

Despaired of Life at 50 Strong and Well at 70

Mr. Jacob H. Macksey, 336 Midland Ave., Midland, Ont. writes:



"I have used Dr. Chase's Kidney-Liver Pills for over 20 years and I feel that I owe my life to them. I suffered severely from rheumatism and heart failure. One doctor just gave me one year to live, and even told me I might be found dead at any time. A neighbor advised Dr. Chase's Kidney-Liver Pills and I have been using them as needed ever since. I am now 70 years of age, weigh 217 pounds and can work as well as any young man."

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A FEW GENTLE HINTS AT THE CLOSE OF THE CAMPAIGN.

(By OBSERVER.)

The film-fam and the hocus-pocus end.
The angry orators are mute at last. The editors have shot their final blast.
And there are no more dollars left to spend.
Too late now to accuse or to defend. Another great campaign is with the past.
And there is nothing left but to forecast.
With trembling soul the landladies that impend.
Nothing but with the lips to prophesy. And in the heart to wonder after all. Whether the world would end if A should win.
Or paradise with B drop from on high.
And what that dappled map upon the wall.
Will look like when the last returns are in.
A RELIEF TO RIGHT-MINDED PEOPLE.

It is now a relief to all right-minded people to observe that throughout the election campaign, which has just closed, no dangerous or disquieting appeals of a sectarian nature have been made to the electorate by the Telegram. This is exactly as it ought to be. Religion, in the sense of sectarianism, should always be kept apart from politics. Nothing is so irreligious and anti-Christian as to stir up fellow-countrymen and fellow-

Christians to hate and persecute one another in the name of religion. But in politics, as in private life, religion should always be the guide of our conduct, and should make us truthful and just in our dealings with our fellow-men. Religion urges us to side with the weak rather than with the strong, with the poor rather than with the rich, with the ignorant rather than with the educated. Religion forbids tyranny and coercion; it commands us to love our country; it bids us labor to remove poverty, to improve the condition of the masses. We are taught to believe that God's blessing rests upon those who labor to make the poor prosperous, to heal the sick, and to render less hard the lot of the insane. Those politicians who thus act, who endeavor to strengthen the hold of religion on men's hearts, by associating religion with freedom, with progress, with prosperity for the poor and tolling masses, with mercy to the afflicted and suffering—those are the true friends of religion and the people they represent in the Legislature of the country.

A MATTER OF GREAT IMPORTANCE.

One institution, above all others, we imperatively need at the present

moment, and that is a college to teach our toilers of the sea how to reap to the fullest extent and properly prepare for market our inexhaustible harvest of the deep. This, to my mind, is of far greater importance than a Normal School or anything else of a kindred nature. Let us hope that during the next session of the Legislature provision will be made for such a college. As a writer in one of the American magazines observes, "the blessings of fishing—and this commercial fishing, and not the sport of angling—is one of the oldest in the world, and as now conducted, seems a rather fixed industry. In other words, the fishermen go out in their boats, set their traps and trawls, take from them what they can use, and that is all there is to it." What, therefore, could a fishermen learn from a college whose purpose is to teach him how to fish? This question has been answered by the establishment of the College of Fisheries of the University of Washington, and the only institution of its kind on the Western Continent. Established three years ago, it has already proved an unqualified success. It has shown that, while the whims of the sea and the vagaries of the always wandering schools of fish largely control the prosperity or the lack of it of the commercial fishermen, nevertheless the habits of the fish sought studied, and much of the uncertainty of the catch converted into a reasonable sureness of output every year.

A WONDERFULLY VALUABLE INDUSTRY.

It seems that the principal justification for the establishment of the College of Fisheries referred to was the fact that the commercial fisheries of the North American Continent are the most important in the world. "In the United States, including Alaska, their production amounts to almost three billion pounds annually, valued, as they leave the fishermen's hands, approximately at \$100,000,000." Canada is the second most important fishing country in the world, with products valued annually at more than \$30,000,000, while those of Newfoundland total almost as much. The total value of the world's fisheries is computed at \$560,000,000, and if the value of the fisheries of the United States, Canada and Newfoundland were combined, they would represent almost one-third of the total. In the fisheries of the United States are utilized 8,700 vessels of 240,000 net tons, and 191,000 men, women, and children are employed. Much of our fishery resources is, however, either totally neglected or little utilized, simply because of the lack of trained men. The College of Fisheries sup-

ECZEMA ON BODY IN PIMPLES

Itching Intense. Could Not Sleep. Cuticura Heals.

"Eczema broke out on my body in small pimples with white heads. At first there were just a few small spots but it quickly spread, causing intense itching and discomfort. My clothing seemed to aggravate the breaking out, and I could not sleep well at night. A friend gave me a sample of Cuticura Soap and Ointment and after using them I got relief so quick, and after using one cake of Soap and one box of Ointment I was healed." (Signed) Miss Maybelle Brett, Pullman, Wash.

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plies these men, and teaches them the best methods, not only of operating the industry, but of preserving and conserving the natural product which forms the basis of that industry. The older and more experienced students of the College form the bulk of the salmon inspection force of the National Cannery Association, for which work they receive special instruction at the College. Special instruction is given all who are considering engaging in the canning or packing of fish or any other branch of the fisheries industry, but who lack the special knowledge of the methods employed, which is requisite to success in this day of specialization in business. The four-year curriculum of the College leads to the degree of Bachelor of Science in Fisheries. Students in the College are taught the fundamentals of commercial fisheries—how to outfit for the fisheries, how to operate for each variety of food fish, and how to prepare the fish for market once they are caught. They are also taught to conserve the fisheries resources of their country by surveys of the available waters and their fish supply, by the establishment of rules, whereby this supply of fish can be conserved, not alone for the commercial fisheries, but for the anglers as well.

A HOPEFUL SIGN OF THE TIMES.

It is a hopeful sign of the times that, in spite of the present political hurry-burry, the widespread industrial unrest, and the almost unprecedented difficulty of making a living by which the masses are confronted, crime is certainly not on the increase here. As a matter of fact, the criminal calendar shows a considerable falling off, as compared with the number of commitments for the months of March and April last year. This condition of things speaks well for the home life of our people. Criminals are made not born. It is home environment rather than mental abnormality that causes the youth of the country to go wrong. Feeble-mindedness among criminals is not greater than among the general population. Reports upon the levels of intelligence of juvenile criminals show that youngsters of superior intellectual ability are approximately the same number of those who are feeble-minded. Statistics on investigations at reformatories, wherever such institutions exist, reveal that among boy inmates about 50 per cent. are members of what are termed "crippled families"—families in which one or both parents were dead or otherwise separated permanently from their children.

FACTORS CONDUCTIVE TO JUVENILE DELINQUENCY.

As proof of my assertion that delinquency frequently has inception in such "crippled families," reliable figures show that about 55.3 per cent. of the children of sixteen years or under of the country are attached to such families. If the "crippled" condition of the family were of no importance only 25.3 per cent. instead of more than 50 per cent. of these boys should come from such homes. City life is more conducive to juvenile delinquency than outport life. Absence of certain factors tending to create youthful criminals, found in even a city like St. John's, is the only explanation I can give for the

smaller number of young criminals in rural towns and settlements. Responsibility for counteracting these factors should be placed squarely upon the shoulders of city parents. These influences must be counteracted in the home. The obligation to discover the formula in each individual case rests with the fathers and mothers, and they cannot evade it. The disregard with which many parents view the Prohibition Law cannot be otherwise than deplored as a most important element in leading youths to view all law with like disregard.

Storm Laws.

In the Heart of the Cyclone Lies the Greatest Danger for Little Ships. The devastating storms which sweep over England several times each winter are not ordinary gales, but North Atlantic hurricanes, fatal to almost anything that dares to oppose their tremendous force. Across the ocean a long trail of damaged and sinking shipping bears testimony of the hurricane's mighty power. Liners arrive behind time, big cargo freighters come into port minus their boats and with bulwarks levelled to the deck, and many little ships have gone to their last port, all because they met the full force of an Atlantic cyclone.

Years of dearly bought experience, together with much patient observation by shipmasters working in conjunction with the meteorological authorities, have resulted in the Laws of Storms. These rules relate to the formation of cyclones, hurricanes, and typhoons, the direction they take, and how to avoid them. They form an important part of the Board of Trade examination of every candidate for master of a foreign trading vessel.

At the Mercy of the Waves. The actual cyclone is in the form of a huge swiftly revolving whirlwind about thirty miles in diameter. Within this area the wind blows with a spiral movement toward the centre, increasing in violence as it approaches it. A vessel meeting the outer fringes of the cyclone would not suffer much harm if properly handled, it is the storm centre which does the damage. While the largest ships may live through it, to small ones it is fatal, as Lloyd's overdue list at this time of the year shows.

The storm centre is no larger than Trafalgar Square, and curiously enough is totally devoid of wind; it is the sea which makes it so dangerous. Roaring pyramids of seething water rush together in menacing confusion from all directions.

When by wireless news or by local signs an approaching cyclone is indicated, the navigator who wishes to avoid the danger must first find the approximate direction and distance of the storm centre from his vessel, the cyclone's line of progression, and the course he must take to remove his ship from danger. First, he faces the wind; the danger will then lie ten compass points on his right hand, the distance being indicated according to how far the barometer has dropped, on the principle of the lower the pointer the closer the storm.

Next, the ship is stopped and the alterations in the wind direction carefully noted. This will show the course the cyclone is taking. Having found the relative positions of ship and storm, and the course of the latter, the navigator plots both on his chart and steers a course to safety. It frequently happens that small vessels of low speed have not sufficient power to take them over mountainous seas out of the path of the storm. Then the sailor realises the full significance of being at the mercy of the elements.

The steamers Merrimack and Kansas City, which foundered somewhere in mid-Atlantic through being unable to avoid the centre of a cyclone, suffered the fate that has befallen hundreds of fine ships and from the same cause.

Household Notes.

Egg custard is delicious sweetened with honey and flavoured with a little cinnamon.
Calves' brains are delicious cut into pieces the size of an oyster, well "crumbed" and salted.
Leftover pancake batter should be saved. It can be used for muffins or for dipping chops or veal.
Sweetbreads are delicious parboiled, cut crosswise, sautéed in butter and served with sauce tartare.
If a teaspoonful of flour to each cupful of milk is used when preparing chocolate the fat will not separate.
Butter scotch sauce served with vanilla ice cream will delight the kiddies with its "sundae" appearance.

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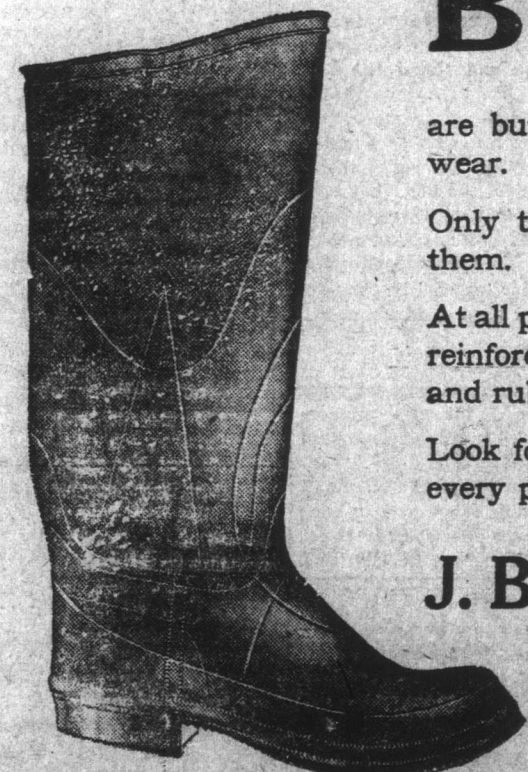
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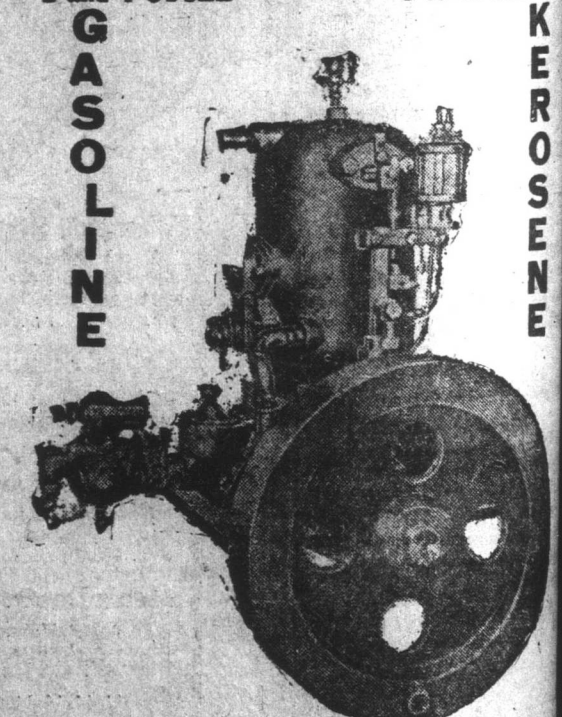
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