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### Abbey's Effervescent Salt

Relieves Those Nagging Headaches

Thousands of persons, who have never known a day's sickness in any other form, are subject to frequent attacks of splitting headaches.

Physicians and Druggists are recommending Abbey's every day because it gives prompt relief with no unpleasant after effects.

## Bay Hospitals.

Stirring Appeal by Dr. Grenfell.

(Concluded.)

...a little bit of our coast. Goose Bay, Cape Norman, fifty thousand gallons of fish were taken this year. The fish of St. Barbe must have eight far more. Our taxes must be paid here amounting to between one and two hundred thousand dollars.

The report states "all the accidents, of the city and outports, are due to St. John's for treatment." It is reasonable to expect a man with a compound fracture, like one here, should have to go to St. John's. We have no railways, no roads and now our navigation, in the worst of ways, is completely closed. The report continues "practically the surgery in the island is done at St. John's Hospital." If that is so, must have happened to the hundreds of patients who have been operated on during twenty years in our outports for "acute surgical ailments." All must have perished miserably by the wayside, and many more yet do so unless bay hospitals are established. Our hospitals in the outports are willing to stand by their posts as a proof that bay hospitals give as good scientific treatment as any. Our Newfoundland Directors give me, unless a suitable grant is made towards these hospitals, to leave them. Even then I should have to England perfectly satisfied to have put in over a quarter of a century on the coast, if it has only demonstrated that point.

The best comment on the need for hospital work in the outports is the fact that so many highly educated and women come every year just even having their travelling expenses paid for them, because they consider that the opportunity which they find to serve their fellowmen is their return.

We have just made a tour of Green Bay as far as Twillingate. The object of our trip was to make the outports longer satisfied with one hospital, continued to a place several days' ride from them and even months distant from them and their loved ones their hour of need; any more than they would have been content when soldiers were "over there" with hospital nearer than Inverness. The help can be provided in war, certainly it can in peace. The outports are fighting for the centres of civilization when they are reaping the harvest of the war here in peace times, just as they live and die for us in time over there; and we owe ourselves, just as much now as then, to see that the modern requisites of civilization are properly provided for those who are far off, in order to gather this harvest, or for the outports who labor in any way for the betterment of the outports. This is every bit as essential as that these amenities be provided for those who are at work and trade in St. John's. The outports of industry to humanity are to be entirely different as a result of the war. The fighting with Germany, though it has been the pale into insignificance as the past unless the new adjustment of relationships between capital and labor saves the world from Bolshevism in one of its many forms.

The old cry "we can't afford it," won't fool the industrial worker much longer. He is beginning to see in that only the timorous selfishness of prejudice and privilege. The war has taught the world that it can do a lot more than even its wisest and most progressive citizens believed possible, and what is more important, it has opened the minds of the working men to nothing ever did before, to that divine discontent with past conditions, which Charles Kingsley told us has to precede all permanent advance; and of which it is the business of those who know to teach those whose hard lot in life has left them ignorant.

If you will give me space, Mr. Editor, I will follow this letter by another trying to give your readers the new view the North is taking of other problems intimately associated with the essentials of our human life, upon which points we shall shortly be asked to vote for candidates to represent us, and see shortly brought into effect.

Being a doctor, this question of public health naturally interests us most of all, and on that matter I pray that every voter in the country may refuse to vote at the next election for any candidate unless he pledges himself to see that the outport taxpayers are no longer forced to pay for hospital treatment centralized in St. John's; and that patients in St. John's should be given an honorable opportunity to discharge their indebtedness for the excellent services they now receive there, and so preserve their independent self-respect, such as our men in the North try to do when they enter our hospitals.

The plan which commends itself most to the experience we have had is a central hospital in each bay, reached by the men's own motor boats, or fast Red Cross properly equipped motor launches such as our hospitals now have, and the bay steamers as well as the long distance boats. If possible railroads could be employed also, and some day when our civil service provides them "down North," by roads.

That each hospital be under the control of a specially selected committee of locally interested citizens, representing the district, on which the medical officer in charge and the head nurse should have a seat.

That the Government give dollar for dollar to supply such a hospital up to an amount sufficient to equip at a minimum a ten bed unit, as understood by the word used in the war. Each unit should have an X-ray outfit, a biological laboratory, a proper record system, a good operating and sterilising room, at least two separate private rooms, one isolation ward, more especially for obstetrical work, a convalescent room, dispensary, dental department with proper equipment for prosthetic work, an ophthalmic room for eye work, and outfit for testing eyes, with equipment for fitting glasses properly. The St. John's hospital surgical instructor should also visit each bay hospital annually. The Government in addition to paying at least dollar for dollar for construction, should repay the bay the proportional amount of the taxation which that district pays towards the total budget for public health of the bay.

The true remedy has been discovered in D. D. Prescription. The instant you wash with this cleansing, soothing liquid you will find the itching gone. Simple to use, absolutely harmless to the most sensitive skin. D. D. D. Prescription is the most scientific and efficient remedy known for Eczema in all its forms. Bad Legs, Pimples, Scalp Troubles, Open Sores and Itching Rash, Salt Rheum and Ring Worm, and all other skin troubles yield to D. D. D. The first bottle will prove it.

Stop that itch now, get a bottle of D. D. D. Prescription to-day. Sold Everywhere.

### Colony in proportion to its population; the remainder to be provided by subscriptions, donations, patients' fees, and endowments. The Government beyond receiving the reports and audited accounts annually, should have no voice in the management whatever.

The Government should commission some especially qualified person to examine the methods adopted everywhere or anywhere for bringing about and maintaining the best results, and such should be put before the people and adopted.

The success of the hospital will depend most largely upon the medical officer in charge. Only those who are specially trained themselves can judge of a man's professional ability. That of course must be the very first consideration. He should hold the Fellowship of the College of Surgeons of America or England if possible. He must have had special surgical training, and must have been an interne in a really large, well known, and well recognized hospital. No politics, national, or family influence should ever for a minute be permitted to bias the choice. He must not come to learn by experience gained in our midst on our sick. Right character must of course be another primary essential. Religious affiliation and nationality should not even be asked. We have found this an excellent rule. The man is needed and employed for giving the best possible skilled help for our bodies—politics, religion, nationality, should therefore be considered as purely subsidiary and private personal matters. But there is a psychic element in healing, and the doctor who is wanted is not a man at all unless he has the love of God and his fellowmen in his heart.

Voters of Newfoundland, will you not read this through and if you love life and health, and want to improve your country and safeguard your families, will you not insist that bay hospitals be a plank in the platform of the next Government.

WILFRED T. GRENFELL, M.D.  
St. Anthony, Nfld., January 20th, '19.

### Child is Cross, Feverish and Sick

Look Mother! If tongue is coated, cleanse little bowels with "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver, and bowels so nicely. A child simply will not stop playing, to empty the bowels and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhea. Listen Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it and it never fails to act on the stomach, liver and bowels.

Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Beware of counterfeits, sold here. Get the genuine, made by "California Fig Syrup Company." Refuse any other kind with contempt.

|  |      |      |
|--|------|------|
| In-patients  | 1918 | 1916 |
| Out-patients   | 255  | 271  |
| Major operations not including teeth, abscesses and minor operations | 197  | 235  |
| Number of days in hospital   | 5968 | 7453 |
| Average days per patient   | 23.3 | 27   |
| Recovered  | 140  | 178  |
| Improved   | 84   | 65   |
| Unimproved   | 5    | 12   |
| Not treated  | 5    | 3    |
| Died   | 21   | 33   |
| Deaths after operations  | 2    | 4    |

\*Dr. Charles Curtis, Medical Officer.  
\*Dr. John M. Little, Medical Officer.  
Also to note the bays from which they came:

|            |      |      |
|------------|------|------|
| Bonavista  | 1918 | 1916 |
| Conception | 69   | 86   |
| Trinity    | 95   | 50   |
| Green Bay  | 78   | 77   |
| St. Barbe  | 287  | 323  |
| St. John's | 1710 | 1918 |
| Labrador   | 15   | 44   |
| Foreign    | 20   | 25   |
|            | 4    | 9    |

### The Caging of Germany.

(From the New York Globe.)

President Wilson, it is said, feared sight of France's scars would too much embitter him for judicial consideration of torts to be imposed on Germany. But no American can rightly judge the conditions of peace now being reported if he forgets what Germany did. Not to increase indignation, but merely to remind us of the sheer necessity of ample safeguards against recurrence of the savagery, a partial inventory of the Germans in northern France is taken from official sources:

Houses destroyed 850,000, valued with their contents at \$3,000,000,000.

A million and a half head of livestock killed or stolen and half a million articles of farm machinery destroyed or stolen, valued at \$1,200,000,000.

Of the great industries of northern France, turning out in 1913 94 per cent of the country's industrial production, "nothing exists—workshops, machine factories, mines, factories, everything has been destroyed or carried away by the enemy. The destruction is so complete that, in the particular case of our coal mines two years of effort will be necessary before a single ton of coal can be mined and ten years must elapse before the production of these mines can even equal that of 1913."

Railway lines rendered useless and rolling stock stolen to the value of many hundreds of millions.

Human lives lost in military action and by disease and mutilation, 2,500,000—one in every 15 of France.

There may be persons who think it possible to impose unreasonable terms upon a nation guilty of these willful crimes. None can be so mad as to tolerate any plan that would allow it even to break loose again.

### Eat More Fish.

#### SOME NEW DISHES.

**Broiled Halibut.**  
Take some slices of halibut, about one inch thick. Dust over salt and pepper, cover with three tablespoons butter and leave in dish for half an hour. Roll them in flour and broil over a very clear fire from twelve to fifteen minutes. Garnish with parsley and slices of lemon and serve.

**Salmon Loaf.**  
One 25-cent can salmon, one beaten egg, one-half cup milk, one cup cracker crumbs, one-tablespoon butter, seasoning. Remove bones from salmon, then add the beaten egg, cracker crumbs, butter, seasoning and, lastly, the milk. Bake in a loaf pan from one-half to three-quarters of an hour. This makes a delicious loaf.

**A Norwegian Fish Pudding.**  
Remove skin and bones from six pounds of fresh cod and pound in mortar until smooth; add teaspoon salt and tablespoon butter and continue working for ten minutes. Turn in large bowl and work in two egg yolks, and a cup of cream. Use potato masher and blend carefully. Add gradually another cup of cream and pinch of allspice. Beat hard and when all frothy, turn into a butter mold and steam for three hours.

**Fish in Winter Sauce.**  
Clean the fish, remove the bones and boil until tender. White sauce—melt three tablespoons of butter in one tablespoon of cornmeal and two tablespoons of flour. Stir in one cup of the stock (in which the fish was cooked) with one-half cup of milk, a bay leaf and a slice of onion, boil for five minutes. Mix well and allow the sauce to boil, then add the flaked fish and let simmer for about 10 minutes. Season to taste with salt and pepper and a few drops of lemon juice, and serve with hot biscuit.

### Household Notes.

A charming little bonbon basket can be made by covering a finger bowl with crocheted raffia.

Have an individual towel rack in every bedroom—then there is no doubt where each one's towel is.

In freezing, the cheese should never be more than three-fourths full of cream will be coarse grained.

Home-made marshmallows, sprinkled with dried macaroni crumbs, can be served with sugar and cream.

### Press Briefs.

**To Be Kept in Mind.**—If Germany had won, she would not have cared whether the Allies were at once abundantly supplied with food.—Albany Journal.

**Camouflage That Doesn't Deceive.**—Having painted their parrot white the Germans are trying to pass it off for a peace dove at the conference, but it keeps on yelling for crackers.—Chicago News.

**It's a Tough Scrap Too.**—From Herr Ebert's conversation, one gathers that he regards the armistice as another "scrap of paper." He may, if he likes, and it was expected that he would. But it fixes Germany so that she is unable to tear it up.—Cleveland Plaindealer.

**As One Who Knows—Can't say about Maine,** but the friends of the late John Barleycorn in Montana regret to report that prohibition does not prohibit.—Anaconda Standard.

**Officers Praise.**—The first lot of the soldiers from Kimmel Camp arrived on the Celtic last night. It is somewhat significant commentary on the recent riots that officers in charge of the Celtic's troops testified that they had never seen a finer lot of boys.—Morning Chronicle.

# OPENING

## NEW EXTENSION

Through our earnest effort to give to our patrons exclusive merchandise, courteous and competent service, our ever-increasing business has already outgrown the new buildings added in September, Nineteen Hundred and Sixteen and compelled us to take over the two adjoining buildings, and we now announce the opening of our Men's and Boys' Outfitting Department and Ladies' and Gentleman's Boot and Shoe Department in the building adjoining our Ladies' Showroom. It is our purpose to provide a Men's Furnishing Store conducted along uncommon lines, a shop that impresses you at once with its unusual arrangement, a shop that shows you at a glance the things you want, a shop manned by expert assistants where you will find an infinite variety of Men's Goods of the latest styles and patterns.

## BISHOP, SONS & CO., Ltd.,

P. O. Box 920. St. John's, Nfld.

# MILLEY'S

## Congoleum MATS.

# MATS,

Just received another shipment of

# MATS,

Two Sizes, 18 x 36 and 36 x 36.

Small Size: 30 cents each. Large Size: 59 cents each.

# MILLEY'S

### Make Fountain Broad.

(From the Kansas City Star.)

Bolshevism is the child of misery and ignorance. There is no chance for it to take root in America because, in spite of all faults, America has managed roughly to keep the door of opportunity open and to obtain a wide diffusion of the gains of civilization. The broader the foundation the more secure the edifice. It is for America to make sure that the whole population shares in a decent standard of living and that social justice prevails. Then Bolshevism will continue to find its only support in the lunatic fringe which always exists, but which is of itself powerless for mischief.

When you want something in a hurry for tea, go to ELLIS—Head Cheese, Ox Tongue, Boiled Ham, Cooked Corned Beef, Bologna Sausage.