfortable.

Four Good Rules. From all these facts it appears that four things are needed in our houses this winter—four things which will save coal and improve our health and efficiency:

(1) The first is cooler sleeping rooms, which ought not to be heated by day unless people are going to sit in them. Such rooms will act not only as a mental stimulus, but will help to give the variability, which is so valuable as a means of preserving health.

(2) The rooms in which we sit, eat, work, and play ought not to average above 64 degrees. This, like the cooler sleeping rooms, will considerably diminish the demand for heat, and will at the same time improve our health. As a matter of fact, if the coal stipulation should demand it, there is no reason why the temperature should not average as low as 61 degrees. Instead 56 degrees would actually do less harm than 72 degrees, which is a common temperature in many houses at present. Of course people would have to dress warmly. If they faithfully follow the other recommendations of this article, however, they may expect better health and a great comfort at 56 degrees as at 72.

(3) In order that we may be comfortable in temperatures of 58 to 64 degrees, the air in our houses must be much moister than is now commonly the case. This does not mean that it should be so damp that moisture accumulates on the walls. It does mean, however, that in almost all houses the amount of evaporation from pans in the furnace, on radiators, and in registers ought to be from three to five or even ten times as great as now. If rooms contain fairly moist air at 70 degrees they are likely to feel too warm and to be enervating. Moreover, when the rooms cool down at night, moisture may be deposited on the cool walls. On the other hand, with a temperature of only 60 to 64 degrees, it is possible to have the air sufficiently moist to make it feel warm and comfortable, while the danger of getting the walls damp at night is much diminished. In this connection it must be remembered that moist air retains its heat much longer than dry air. Hence the amount of coal needed to keep such air sufficiently warm is less than when the air is dry.

(4) If the temperature is allowed to be variable, it does not need to average so high as when it is kept uniform. Under such conditions people's health improves and their capacity for resistance greatly increases. Thus people who have been in the habit of wanting the thermometer at 70 degrees at breakfast time, find themselves comfortable if the temperature is only 60 degrees. Later the thermometer rises to perhaps 66 degrees and they feel too warm. Then, when the furnace stops for a little they do not mind if it goes back to 62 degrees. Thus during the day the thermometer may swing back and forth a number of times. This is beneficial to health, and also enables a house to be heated with less consumption of coal.

THE CROPS

The following is a summary of reports made by agricultural representatives to the Ontario Department of Agriculture:

The corn crop has come through the season surprisingly well. The wet weather increased the growth and it is likely to be unharmed. In most sections the leaves were killed by light early frosts, the ears continuing to develop to a most satisfactory degree. In fact, the general opinion is that unless cutting is further delayed by rainy weather, there will be full supply of nutritious corn ensilage. Most of the husking corn in the south-western counties was got in unharmed.

The seeding of fall wheat is still proceeding. That which is up looks very promising, especially early sown, which has a good top. This is particularly the case in the pre-war fall wheat county of Kent.

Brant reports the fall weather as having been too catchy for beans, some of which are still in the fields, which is likely to affect the color and market quality, the yield, however, will be fair.

In some localities buckwheat is also suffering from the wet weather. Recent reports that tomatoes are yet being delivered to the factories in fair quantity.

Cattle are still pating on flesh on the good fall pastures, and are likely to go into winter quarters in good condition. Kent reports feeders being purchased at 11 1/2 a pound, and in Lambton six carloads of stockers arrived from Western points during the week.

Milk cows are in strong demand, but are comparatively scarce. The York representatives state that a number of milking machines are being put in by dairymen.

Dufferin and York report a good number of hogs coming along. Prices generally have slightly fallen during the week.

Poultry are also in good supply and in fair demand.

The marketing of grain has become more active, but less hay is being disposed of.

Feeders supplies generally are sufficient for the winter, and are being helped out by the excellent late pastures.

Wet weather has been delaying the harvesting of fall crops, although some progress has been made in lifting roots. Corn cutting and silo filling are also taking up much labor.

Fall plowing is about two-thirds done, generally speaking, but some farmers are reported having already exceeded last year's area.

NO MORE KIDNEY TROUBLE

Since He Commenced to Take "Fruit-a-Lives"

78 LEE AVENUE, OTTAWA, ONT.

Three years ago I began to feel run-down and tired, and suffered very much from *Drops and Kidney Trouble*. Having read of "Fruit-a-Lives", I thought I would try them. The result was surprising.

I have not had *any more sickness* since I commenced using "Fruit-a-Lives", and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain.

WALTER J. MARRIOTT.
Box 6, for \$2.00, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-Lives Limited, Ottawa.

Music and Drama

AT THE GRAND.

Local playgoers will find much more than passing interest in Richard Walton Tully's charming play, "The Bird of Paradise," which returns for its annual engagement at the Grand Opera House Friday, October 11th.

The play stands out as a distinct contribution to American dramatic literature. It touches a virgin field, so far as the stage world is concerned, and it is probably the one worthy attempt to date to preserve in dramatic form and therefore to visualize, the vanishing customs, beliefs and legends of the Hawaiians. Mr. Tully had a rich field from which to draw his material and since he selected wisely and discriminately, his play possesses high merit aside from its unusual intrinsic value as a drama.

Manager Morocco has provided an exceptional cast for this season, which includes Miss Rita Romilly, a leading woman of wide experience, who will be seen as Lulu; Guy Harrington has the role of Dr. Wilson; Brandon Evans, the beach-comber, and Miss Jane Haven as Diana, the American girl.

"BRINGING UP FATHER AT HOME."

Merry meritorious and mirthful may well be applied to the latest of the "Bringing Up Father" series of cartoon plays. It is called "Bringing Up Father at Home," and will be the next attraction at the Grand Opera House on Saturday, October 12th. Those who have seen and enjoyed the other editions of these popular and side-splitting comedies will no doubt endorse this one as the best of the entire crop. Gus Hill, who took "Father" out of the pages of the newspaper and made him the most-talked-about celebrity in the world, has invested the production with that intelligent and lavish attention to detail which has characterized all of his enterprises and earned for him the reputation as one of the shrewdest and most original purveyors of modern amusement now before the public. While clinging to the set style of entertainment which has marked all of the "Father" pieces in the past, amusement is made that the fun that occurs from this particular conception is on entirely new lines. An elaborate scenic investiture, new ideas, innovations, jingling songs, tuneful melodies, and competent cast are assured.

The company besides a chorus of twenty-five of the most beautiful young women vocalists and dancers also includes John E. Cain, the creator of "Father" on the stage, Lida Kelly, the original "Mother," and Blanche Newcomb, who is the daughter of Bobby Newcomb, in his day regarded as the king of vaudeville. A talent his daughter is said to have inherited.

The offering is in three acts and from all accounts is easily the laughing hit of the current season. Matinee as usual on Saturday, October 12th.

Position of Herr Harden

In Connection With War Is Not Easy to Interpret

MANY theories have been advanced to explain the present cynical attitude toward the German war policy of Maximilian Harden, as expressed in Die Zukunft. During the early stages of the war, Herr Harden advocated the cause of Pan-Germanism, and German right of expansion at other people's expense, just as openly as he now espouses the justice of the Allies' cause. If Harden has often given the German Government pause as to whether it should praise him for upholding it or imprison him once again for ridiculing and opposing it, it must not be forgotten that, when the German armies burst into Belgium, he wrote, returning especially to that country, "There never was a more righteous war than this one which has crushed her, never one which conferred greater benefits on the conquered." As an expression of creed from the man who was once a friend and disciple of Bismarck, who consistently vilified Italy, and who declared that it was time enough to "talk of civilization, humanity, and other such stuff when the beaten adversary nations have been brought to the ground," the statement appeared faithfully to represent Herr Harden. But no better instance of his radical "conversion" could be found, perhaps, than his recently published criticisms of Count von Hertling's speech, in which the latter made the notorious reference to Belgium as a "pagan."

In the course of his speech, which called for a scathing rejoinder from Mr. Balfour, on Belgian Independence Day, the German Chancellor used the words, "The occupation and

present possession of Belgium only mean that we have a pawn for future negotiations." The count went on to explain that what he meant by the expression "pawn" was that "one does not intend to keep what one has in one's hand as a pawn if negotiations should bring a favorable result." In using those words the German Chancellor thus committed the present German policy toward Belgium, free from all possible ambiguity, Belgium, to the Germans, then, evidently is a country to be held in subjection in order to impose favorable terms. It is to be robbed and crushed, outraged and misgoverned, and to be subject to a continuation of past horrors and abominations, in violation of all treaties, on condition, according to Mr. Balfour, that "the powers permit Germany to misgovern and oppress some other areas in Europe or elsewhere." The specific terms have been stated by the German press with obliging candor. They include the restoration of Germany's colonial possessions, recompense for her trade losses, and the abandonment by the Allies of all economic war aims.

Now, whether or not the German Chancellor had ulterior political motives in making this statement, whether or not he hoped thereby to lay a bait for the pacifists among the Allies, it is important to remember that he has been taken with intense seriousness by Herr Harden. Mr. Balfour, in fact, has used no more bitter irony with regard to this "crowning insult" levelled against Belgium by the German "protector in politics" than has the notorious Munich publicist himself. To Herr Harden justice to Belgium appears as a "question of decency, morality, and honor," and he goes on to say: "International law forbids Germany to retain even one pebble of Belgian streets and commands Germany to restore Belgium to the conditions before invasion. In Belgium, as a Chancellor, a State Secretary and an Ambassador have confessed an innocent victim of German self-defence? Then, we have to ask his forgiveness, and not force conditions upon it."

In judging of the effect which these utterances by Herr Harden are likely to have upon the people of his own country, the wish may merely prove to be the father of the thought. Probably the majority do not take him seriously, or, like the courtiers in Poldi's "Talisman," refuse to see the truth even when it is bared before them. The Allies are not likely voluntarily to grant themselves such a fool's paradise as to believe in German voluntary renunciation of Belgium and in the likelihood of a German request for "forgiveness," suggested by Herr Harden.

Children Cry FOR FLETCHER'S CASTOR'S

REX Theatre

THURS. FRI. SAT. Charlie Chaplin

"THE CURE"

Ethe Clayton

The Girl Who Came Back

Spanish Goldinis

Fight For Millions

COMING MONDAY Lini Calalieri

A Woman of Impulse

This House is disinfected and ventilated daily.

BRANT Theatre

The Home of Attractions Worth While.

WM. S. HART

"Riddle Gawne"

A Powerful Western Drama

Four Myrtle Prince Girls

Classy Singing Offerings

Big Double Show Saturday Matinee

Extra Added Feature. EARL WILLIAMS

TO OUR PATRONS

The Brant has the most modern ventilating system in the city and is thoroughly disinfected and ventilated daily.

Regent Theatre

The Home of High Class Photoplays

Friday and Saturday Matinee and Evening

A five-reel feature, entitled "TRIUMPH"

and a roaring comedy, entitled "BALLOUNATICS"

Matinee at 2.30. Evenings at 7.30 and 9 p.m.

Admission, 10 and 15 Cents. We pay the war tax.

GRAND OPERA HOUSE

October 7th, 8th, 9th, 10th

The greatest film production ever brought to Brantford, carrying its own Symphony Orchestra.

PRICES: Matinee, 25c, 50c, 75c and \$1.00. Night, 25c, 50c, 75c, \$1.00, \$1.50

Seats Now On Sale at BOLES DRUG STORE

GRAND Opera House

FRIDAY, Oct. 11th

Annual Engagement in Brantford of America's Most Popular Romance.

"The Bird of Paradise"

With the Original Hawaiian Singers and Dancers And a Typical Morocco Cast

Prices: 25c, 50c, 75c, \$1.00 and \$1.50

Seats on Sale at Boles' Drug Store

GRAND Opera House Matinee and Night

SATURDAY, October 12th

FIRST TIME HERE OF THIS GRAND NEW EDITION... Positively Everything New—John E. Cain as Hugs, and 40 Others—25 Music Numbers—Matinee, Sat., 25c and 50c. Bring the Kiddies!

BRINGING UP FATHER

Mat. Prices—25c and 50c. Night, 25c, 50c, 75c and \$1.00. SEAT SALE AT BOLES DRUG STORE NOW.

Thanksgiving "Over There" Not a Day Special

NIAGARA BRAND

Unfermented Grape Juice

Concord—Red, Catawba—White IN CASES

1 Dozen Quarts 2 Dozen Jints

We have taken the Brantford Agency for this choice Grape Juice. Ask your Grocer or Restaurant for it.

J. S. HAMILTON & Company

44-46 Babbins St. BRANTFORD.

land, far away in U.S.A. And England.

Day! The Day! Come toast the Day

We are in Berlin to stay; through water, and haste thru fire.

through barbed and tangled wire, high galling lead and falling dead blindly grope and plunge

thought we have and only one—like one demented Hun, La Sauvage Owens, in New Times.

Queer Shoulder Work—k Island Journal—"Let us all for shoulder to the wheel and

FULLNESS IN FERN POLITICS

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LADY'S WAIST.

One may have a choice of two very smart and new ways of getting into this severely simple waist—over the head or buttoning at the back. The slip-on style is very French, but the back fastening has its advantages because it is somewhat more convenient to put on. No. 8817 cuts from very little material, and the design is appropriate for striped silks, taffets, voile, dimity or lawn. The sleeves are very accommodating, for they may be made either full length or three-quarter, with two styles of cuffs. The lower edge of the waist is drawn in on an elastic.

The lady's waist pattern No. 8817 is cut in five sizes, 34 to 42 inches bust measure. As on the figure, the 36 inch size requires 1 1/2 yards of 27 inch, 1 3/4 yards of 36 inch, 1 3/4 yards of 40 inch, with 1/2 yard of 36 inch contrasting material.

To Obtain This Pattern Send 15c to The Courier Office, or two for 25c.



Our Fall Lines of Wall Papers!

Are Now Complete

The Patterns are beautiful. The colorings lovely, and the values are even better than previously, but this condition will not continue long, as prices will advance again very shortly.

J. L. Sutherland

"Paper Hangings and Window Shades"



"Cold in the Head"

Is an acute attack of Nasal Catarrh, Persons who are subject to frequent "cold in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System.

All Druggists and Apothecaries sell HALL'S CATARRH MEDICINE in 50c and \$1.00 bottles. For any case of catarrh that HALL'S CATARRH MEDICINE will cure.

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HELLS OF THE LONG AGO

Excavations lately made near the old church of Lauzon, Quebec, have disclosed skeletons of British soldiers

interred two centuries ago, as well as old time cannon, battle-axes and other relics of the period.

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REV. DR. J. A. HANKIN.

late of England's Church, Toronto, who is the latest and most eminent of the Rev. Dr. Griffiths, treasurer of the Superannuation Fund of the Methodist Church.

A SPECIALIST IN BROKEN BONES

Gilgandra, in New South Wales, is somewhat chesty over the possession of one Herbert Heller, whose bones are so embarrassingly brittle that his record of fractures is now forty-two. His record-making began at the age of nine, and he is now so accustomed to breaking bones that he regards it as a normal occurrence.