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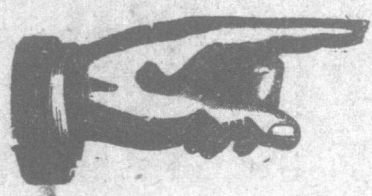
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Thirty-Six Thousand Dozen of 'em

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All Colors, Sizes and Shapes.

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All Selling Now 10 cents Dozen

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Jane Views on a Vexed Question

DRINK: POISON OR PANACEA?

(By LORD RIDDELL.)

Drink has long been a controversial subject. Teetotalers regard those who do not agree with them as selfish, connivants, and unpatriotic, while moderate drinkers resent reflections upon their conduct and attempted interference with their personal habits. This resentment is emphasized by the superior moral standard claimed, or supposed to be claimed, by the teetotal fraternity. And no issue is joined with plenty of heat and vituperation. Recently the fray has been exacerbated by the advocacy of compulsion on American lines, but it is right to say that this development is not supported by all sections of the teetotal movement. My experience is exceptional and amusing. Teetotalers cannot improve a life-long abstainer of the rigid type; while having no prejudices and holding strong views concerning personal liberty I have no wish to interfere with moderate drinkers. Therefore I can be on friendly terms with both sides and attend temperance breakfasts and licensed victuallers' banquets with impartiality.

Literature on the drink question is proverbially partisan. An author usually sets out to prove one case or the other, and his views are often tinctured by personal prejudice or predilection. Therefore a judicial work on the subject is a welcome relief. Dr. Shadwell, who has long been known as an able investigator of social problems, and who for many years has devoted special attention to the drink question, has provided one. ("Drink, 1914-1922," Longmans, price 10s. 6d.) The earlier parts, comprising a detailed history of the trade during the period mentioned, I found informative but dull. Digging up old bones of this sort is not inspiring. Nevertheless the record is useful, and revives interesting memories, including the proposal that the State should acquire the drink trade. What a tangle we should have been in, and what a task the Minister of Drink would have had as manager of thousands of public-houses and employer of swarms of barmen! The record also forms the basis of the illuminating chapter in which the writer states his conclusions.

As we know, during the war the hours for the sale of drink were shortened, the prices increased, and the strength reduced. The result was improved sobriety and efficiency. Convictions for drunkenness fell from 146,000 in 1914 to 22,000 in 1918. In 1922 the figure was 63,000. Dr. Shadwell,

however, fails to point out that too much importance must not be attached to these statistics. Arrests and convictions for drunkenness depend in great measure upon the action of the police and magistrates in different districts. If lenient views prevail, either the offender is not arrested, or if arrested is given the benefit of the doubt. The contrary practice produces a crop of arrests and convictions. It must also be borne in mind that during the war period not only was the sale of drink restricted, but several million men were absent.

But apart from these figures there is ample evidence of the effect of the restrictions. This will be seen from the following table, and it must be remembered that the population increased about two million between 1914 and 1922:—

Year	Prod. of Beer Barrels	Prod. of Spirits Gallons
1914	35 million	51 million
1919	13 million	37 million
1922	23 million	36 million

To this may be added the surprising fact that the revenue from drink in 1922 was about 190 million, as compared with some 23 million in 1920, and that we raise nearly one-fourth of our total revenue by this means.

Dr. Shadwell's first point is to draw attention to the importance of drink as an element in national life. Sobriety has been growing, but he considers that the habit of excessive drinking still prevails to such an extent as to constitute a serious national disability. Most of us will agree with him. The evil is not confined to any one class. There are intemperate people in all classes. His second point is that excessive drinking can be checked by appropriate measures which leave an amount of liberty sufficient to avoid widespread revolt against the law or wholesale evasion. The measures on which he relies are high taxation and limited hours of sale. Thirdly, he considers that State ownership (as at Carlsberg), the reduction of licensed houses, alteration of premises, distasteful management, and supply of food in public-houses have failed to exert any perceptible influence on sobriety. His last conclusion is that the people will only stand a certain degree of control, and that if the string is pulled too tight they will rebel, as they have done on two occasions since 1914. Therefore he is strongly opposed to prohibition. His remedies are: re-solute retention of existing restrictions and raising the status of the public-house from a drinking bar to a place of refreshment. He says that improved public-houses may not diminish the consumption of drink by the present generation, but a new atmos-

phere will be created that will have a beneficial effect upon succeeding ones. These are sane ideas. Dr. Shadwell does not in terms suggest, but implies, that the most important measure is to teach the young the advantages of temperance. With this everyone will agree.

I now pass to another recent book by Professor Starling, F.R.S., the physiologist, "The Action of Alcohol on Man," which comprises incidentally the most lucid account I have read of the processes of digestion, so graphic that those who take alcoholic drink will in imagination be able to follow its peregrinations as it wanders round the metropolis and suburbs of the human frame. Whether this will increase or mar their enjoyment it is difficult to say. Personally I should think it might be an incentive to teetotalism. Professor Starling also gives a fascinating description of the manufacture of fermented liquors, fascinating even to a teetotaler. Alcohol as a food, and its effects on fatigue and digestion, are discussed at length, together with other cognate subjects. The Profes-

sor's conclusions may be briefly stated. Alcohol is a food, and indirectly an aid to digestion, but, generally speaking, prejudicial to physical and mental effort; nor does it allay fatigue. Its use in moderation (the standard varying in the case of each individual) is, however, beneficial, as at once an anodyne and exhilarator.

To use the Professor's words:— "It is part of the comfort devised by civilized man for the promotion of repose and repair after the day's work."

Conviviality is more important for the maintenance of our mental stability and effectiveness than we realize.

He has obtained not only greater enjoyment of his meal, resulting in increase of appetite and consequent improvement in the processes of digestion, but the greater enjoyment is due itself to the fact that this small dose has given him repose of spirit from the endless little worries of the day's work. He has sat down to dinner, fighting in his own mind the battles of the day over again, preparing for

the work of the future, and seeking methods of warding off possible dangers to himself or to his plans. But for the moment these thoughts and cares are no longer of any value to him in his life's work; the time has come for repose and repair; and for complete digestion and assimilation he needs to free his mind of them. Under the influence of alcohol past troubles cease to repeat themselves and to reverberate in his mind. The worries of the day fall off like a garment, and he acquires a restful and contented frame of mind, in which he takes a more sanguine view of the present and of the future, and leaves difficulties and dangers till the morrow, when he will be prepared to deal with them refreshed and restored by the night's sleep.

Professor Starling's general conclusion is summed up in his preface: "In a civilized society such as ours the abolition of all alcoholic beverages from among our midst, even if carried out by universal consent, would be a mistake and contrary to the permanent interest of the race. If it were enforced by legislation against the wishes and convictions of a large proportion of the members of the community, I believe it would be little short of a calamity."

Necessity to say, Professor Starling has caused a profound sensation in temperance circles, and his conclusions are not shared by many eminent medical men. An unbiased examination of the arguments seems to show that the chief objections to the use of alcohol lie in the danger of excess, which the Professor does not minimize. The qualities that make it useful from his point of view make it seductive and dangerous. He believes, however, that "we may hope in time, by education, by instillation of proper ideals, and by providing such conditions of life as are compatible with self-respect, drunkenness, with all its attendant and consequent evils, may be entirely abolished."

Although teetotalism suits me, having been accustomed to it all my life and although fully alive to the evils and dangers of drink, I must admit there is something to be said for Professor Starling's argument.

Teetotalers have done wonderful work in face of much contumely. What we owe to them it is difficult to realize. There is still great need for reform, but no one can deny the change in national habits and point of view. Admitting all this, it is questionable whether the total abstinence of drink would be an unqualified advantage. We continually dwell on its evils, but little is said of the millions of moderate drinkers who believe they are happier and better in consequence. Whether this

is an illusion it is not for me to say. If it is, let us remember that life is made up of illusions. One thing is certain. A teetotal world would be a very critical one. Would this make for increased happiness? I wonder!—John O'London.

Our Dumb Animals

REPORT OF THE CHIEF AGENT FOR WEEK ENDING MARCH 7TH, 1924.

Called to Long's Hill to humanely put to death a horse for Mr. Molloy. The horse was attended by Dr. McNair, who advised that it be humanely destroyed. Also I put to death an unlicensed dog on Boncloddy St., and a cat for Mrs. Pearce on Cavell Ave.

I have received an anonymous letter which states that at a certain unfinished house on Franklin Ave., there are many cats which seem to make this house their home, and cause much trouble in this vicinity. If the person who wrote the letter would forward name and address I will do what I can to rid the place of these cats, but I cannot do anything without a letter with no signature. I have also received many complaints from other persons who are not satisfied to give their names. These complaints will not be attended to by me unless I know who makes them. I received a telegram from from Veterinary Smith regarding the last shipment of sixteen horses to Deer Lake, saying that they had all arrived in good condition. Owing to the condition of the streets the horses working on them are liable to sore shoulders, etc. No less than 8 horses were taken in by their owners this week for treatment. Have been attending to complaints of outport ponies which often stand on the streets for hours without a rug over them. All horsemen are asked

to keep their horses well covered in this wet weather. I am doing all that one man can do about enforcing the law regarding swingle-trees. All owners are forced by law to have swingle-trees on catamarans, sleighs, etc., and the police authorities and justice department no doubt will see the law enforced. I warn all owners of outport ponies and catamarans to have swingle-trees attached to catamarans, etc., without delay. The public are asked to report any complaints of ill-treatment to horses and other dumb animals to me by 'phone or letter. 'Phone 653. Address Mundy Pond Rd.

JONAS BARTER,

Chief Agent.

Walsall's "Welcome Home Week."

In expectation of a number of former townspeople returning to Walsall, Staffordshire, while on a visit to England during the forthcoming summer, a "Welcome Home Week" is being arranged, commencing 30th June, to include civil hospitality, luncheons, garden parties and other functions. Invitations will be sent to all people whose names and addresses are furnished promptly to the Hon. Secretary, "Welcome Home Week," Kingscourt, Bridge Street, Walsall, England.

Noted Preacher Coming.

Rev. Dr. Campbell Morgan, a world renowned preacher, is at present travelling in the States and Canada, delivering a course of public addresses. The Rev. Gentleman, before completing his tour, proposes to pay a visit to St. John's, about September next. Dr. Morgan was for many years the Pastor of the Westminster Congregational Church.

WHY DOES YEAST MAKE BREAD RISE?

Because yeast ferments, when combined with sugar, produces carbonic acid gas. This gas makes bubbles in better and dough and thus raises the bread.

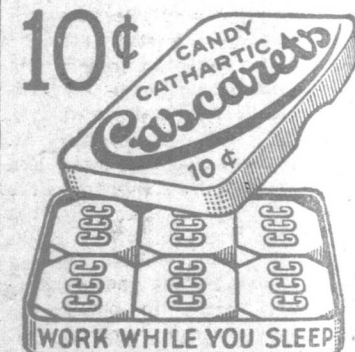
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was considered high enough by their makers only when science could raise them no higher. Try them to stop pain. Highest purity, and their beneficial action begins in fifteen seconds.

20c. box of 12 tablets.
PETER O'MARA,
THE DRUGGIST,
THE REGAL STORE.

IF CONSTIPATED, SICK, BILIOUS

Harmless Laxative for the Liver and Bowels



Feel fine! No gripping or inconvenience follows a gentle liver and bowel cleansing with "Cascarets." Sufferers from Headache, Biliousness, Gases, Indigestion, and all such distress gone tomorrow. For Men, Women and Children—10c. boxes, also 25 and 50c. sizes, any drug store.

Flowers!

CUT.	IN POTS.
Chrysanthemums.	Cyclamens.
Lilies.	Wall Flowers.
Tulips.	Clarkias.
Carnations.	Impatiens.
Daffodils.	Hyacinths.
Hyacinths.	Cinerarias.
Sweet Peas.	Primulas.
Cinerarias.	Geraniums.
Marigolds.	Ferns.

Finest quality.
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TAKING A SEA VOYAGE.—Mr. J. Morris, of Trinity, one of the shareholders of the scho. Lucille B. Creaser, left by the vessel on the 3rd inst. for a trip to Porto Rico. His many friends wish him a pleasant voyage.

MINARD'S LIXIMENT RELIEVES NEURALGIA.

NOTICE to SEALERS and FISHERMEN

Lower Prices on Leather Fishing Boots.

SEALERS! Get Smallwood's Hand-Made Special Sealers' Boots. This Boot is as Light as a Feather and tight as a cap.

FISHERMEN! Fishermen! Buy Smallwood's Hand-Made Tongue Boots, Wellington's, High and Low ¾ Boots.

Double Wear in each pair.

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