

While They Are Spending More for Us We Must Save More for Them!

Save Coal! Save Money! Save Health!

By Prof. Ellsworth Huntington, of Yale University

Less Coal. More Cash. Less Coal. Fewer Colds. Less Fuel. Fewer Deaths. Burn Less. Burn Less.

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 will be helped if the coal bins of our factories, railroads, 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 war service. It will have still another great advantage. 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 do such thing.

In order that people may enjoy ideal conditions of bodily health and mental activity, they ought during the winter to sleep with open windows and in a temperature ranging from 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 the day. Of course people must be well covered at night. They should use warming pans on 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 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 noon.

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 diseases become rife. 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 get not only 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, work, and play ought not to average above 64 degrees. This, like

Graft Criticised by Bishop Fallon

ALLUSION TO EXPENDITURE OF COUNTRY IN WAR

Toronto, Oct. 4.—"There is a word in our democratic dictionary, 'graft,'" said Bishop Fallon of London, Ont., in the recital of his experiences in England and France, before the immense audience which filled Massey Hall, for the launching of the three days' campaign for the Catholic army huts. His lordship had come in his survey of Canada's war activities to the Pay and Record Office in London. He found, he said, that 72 1/2 per cent. of the money handled went in "wages"—he was ashamed to use the word—"to Canada's sons who have gone over to fight Canada's battles." When from the remainder was taken the expenditures for food, equipment, transportation, ammunition, etc., "there is a little figure," he added, "about as large as a pea, and it is labelled 'graft.' That is my criticism of the expenditure of my country in the war."

Of the 600 or 700 who worked in the Records Office at Rome almost all, he said, were wounded stripes. Some were without arms or legs. From this depot in one year more than 2,000,000 letters had been re-addressed. In one day he had seen more than 2,000 bags of mail and parcels handed for redistribution along the front. But what touched him most was that since the offices opened more than 20,000 parcels of the effects of soldiers who had fallen were returned to their relatives at home.

After a brief tribute to the work of the Catholic huts, which were open to every soldier in England and France, and to the Huts of the Y.M.C.A., the Church Army, (Anglican) and the Salvation Army, which, he said were doing a wonderful work for the welfare of Canadian soldiers, Bishop Fallon paid an eloquent tribute to the Canadian Army Medical Corps, paying special attention to the Ontario Hospital at Orpington, which he declared was "well worthy of all the money spent on it."

Only Right Should Pay

"Why should the cost be considered?" he asked. "Who sent these men over there? Whom are they fighting? For what cause are they fighting? It is only right that you and I should pay."

Of the work of the railway troops he said that the Lieutenant general commanding the 8th English corps had said to him: "Your Canadian railway troops have taught us what is the meaning of railways in war." The trouble with the English engineers, the bishop added, was that they wanted to build a railway that would be there after the war; the Canadians wanted to build a railway to get the war over.

Not Time to Talk Peace

"This is not the time to speak of peace. The man who belices his effort because there seems to be a rift in the cloud is not the man who understands. It is the last five minutes of the game that counts."

Archbishop McNeil, in introducing the bishop, declared that there was no need of bringing our religious antagonisms into our public life.

"This campaign," he said, "is an honest effort to try to get together in the community spirit."
The other speakers were George Warburton, general secretary of the Y.M.C.A., and Norman Somerville. The former in speaking of the co-operation of the organization he represented with the Catholic huts campaign, declared that any Christian organization had better be buried than bigoted.
Representatives of the Salvation Army and of the Trades and Labor Council also occupied seats on the platform.
From the poisoning caused the death of John Lorraine, the little six-year-old daughter of Oscar Little, of St. Thomas.

Presidential Medals

THE PROVIDE LIKENESSES FOR THE OFFICIAL RECORDS

President Wilson will soon pose for the presidential medal. When completed a few bronze copies will be struck off, and then the dies will be placed in the vaults of the Philadelphia mint, alongside the dies of medals of the twenty-six other famous Americans who have preceded Mr. Wilson as president of the nation. Since the medal made of President George Washington it has been the custom to make the dies during the first few months of the president's term. This provides against the possible loss of his likeness for the official record.
Although the presidential medals are made early in an administration, some great event or catastrophe might cause the reverse side dies to be re-engraved. If a man is elected to a second term the die for the reverse side is changed so that the date of both inaugurations are recorded. A president's assassination also requires the re-engraving of the medal, so that the terrible deed may be handed down to posterity on the same medal as that which bears the likeness of the martyred president.
The reverse side of Lincoln's medal was engraved three times—first, shortly after his first election; second, after his election for a second term and again after his assassination and death April 14, 1865. The medals of Garfield and McKinley were also re-engraved a few weeks after their assassination to record the fact.

Studied While a Prisoner

HIGHEST MUSICAL HONOR WON UNDER UNUSUAL CIRCUMSTANCES

Completion of his studies for the degree of Doctor of Music by Dr. Ernest MacMillan, of Toronto, while interned in the notorious Ruhleben prison camp in Germany has been rewarded by the grant of the high honor by Oxford University. Held captive since the outbreak of the war this young University of Toronto man has displayed rare pluck and devotion to his art and reports are that he has made remarkable progress as composer and conductor.
Dr. MacMillan, son of Rev. Alexander MacMillan, of Toronto, went to Paris for summer musical studies in 1914 after completing his third year in the course in Modern History at Bayreuth, Bavaria, that July, he remained at a friend's home and after a short confinement in Muenster, Burg, Castle he was sent to Ruhleben where he remains with the civilian prisoners. In 1915 he was graduated with first class honors as a Bachelor of Arts by the University of Toronto, the news being forwarded to him.
During the past four years occasional reports have come through of his studies in Russian and of his generous activities in relieving the depression of his comrades. But the word now comes from England that in his squalid confinement he has prepared and passed the regular examination papers which were sent out to him from Oxford. During confinement the doctor has incidentally prepared the orchestra parts for musicians who possessed various instruments when interned.
Mr. MacMillan has had an unusual career. At thirteen he was an Associate of the Royal College of Organists and that in 1910 he became a fellow, heading the list of nineteen successful candidates out of 113, and winning the Cart Lafontaine prize as the candidate most distinguished in the theoretical and practical branches. In 1907 he was medalist in Advanced Harmony in the University of Edinburgh, while but thirteen years of age. His latest honor is the highest academic distinction in music that is given in the British Empire. While at University he was the Convocation Hall organist and choir conductor.

Mail Xmas Parcels Middle of November

Ottawa, Oct. 4.—The postmaster-general states that Christmas parcels for the Canadian Expeditionary Force in France should be mailed in time to be despatched from Canadian ports not later than the middle of November. Transportation is congested during the Christmas season and those who are sending parcels to their friends in the trenches are urged to post them early if they wish to have them delivered by Christmas.

"Kaiser is Dead" Shouted Woman From Monument

CHAMPION OF ALLIES ASSISTED FROM COLUMN BY POLICE-MAN

Female Told Montreal Crowd She Could Foretell Coming Events

Montreal, Oct. 4.—"The Kaiser is dead; he died at a quarter past eleven this morning," shouted a woman standing twenty feet above the street on the pedestal of the Nelson column at noon on Saturday. She said plenty she besides, and for some time ignored the invitation of two policemen to come down. Finally by the means of the ladder which had helped her to her exalted station, two bluecoats came within quiet conversational range, and she was taken to the Central station and charged with disturbing the peace. She gave her name as Mrs. Blanche Fronzy, twenty-seven years of age, and her address as 188 D'Amphain street.
No one seems to have noticed the woman making preparations for her speech. A long ladder, evidently borrowed, had been raised from the raised enclosure. At the base, the ladder enabled the orator to reach ten-foot edge which tops the base-level carvings, depicting Lord Nelson's victories at sea, and bases the circular shaft which rises fifty feet into the air, topped by the statue of Britain's naval hero.
The whistles were tooting noon when the woman braced herself against the column and commenced to speak. Business houses and stores were emptying of employees and these waited to listen. The crowd grew and those who from a distance saw the woman trimly dressed in a khaki toned dress with white felt hat from which the tricolor was becomingly draped, joined in the growing throng.
The news about the Kaiser struck the crowd as being distinctly good, and they wanted to hear more. "I tell you," went on Mrs. Fronzy, "that the war is over, and that the Allies have won a complete victory. I know what I say, and you will believe me when you get a message at half-past two." She spoke with calm deliberation, said that she could foretell coming events, and she punctuated her discourse with pauses when she closed her eyes, took out pencil and paper and jotted down notes. These she held, telling her auditors of what she said was transpiring in France.
The police appeared.
The crowd contained sympathizers who left on an occasional cheer, and the police appeared. Constables Lemelin and Gagneux from headquarters a stone's throw away, pressed through the crowd and listened. It was all war talk and she championed the Allies, but some of her statements perplexed the policemen, who invited her to cease and come down. Mrs. Fronzy ignored the invitation and championed the Allies some more. Police instructions were at length replied to in the negative. She was quite comfortable where she was. The ladder looked frail and the two policemen questioned if it would bear their weight and that of the woman who they were now determined should be removed. Assistant Director Mann, who had entered the crowd to learn the cause of the gathering, decided that the ladder would stand the strain, and the two constables brought the woman to the ground. She offered no resistance, neither did she stop speaking. She insisted as she was being led to the police station that she knew what she was talking about and that all would believe her when they read the newspaper, extras. In the cells she told the warden that the Allies had triumphed over the Huns, and that the war was at an end.
Later her husband visited the police station headquarters and, questioned respecting his wife's mentality, is said to have replied that she was normal. The police state that her husband has been overseas.

Youths Sent up for Trial

Lengthy Preliminary Hearing in Police Court as to Two Belleville Boys

After an investigation lasting nearly all day yesterday, Magistrate Mason committed for trial at the next court of competent jurisdiction John Wilson and Harold Naylor who were charged with breaking and entering a G.T.R. freight car on Pinnacle street and consigning to Walmaley and Co., and stealing six bags of sugar on Sept. 25th.
The young men were represented by Mr. A. Abbott and Mr. W. C. Mikel, and the crown by Crown Attorney Carnev. The young men made no election.

Evidence was given by Constable Ellis regarding a statement made and signed by Wilson on Saturday last as to his part in the affair. This statement was put out as an exhibit. Sergeant Naylor testified as to an interview with the other accused in which he told of his having been with Wilson shortly in the morning in question but he denied having taken part in the sugar theft or denied any knowledge of figures.
Evidence was volunteered by a young man who asked for and was granted the court's protection to show that the second accused did give him a drink of whiskey at the G.T.R. depot on the morning of Sept. 25th.
Murney Sine, auto mechanic testified that he missed a saw from Grotto's livery on Sept. 25. The one produced in court he identified. This had been found in the freight car.

Wilson was called to the stand by Crown Attorney Carnev. He admitted under oath having made a statement to Constable Ellis and having signed it. He told of meeting the youth who was accused along with him at the Perfect Cafe, about 12:45 a.m. They went for a motor drive with some others down the Dundas road as far as Point Anne lane. They returned by way of the G.T.R. Wilson got out at the upper bridge, promising to meet the other accused at Coleman street. This he did, took Naylor to the G.T.R. depot, got a passenger for Charles street and on the way down to Grotto's livery, where Wilson was employed, his companion said "to him—'I know where there's a carload of sugar.' He asked Wilson if he could get a hammer at the garage. Wilson said 'yes' and went to the garage to get the hammer. The second accused saw Mackow and said 'we might as well take that too.' The youth took it. This was the saw in court. The car was left at the livery and the pair walked to the corner of Dundas and Pinnacle. The other told Wilson to stay there and watch and he went to the west side of the car, north of Dundas St. Then he went to the east side and got the door open, climbed in and threw the sugar out. He could not get the door shut, so Wilson went to shut it. 'The officer came' and caught me and Naylor was missing."
Mr. Mikel asked Wilson—"What were you going to do with the sugar?" "It had not been decided." Neither did said anything about it.
The young men were thereupon committed for trial.

Major McCorkell is Wounded

Cared For in a French Hospital, Says Telegram

Mrs. McCorkell, Bridge street, has received a telegram stating that her husband, Major Joseph McCorkell has been wounded and was in a hospital in France. No further information was given. Major McCorkell left with the 39th Battalion as a lieutenant and ultimately took charge of a machine gun battery.

Grand Secty. Gunn Has Passed Away

Lt.-Col. W. N. Ponton received a wire at noon today informing him of the death this morning at Hamilton of R. L. Gunn, Grand Secretary for many years of the Masonic Order. Col. Ponton was invited to act as honorary pall-bearer. The funeral takes place tomorrow at 3 o'clock p.m. R. W. Bro. Gunn was about 73 years of age and had been ill for several months. He was held in high esteem by his brethren and official associates.
Mrs. J. Gunn, of Toronto, is visiting at the home of Mrs. W. M. White on second line of Sidney.

Amusement Tax is Increased

TOLL ON ALL ADMISSIONS OVER 45 CENTS HIGHER AFTER NOVEMBER 1

51 Tickets to Cost 10 Cents Tax and \$1.50 Tickets 15 Cents

Amusement patrons are to be made to pay heavier than ever for the privilege of attending the concert and the theatre. Increased revenue is required by the Ontario government to meet the war needs, and Hon. T. W. McGarry, the provincial treasurer, has decided that the people attending the amusement places have sufficient cash to contribute a larger share toward meeting the additional expenditures. Announcement has been made by the Provincial Treasurer's Department of a new series of changes, which is to go into effect November 1. Officials estimate that the increase in revenue will be approximately \$200,000.
However, the citizen who attends the "nickel" show for diversion from his labors will not be called upon to pay an additional tax. Instead, it is the patron of the amusement places that charge an admission of 50 cents and upwards that will have to contribute more than the five or ten cents which has been charged ever since this war tax was introduced. Consequently, the one-cent charge on tickets costing five, ten and fifteen cents will continue, as will the two-cent charge on tickets costing more than fifteen cents and not more than forty-five cents.
Instead of the two cents being charged on tickets costing more than forty-five cents, five cents will be collected after November 1. When the price of admission is more than \$1.45, 10 cents will be charged instead of 5 cents as at present. Fifteen cents will be collected when the price of admission is more than \$1.45 and not more than \$1.95, instead of the prevailing tax of 10 cents. Twenty cents will be charged on \$2 tickets instead of 10 cents, and 25 cents will be the tax on all tickets costing more than \$2.

Says Veterans are Not Keen to Farm

MOST WILL PREFER TO ENTER INDUSTRIAL WORLD SAYS MR. T. B. KIDNER

Atlantic City, N.J., Oct. 4.—Speakers before the convention of the American Hospital Association in session here, declared that soldiers returning from the battle fronts at the conclusion of the war would not be so favorable to "back to the soil" movements as is generally believed, despite their months in the open. The mind training along with the vigorous bodies, they said, would create a desire to enter the commercial world, and technical work.
"It is a widely prevalent misconception that these men who have roughed it in the open will never go back to inside work," declared T. B. Kidner, vocational secretary of the Invalid Soldiers' Commission of Canada, who is in this country assisting the United States Vocational Board prepare for the permanently injured soldiers.
"Most of them have had enough of the soil to last them the rest of their lives."
Mr. Kidner said that crippled soldiers should be made to feel themselves capable of earning the ordinary way.
"The problem is not that of blind and blinded men," he said of the 25,000 soldiers sent back to Canada, he added, but 1,400 had under gone major amputations and only 50 were blind. Canada is offering training in 200 occupations for soldiers, and America will give more than that, the speaker said.

DIED

DALY—Died in Vancouver, B.C. Sept. 29th, 1918. Andrew Dalry, aged 68 years.
Dust Causes Asthma. Even a slight cough will lead to a severe attack. The walls of the breathing tubes contract and it seems as if the very life must pass. From this condition Dr. J. D. Kellogg's Asthma Remedy brings the user to perfect rest and health. It relieves the passages and normal breathing is established again. Hundreds of testimonials received annually proves its effectiveness.

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