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THE EVENING TIMES AND STAR, ST. JOHN, N. B., FRIDAY, DECEMBER 1, 1911

The Evening Times and Star

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THE OPPORTUNITY

There would be no advantage in a wrangle between the Times and Standard over the merits or demerits of the Hazon government. Mr. Fleming is now in the saddle. He will be judged by what he does. The St. John Valley Railway will be a far better railway than the provincial government proposed for the simple reason that Dr. Pugsley and Mr. Carvell stood out for a real railway. It was the old provincial government that opened up the Queens county coal areas. The demonstration orchards of that government gave the first great impetus to the development of the orchard industry. The Hazon government, whatever it may have done, has not succeeded in holding the rural population, or in securing enough immigrants to offset the loss sustained by the westward movement. Its record as a government is so far from brilliant that we may turn away from it to a review of the situation as it confronts Premier Fleming. The conditions are as stated in the Times on Wednesday. Railway construction, the opening up of the St. John Valley, and of the Queens county coal fields, the boom in orchard development (which is not at all confined to New Brunswick), the opening of natural gas and oil wells, and of iron mines, the projects to develop water power, the opportunities for new industries, the large public expenditure for harbor works at St. John—all these and other activities create a condition which is not to be set down to the credit of the Hazon government, but which is altogether unprecedented in our history as a province. Despite the failure of governments to do their full duty, the general progress of Canada has made itself felt in New Brunswick, and it is only necessary now to pursue an enlightened and progressive policy to reap great benefits in growth of industry and population. The Fleming government may adopt such a policy in respect to agriculture and immigration, or it may merely mark time. Which will it do? The people of the province have also a responsibility, and all organizations, business and municipal, should lend a hand in arousing the enthusiasm, that makes for growth. Political wrangling will not increase farm production, or attract new settlers. The thing to do is to get down to business and boost New Brunswick as it never was boosted before.

MORE PROMISES

It is now the turn of Dr. Pugsley to smile. He has been accused of being a great promise in regard to Courtenay Bay. Yesterday he looked across the house and asked what the other party proposed to do with Courtenay Bay. And it was their turn to promise. They evaded definite promises, and left the whole thing in the air. How this must worry the Standard, which had all along denounced Dr. Pugsley and assured the people that when Mr. Borden got the chance there would be real doings at Courtenay Bay. It will also grieve some St. John people to find Mr. Hazon in Parliament paying a tribute to Dr. Pugsley's sincerity. Time brings its revenges. Mr. Monk says St. John must be considered along with many other ports. This is a bad sign. As Dr. Pugsley pointed out, the Grand Trunk will be completed soon, and the Courtenay Bay terminals cannot be built in a year. President Hays said over a year ago that the work could not be begun too soon. Dr. Pugsley had plans prepared and received tenders. If the Borden government were sincere it would award the contract.

OPEN AIR SCHOOLS

Open air schools for children who are not normal, or who are suffering from tuberculosis, have proved so successful in some American cities that others are taking up the plan with enthusiasm. The reason for the effort is well stated by Sherman C. Kingsley, general superintendent of the United Charities of Chicago. He says: "It is a pitiful thing to see a sick child whom no physician's skill can cure, but it is far more pitiful to see a sick child doomed to linger through a fretful childhood, a joyless youth and an inefficient manhood, when the right care at the right moment might have made him a normal, healthy human being." A conspicuous example of a successful open air school is found in the work of the Elizabeth McCormick Open Air School in Chicago. The United Charities found that their fight against tuberculosis was handicapped by conditions in the poor tenements, with small, unsanitary rooms, into which the people were heaved, with out proper food or care. In 1909 the United Charities opened a summer school camp, to which were sent children threatened with tuberculosis and who, as a re-

sult, were mentally backward, and lacking in vitality. This open-air school so greatly improved the health of the children that Mr. Kingsley set about the task of providing an open-air school in winter. By many the plan was not thought feasible, but Mr. Kingsley persisted, and, we are told—

"Through the Elizabeth McCormick Memorial fund, the board of education and the Mary Crane Nursery, the school was able to start in October, 1909. It was established in a permanent tent on the roof of the nursery, the school board furnishing the teaching staff and ordinary school equipment, while the McCormick fund provided the special things, particularly unique clothing for the colder months. This clothing consists of suits made of heavy blankets that are worn over the other clothing and left in individual lockers in the school over night. During the coldest days of the year, the children in the school have been bright and happy, and have made wonderful gains both mentally and physically. The success of the plan has been such that a number of Chicago schools there are now open-air rooms, conducted on similar lines, and throughout the winter three times every day window in the schools of the city must be opened so that the air may be thoroughly changed."

The Times has received, through the courtesy of Miss Mabel Peters, a copy of the Detroit Tuberculosis Bulletin for November, which reproduces photographs of the Chicago open-air winter school, showing the children wrapped in their heavy blanket suits, at their desks or taking exercise. The Bulletin also tells of an offer by Mr. Frank B. Leland of Detroit to erect a building for an open air school if the board of education, the city health department and Tuberculosis Society will conduct the school, the first named to furnish the teacher, the second to have charge of the children's health, and the third to provide the heavy clothing, blankets, coats and other necessary articles. The building would have a school room open on one or more sides, with canvas curtains for stormy weather, and also dining-room and kitchen, rest rooms with cots, and bath and toilet rooms. The offer is now under consideration. The Bulletin quotes Supt. Weaver, of the Hartford schools, to the effect that at the outset he was a skeptic, but that he is now enthusiastic, and that the good accomplished by open-air schools for sub-normal children is almost beyond belief."

The Montreal Witness "makes" some pointed remarks about the proposed tariff commission. We quote—"Perhaps the most important item in Mr. Borden's programme is the tariff commission, a United States device for the protection of protection. Its task will be to make a searching investigation into the costs of production at home and abroad, and then report to the government what the duty should be. This is the shelter in which the protectionists of the United States took refuge as a last resort when the people became so incensed with the Payne-Aldrich revision of the tariff that they threatened an even lower revision than was made in the days of President Cleveland. It was a cunning device, and is serving well the purpose for which it was intended."

HOW TO LIVE LONG

Get Married, Sleep Enough and Eat Black Bread

"In order to ward off old age we should pay particular attention to the healthy work of the glandular system, notably the thyroid, the suprarenals, and the pituitary, says the New York Medical Journal. It is wise, therefore, to cut down the supply of red meat, once a day being often enough to indulge in that food, and to replace it with white meats, especially fish, eggs, milk, cheese, and vegetables form the best diet."

"A caution is given at this point to the effect that a man accustomed to a large quantity of red meat may miss it to such an extent as to bring about severe mental depression, itself a powerful cause of premature old age. Such a person may include in a moderate amount of red meat, but he will only take care to avoid the portions rich in nuclein."

"For the young, on the other hand, such foods are excellent, as they provide the very important phosphorus, and are much superior to the vegetables supplying albumin, such as spinach and peas. Alcoholic drinks, undoubtedly are prejudicial to continued youthfulness, but a mild diet, in moderation, is useful to the middle-aged. The immoderate use of tobacco is also a cause of precocious degeneration of heart and arteries."

"For many reasons marriage is commended to those who would live long. To help the brain and kidneys, bathes, especially vapour baths, are excellent. Wool is advised for underwear in winter, a loose mesh cotton for summer. Black bread should replace the fine white bread of the well-to-do, the latter being rather a form of pastry than a real bread. Regular and sufficiently prolonged sleep is a precious aid to longevity, not easy to realize, alas! In the life of a large city, where, too, it is hard to secure the dark and quiet room that is a great help to slumber."

"A good heredity is of high importance to longevity, but obviously cannot be considered to enter into the possible prescriptions of the physicians. The light labor of sound organs is able to support himself as much as he pleases, and to out what he will, in defiance of all the rules to which less fortunate mortals must patiently submit."



THE PHILANTHROPIST

He walked not in the way of the world, But the straight and the stronger path; And many a stone was hurled, But never was he known to wrath. He helped all with a helping hand, When they weakened and fell alone; So well did he understand, He helped him who cast the stone. And he measured his help by that Which the other himself must do— The a sort of a tit for tat, And must always be played by two. Fall out did he help unknown, A brother ready to fall. By some strength of character shown— Example he needed was all.

Example the trust of help, Example the great neglect; So far to bark and to yell, So far to stand up erect. We may well prosperly share, And give when we have it to give; And perhaps we may think it queer, How we taught others to live.

Perhaps we may think to repair— Can avarice teach how to give? Ah! well may we then despair. 'Tis water put in a sieve. EWMY BRUCE JACKSON.

IN LIGHTER VEIN



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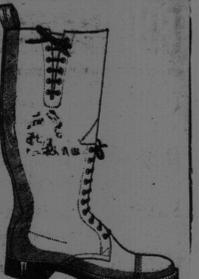
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