

A SPLENDID OPPORTUNITY

afforded to people desirous of economizing, by availing of our **Special Offerings** on the articles mentioned in this advertisement.

Tweed and Serge Suit Lengths

In neat patterns, good quality, **ONE-HALF** the Regular Price.

SAMPLE CAPS

All Men's sizes smart and stylish. Ordinary price would be 75 cents to \$2.00. Sale Price... **50c to \$1.00**

Men's Hard Felt Hats from 75c up.

Men's Blue Denim Overalls Strong and Durable 70c pair.

Men's Blue Flannelette Shirts

Good Nap, assuring warmth and comfort. **50c** each.

Men's 'Diamond' Garters

Made from Fresh Strong Webbing. Can be comfortably worn in all seasons; no metal parts touch the leg. **22c** pair.

Boys' Neglige Shirts

In Assorted Stripe Patterns. **65c** each.

Boys' Blue Linen Top Shirts

Good washing material and will wear well. **40c** each.

Boys' Braces, 10c pr up

Boys' Fleeced Underwear

From 22 inches to 34 inches. All First Quality.

Men's Stud Sets, 4c set

Including Collar and Sleeve Studs.

Cuff Links and Tie Pin

The set for **17c**.

Merrimack Duckling Fleeces

Are Flannellettes noted for their strength and softness and the beautiful patterns which are most effective when made up into Garments. We have many designs from which any woman's taste can be satisfied. **19c** yard.

Silk Striped Mohair

9 different patterns in very effective Silk Stripe Mohair; all **28c** yard. 25 inches wide.

Blouse Special!

Made from a nice fine soft finish Cashmerette in Navy, Saxe Blue & Cardinal colors **80c** each.

Apron Checks, full 36 in. wide. 11c yd. up

Honeycomb Toweling 4c. yard up.

Honeycomb Towels, good size, 6c. each up

Floor Oilcloth

Also in Stair Canvas, and Stair Oilcloth. All at Lowest Prices.

Single Width Cretonnes

A splendid range of patterns from **11c** up.

Double width reversible CRETONNES

Assorted patterns from **20c** yd. up

FISHERMEN'S UNION TRADING Co.

LECTURE ON HEALTH.

By Dr. CAROLYN GEISEL, in Grenfell Hall, Sept. 30th, 1915.

(Continued from yesterday)

The Need of Fresh Air for Our Bodies

We have in this big world 28 different varieties of dyspepsia, and we are making new kinds almost every day. We will soon have the much talked-of 57 varieties. We get them by just such careless methods as were used with the monkeys. That caretaker was more careful of what the monkeys ate than the mothers of the five lads who must do a man's work in the world. I wish I could make you all understand of what infinite importance it is to our generation and to Him that we would take care of our marvellous bodies given for our use down here in this world. You could bring yourselves out of the sickness which happens your efficiency if you would just take care of that matter of diet. Be careful what you eat and how you eat it; what you eat and when you eat it. If it could help you to understand the necessity of scientific care of that marvellous body, if I could help you to measure up to what He expects of us in the Heaven, and in the family, then I would do what I have come to do. You can do tremendous things if you will take care of your body by means of fresh air. And here perhaps, you will pardon a personal reference. This body of mine was hampered—not strong in the beginning, and exactly 20 years ago I went thro' the horrible ordeal of a straight hand-to-hand fight with tuberculosis. Lying there upon my couch, unable to lift my head from my pillow, my life-blood welling through my lips, people said, she soon will be dead. Some gave me six days to live, and others six weeks. Well, I am not dead yet. Was I cured by means of some drug. No. By Serum. No. But after I got tuberculosis I took what I should have taken before I got it; Fresh Air. I took Fresh Air, and lived out-of-doors, slept out-of-doors, I took my food out-of-doors, and never came in the house except in the extreme weather. Oxygen cured me. There is no remedy known to the medical profession which will prevent tuberculosis except Oxygen, Fresh Air. Our Father up there in Heaven provided it in abundance, and we have put to take it in, breathe it deeply, but some of us go home and close every window and expect to stay well. If the windows were closed here to-night we would harm each other. You can keep your body well if you will provide it with plenty of fresh air, and unless you develop lungs and good chest you cannot get that air into the body. You know the need of good lungs and chest now. Victories will never come unless we send our best.

The Preservation of Man Must be Won by the Fit.

I saw the very cream of our sons, the pick of them all—1000 strong—marching down to the water-front in Montreal last Tuesday night—broad shoulders, full chest. No, the victories will never be won unless we have great men, sound bodies. Our very best, they only can win victories for us now. But the great big battle of Peace, and the wonderful Peace for the preservation of the Race must also be won by the Fit. We must make ourselves fit, you and I, for the work falls upon your shoulders now. We women must strengthen our shoulders as never before. Let me again remind you that you make your bodies fit by breathing in fresh air and plenty of it, and so obtain a great chest, broad shoulders and sound lungs. My colleagues, Mrs. McIntyre and Miss Hall, have talked to you of exercise, and you and I know the value of it. Deep breathing exercises when the muscles act like pumps, and with every pump of the muscles the blood is purified and sent back clean to the heart.

Our Mode of Dress Important Factor

Rational dress. Time was when you men-fold did not dress any better than we did. You powdered your wigs if you had any to powder, and you wore satin trousers that came just to your knees, and silver buttons &c. Now we have turned things about, and don't make too much fun of us—you simply got in ahead. You threw aside your robes because you found they hampered you, and you inflated your skirts because you found they hindered you. We have still to be hampered by skirts. The careless arrangement of clothing has somewhat to do with your physical health—the unequal distribution of clothing. Last year over in the United States we followed Dame Fashion to such an extraordinary extent that it was pitiful, nay shameful. We got the ermine from a royal personage who was to be presented at Court, but her knees were scrofulous, they said, and an ingenious dressmaker invented the hoop. Then we all copied it. The lady died, and we went in half-mourning, and

were the invention on the back, and we changed and changed its position, until there was nothing left but a little roll, and then we wew to skit off put it on the tops of our heads. We should be more dependent in our clothing; we should wear the things best for our health, and give up the things that seem to be most monstrous. I wish I could help this audience understand that Efficiency is the word to-day, and your task, but to do that you need a strong body, and to get that you will need to leave out from this body any drug that would hinder your efficiency in any way whatsoever.

Permit me to say that we are making a heroic fight these days against alcohol. I mean we in the United States. South Carolina has gone dry, and that makes the 19th State. Why are we fighting for nation-wide prohibition. Because we found out that Alcohol hinders the efficiency of this mighty piece of machinery—our bodies. It says in the blessed old Bible that "the body is the Temple of the Holy Spirit. If any man defiles the temple of God &c. That body can be destroyed by the things we put into it, or it can be made efficient by the things we put into it.

In the Old Country there was a machine invented for testing the efficiency of the human body. We got one of those machines at Battle Creek. One plate goes round your head, one plate is attached to each temple, and one is put in the roof of the mouth and it is strapped to the body. Some things you put in the machine will speed up your efficiency, others will lower it. Suppose you are a book-keeper. Come to your day's work with 200 calories of bread and butter in your body, strap the machine in place and the machine will register that you are 117 per cent of a book-keeper while you are on that bread and butter diet. You have speeded up your efficiency on plain food. Speed up on one single glass of beer and the testing machine will prove that you have dropped down exactly 7 per cent. You have lost that 7 per cent and are only 93 per cent of a man. A farmer will say, perhaps, I am not a brain-worker. Give the farmer the bread and butter and he will be 120 per cent of a farmer. Give him two drinks, three fingers of whisky to the man back of the plough, and strap the testing machine in place, and it registers that he has lost 23 per cent of his efficiency and is only 77 per cent of a man. The Russians knew it.

I have been in Petersburg in the days of their inebriety, when Vodkas was part of the Government income, but when the present great disaster overtook us all, the Czar of all the Russians said "We were whipped once by little Japan; we will give up drinking Vodkas. Russia is doing her part in the present crisis. When the sale of Vodkas was adding to the Government income \$15,000,000 was all Russia could save. Now Russia sober in the midst of this terrible war, has saved one billion dollars in the ten months since she went sober.

Efficiency is the thing we are talking about. What is the use of living at all if you cannot be something that will count for God and Home and Country. Science has proven that you hinder your efficiency of helping. Russia has built herself up by going sober for only ten months; she has increased her efficiency tremendously. Our King put alcohol from his own table, said that he would be a prohibitionist, a total abstinence, until the world came back to peace, and remembering the thrill of pride with which we heard that the Head of the Great Nation had, himself, declared for total abstinence, we declared that we would "measure up" and would be efficient not only for our individual selves but because the times need it.

I very much appreciate your presence and your kind attention, and I cannot say how much I appreciate the invitation to come amongst you. We will have together plain simple lessons to help us build up your efficiency. You cannot make this beautiful Island of Newfoundland great because you have great incomes from your mines, or from your lumbering interests or your factories. You cannot make it great that way. You can all make this great Island all you desire her to be, filling her own place and no other to the Government under whose flag we love to dwell, only by great men.

Buy GOODS Manufactured in NEWFOUNDLAND & keep the Fathers at work

Great men will make your country great. If this country can only be made great by great people, I must build up this on person for whom I am responsible to the country and to God. I must make this body of mine a strong body with a clear mind in that strong body and a strong soul in it. Do you answer the call of the King to-night. Understand that you need strong men with sound bodies, by applying to your own body everything you can find out that will build your body up.

People say we never lived in an age such as this; there was never such a time as this, because we fly through the air and talk to our friends a thousand miles away. But are we quite sure there was never such an age as this. Do you remember the marvellous civilization of Greece, the power and majesty of Rome; and then the Italian Renaissance, and then the mountain peaks of our own tremendous civilization. But see the mountain peaks of Greece in her beauty, Rome in her power, Italy with the wonders of Art and Music; then the dead level of the Dark Ages. Then do you see the steady upward climb and the marvels of Rome in her majesty. Rome was dry territory for 500 years. In that 500 years many defects could be weeded out. Then Rome began dispensing red liquor to her son, and her sons declined as men always do under alcohol, and with the decline of her manhood down came the country until she met the Dark Ages. The men of Rome were great men until they began too freely to take red liquor. Then upwards to the Renaissance, and past the 16th, 17th, 18th, 19th, to the wonders of this 20th century, and rivers running red with the blood of our best. Do you know what it means. It may mean a waning civilization, unless we all are able to build up the remnant that is left. Can we do it. Can we make out of what is left to us from the heartbreak of it all a mighty people, and an army of glorious sons.

We can attend to every little detail putting away everything that hinders, bringing in everything that helps, using organized legislation, co-operation, and all that can make this man the strong, noble, brave and best, for upon your shoulders—the remnants who are left—rests not only victory for us but the world crying in need, crying to us to-night for mighty men to fill up the breach not only for now but for generations to come. If it be the will of a waning civilization that we hear, then this is the time to call on you and me to live up to our best. Strengthen yourselves until you are brought to your highest efficiency.

You and I cannot do all we should do for our country and our King; cannot do all we should do for a dying world and a waning civilization, unless we keep close to Him. God is in His Heaven. Be strong, therefore, quit you like men beloved. Now are you the sons of God. The Father calls to you whom He has called His own Sons to measure up to the pattern of a real manhood by applying every single bit of operation or help you can give to your body until we measure up to His standard of efficiency.

Go out of this room to-night, and pray that prayer that Kipling taught us: "Lord God of Hosts be with us yet; lest we forget, lest we forget. Lord God of Hosts be with us now, lest we forge our country in her need of great men and fall to make ourselves strong efficient and true to meet our country's needs. Lord God of Hosts be with us now, lest we forget a world in a death struggle, lest we forget that we can save a waning civilization. Lord God of Hosts be with us now, lest we forget the Christ on Cavalry who calls to us, or to measure up. (To-morrow we will publish Dr. Geisel's lecture on "Blood.")

Conscription in Canada Asked For

St. Thomas, Ont., Sept. 21. — Judge Barron, of Stratford, in an address at a patriotic service at Trinity Church called for conscription in Canada. In time of peril, declared Judge Barron, people should not be free and independent citizens, and if the physically fit hold back when their services are required these should be made to go. "If we have conscription in Canada," declared Judge Barron, "it won't be the fault of our British-born citizens, but rather the fault of our native-born Canadians."

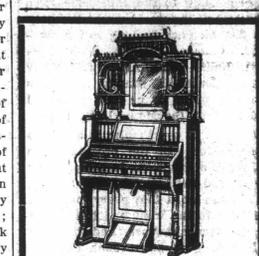
The French topsail schooner Rose arrived here last night from Cadiz, laden with salt. She had a run of 46 days. She had stormy weather all the way.

STEBAURMAN'S OINTMENT

I had been suffering from Eczema for four years, I had been to five doctors and they all said they could not do anything for me. I was told about Stebaurman's Ointment and I bought six boxes, and after using some I was cured, and no return of it since. I guarantee anyone using this ointment for eczema will be cured also.

I remain, Yours truly, PETER JOY, 204 Pleasant St., St. John's.

Stebaurman's Ointment, 25 cents per box or 5 boxes for \$1.00. Cash must be sent with Order. P.O. Box 651 or 15 Brazil's Square.



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ESTABLISHED 1891.

For nearly a quarter of a century I have practised Dentistry in Newfoundland, and to-day there are many thousands perfectly satisfied with my services. Our Artificial Teeth are now, as at first, the very best obtainable, but the fee has been reduced to \$12.00.

We repair broken plates and make them just as strong as ever at a charge that will surprise you.

If you want a new set, or the old ones repaired, consult DR. A. B. LEHR, (The Senior Dentist) 203 WATER STREET. jae14,m,w,t,ead

J. J. St. John

To Shopkeepers:

100 dozen ROYAL PALACE Baking Powder at 50c dozen tins.

500 Dozen TOILET SOAP 1 dozen in a Box, 35c dozen.

500 Dozen BLACK PEPPER, at 10c lb.

150 Dozen ELECTRIC PASTE, the best Blacklead on the market, 48c dozen.

J. J. St. John Duckworth St & LeMarchant St