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The Evening Telegram
 THE EVENING TELEGRAM, LTD.,
 PROPRIETORS.

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Monday, October 12, 1925.

Public Health and the Diet

Sir William Milligan, a noted Manchester surgeon, in dealing with the effect of foods upon the health of a community considers that the constant consumption of denaturalized and artificially preserved foods, and an insufficient, ill-balanced, and monotonous diet are factors which are largely responsible for many of the most prevalent complaints of to-day.

"Our food supplies," he remarks, "are largely denaturalized, denaturalized, denaturalized, denaturalized. Our food, chemists, the greatest flayers of mankind, in response to doubt to popular clamour, have been busy trying to discover how food may be kept by means of preservatives and cold storage until it is literally mummified; how it may be coloured by dyes, artificial and mineral, to make it pleasing to the eye; and how it may be predigested to make it suitable for our weakened digestions and toothless jaws."

"Bread, the very staff of life, is today more often than not deprived of its all-important bran, is bleached to make it pure white, and is treated with chemicals to make it more easily baked. Wholemeal food is today consumed in decreasing quantity. If indeed it can be obtained at all. The quest for the artificial instead of the natural is the sign of a decaying people."

In a cutting taken from an English journal recently, the opinion of Sir Harry Baldwin, the King's surgeon dentist, was quoted to show the evil effect of a diet consisting largely of white bread, and from time to time the views of other eminent authorities on the same subject have appeared in these columns.

During the recent convention of the Newfoundland Medical Association considerable time was given to the discussion of the food supplies which form the chief bill of fare in the working man's home, and we understand several valuable recommendations were made. In the industrial centres such as Grand Falls and the Humber, those in charge speak with enthusiasm of the Newfoundlanders as a workman, but state that he does not seem to attach sufficient importance to the kind of food he consumes, with the result that it does not supply him with the energy required for such arduous labour. In order to save his money he economizes on essential bodily requirements.

If this is the case in the woods, it is even more apparent round the coast, where circumstances make a varied diet difficult and under present conditions almost impossible. The result is seen in various ways and attempts have from time to time been made to improve it in certain areas. Following investigations made some time ago by Dr. Grenfell in the North into the cause of beri-beri, he strongly advised the use of whole meal bread instead of a regular diet of white bread, and the effect was most marked. Similar results were obtained in Placentia Bay in 1924 when a serious outbreak occurred. The chief difficulties are, however, that Newfoundlanders have a strong prejudice against any flour that is dark in colour, and secondly, that whole meal flour in any quantity is unobtainable. A similar view of dark bread was held in the industrial cen-

tres in Great Britain until recently, but as the following press cutting taken from the Daily Mail of Sept. 25th shows, the people are becoming convinced of the nutritive value of the whole meal flour and the demand for it is increasing. The article says:

"The industrial districts are forsaking bread made with white flour and putting their trust in wholemeal bread. This fact is a clear indication of the nutritive value of flour that contains all the wheat."

"Extraordinary reports are coming from our seamen in the mining areas," said a prominent miller to a press representative.

"South Wales, in particular, has gone over to wholemeal bread, and the allegiance is permanent as far as we can see. The extremely hard work of the miners makes great demands on their reserve of strength, and they have found in wholemeal flour all the natural elements that rebuild the body."

An Omission and Correction

The article, announcing the development of iron ore in the western end of Bell Island, in the *Telegram* on Saturday, was taken from the *Trade Review*, but through a typographical omission the source of the information was not mentioned. From enquiries made since by the *Telegram* it appears that nothing of a definite nature has been finalized, and that the purchase price suggested and the arrangement regarding royalties are incorrect.

Caribou on Her Way

Hon. J. R. Bennett, Acting Prime Minister and Colonial Secretary has received the following message from Captain Victor Gordon, High Commissioner for Newfoundland in London, who is in wireless communication with the S.S. Caribou:

"Government ship 'Caribou' which left Rotterdam at 8.30 o'clock Saturday morning, passed Bishop's Rock off Land's End, England last night averaging twelve knots at 95 revolutions. All well."

Father Matthew Anniversary

In observance of Father Matthew's Anniversary, the members of the T.A. & B. Society, adults and juveniles, attended 8 o'clock Mass at the Cathedral yesterday, and received Holy Communion. Some 300 were present and the sight was a most edifying one. Rev. Dr. Kitchin was the celebrant.

At the monthly meeting of the Society yesterday afternoon, seven new members were admitted. President Hon. W. J. Ellis, addressing the meeting, congratulated all on the splendid turnout in the morning.

Sudden Passing of Church Sexton

DIED AFTER RINGING BELL FOR SERVICE.

Just a few moments after he had rung the bell for the morning service, at George Street United Church yesterday morning, George King, sexton, expired suddenly. Deceased was a native of Little Catalina. For nineteen years he had been sexton of Cochrane Street Centennial Church but in 1921 he went home. Returning a short while ago, he secured the position of sexton at George's Street Church.

Deceased apparently was in good health when he ascended the belfry to ring the bell for service, and had just returned to the front vestibule when he collapsed without uttering a word. The body was taken in charge by undertakers from S.G. Collier & Co., and will be forwarded to Catalina tomorrow for interment.

During the evening service, reference was made to the sudden passing of Mr. King, by the Rev. C. H. Johnson, and at the conclusion the congregation stood whilst the organist played the *Deus March* in *Saul*.

The deceased leaves a widow, to whom general sympathy goes out in her bereavement. His only son was killed in the Great War.

Government Boats

Argyle left Miramheen 1.25 p.m. Saturday, onward.

Clyde left Willingdale 6.30 p.m. Saturday, onward.

Glenoe left Bay L'Argent 7.50 a.m. yesterday, coming east.

Home left Lewisporte 7.30 a.m. yesterday.

Kyle arrived Port aux Basques 6.50 a.m. yesterday.

Malakoff left Port Blandford 7.40 p.m. yesterday, onward.

Melgie-No report since Ploufouers. Bright, Friday, coming south.

Portia left St. John's 8 p.m. Saturday.

Prospero arrived St. John's 11.30 p.m. Saturday.

Sagana left St. John's 6.20 p.m. Saturday.

St. Mary's Church

"CHURCH WORKERS' SUNDAY."

Yesterday's services at St. Mary's Church were of a special character, as the day was entirely set apart as "Church Workers' Sunday."

At 7.45 a.m. Holy Communion was celebrated by the Rev. A.B.S. Stirling, assisted by Rev. J. Goodland. The service was of a most inspiring character, very impressive and will be long remembered by those present.

The Rector, (Rev. A. B. S. Stirling), addressed the Church Workers and in very eloquent words exhorted the parishioners to be very thankful for all past blessings, to be loyal, hospitable, and to look forward to their future work for the glory of God and the advancement of the Parish.

At the 11 a.m. service Hymns appropriate to the occasion were rendered, whilst the Assistant Priest, Rev. J. Goodland, impressed his hearers with an eloquent yet simple message. Taking his text as: "I have set you an example," he very favourably impressed the vast congregation imploring them (by means of various illustrations) to be sincere in their Church work, to set the example at home and in the workshop of a loyal faithful Church worker. Don't work to please the clergy or your fellow man but for the glory of God and love of the Church.

At the evening service a vast congregation gathered and the service was most impressive and inspiring. Suitable hymns and special chants were rendered. The sermon was preached by Rev. A. B. S. Stirling, taking his text from 3rd chapter, 2nd verse Prophet Elisha. "He obeyed not the voice." In eloquent words and with splendid delivery the reverend gentleman preached a masterpiece, which will doubtless greatly aid the Church workers to look higher and obey the calls of this life in the great work of the Church. His Lordship the Bishop was present and assisted in the service. Next Sunday is also to be a banner day for St. Mary's Parish, which is to be "Young People's Sunday," the special celebration of the Holy Communion at 7.45 and 9.30, when Rev. Dr. Farcey will be the preacher. At the other services special music will be rendered, and special addresses.

PEPPY BEHIND THE SCENES

Oct. 11th.—The weather cold all this day and am seriously considering having our furnace lit, albeit with the high price of coal 'tis a thing I would put off as long as possible. My wife berates me for my meanness, saying how 'tis all well enough for me, being that I have not to stay in the house all day, but I did tell her that with her bridge parties and what not, 'tis little enough time she passes there herself. The news sheet, this day published a schedule of taxi rates which do seem passing high, being that a minimum of 75 cents in the city is beyond all reason being that 50 cents for short distances is to my mind, quite enough. This night, to the Casino playhouse, where is played the comedy "Duke." A pretty piece, with little to it, yet do prove the vehicle for some pretty clever acting by Miss Deane and deserve the highest credit for her work. Indeed, I have never seen on the local stage an actress of her ability. Home and to bed, taking with me a detective book, which is a kind of literature that I have lately taken much pleasure from.

Re-railing St. Railway

The laying of the new rails on Water Street has extended as far as the Post Office. The job is being rushed to completion, and in order to have it finished before winter sets in, we are working day and night. The belt line is practically completed to Adelaide Street. Work on the new offices and car barn for the St. John's Light and Power Company, is going ahead steadily, and will be ready for occupancy by December. As soon as the car barn is finished the new cars will be shipped from Montreal.

New Map of Newfoundland

We understand an up-to-date map of Newfoundland showing the new electoral districts in colours has just been received by the Colonial Secretary's Department from the printers, Messrs. Whithead Morris, Ltd. The map is the work of the Deputy Minister of Agriculture and Mines. As we have not yet seen a copy of the map we are unable to give full particulars.

Foreigner Acting Strangely

On Friday a young man named Williams of Bay Bulls whilst in the woods 10 miles from Freshwater saw a foreigner acting strangely. The man was hunched and wore dark clothes with long rubber boots. Mr. Williams reported the matter to the local constable, who secured assistance from the mounted police, but the stranger was supposed to be, but failed to locate him.

CHARGED WITH STEALING

A man named Taylor was arrested this forenoon by Const. Pittman on a charge of stealing an overcoat from the Dry Dock premises on Saturday evening.

Opening of New School at Port Royal

Special to Evening Telegram.

HARBOR HUFFETT, Oct. 12. Under most pleasing auspices the beautiful new school of St. Peter and Paul's Church, Port Royal, was dedicated this morning. Before the opening all the children assembled in St. Peter and Paul's Church at Divine Service. Solemn High Mass of the Holy Ghost was celebrated by the Pastor, Rev. Francis Caccolla. The children approached Holy Communion in a body, and offered it up that all manner of success would attend them in their undertakings throughout the year. There will be a very large attendance recorded on the register of the school, which is perhaps the finest of its kind in the country.—COR.

Coal Contracts

Editor Evening Telegram.

Dear Sir,—We read with interest your editorial of October 10th headed "Economic conditions and the coal supply." It is a pity that the Government awarded the contract to Messrs. Morey & Co., Ltd., for the supply of coal to the Public Institutions. We herewith enclose you, for your information, a copy of Mr. Rogers' report, connected with the supply of coal to the Public Institutions, as compared with North Sydney screened coal at the General Hospital, and might also be forwarded to the Government of the result of a four hours' test at the Inmate Asylum which is as follows:—

For four hours he burned seven hundred and forty-eight pounds of American coal which gave twenty-eight pounds of ash; during the same period he burned nine hundred and fifty-two pounds of North Sydney Screened coal which gave forty-two pounds of ash. This test proved that American coal was superior in consumption to North Sydney coal by approximately twenty per cent; but, supposing for argument sake we average the tests at the General Hospital and Inmate Asylum, the difference in consumption is fifteen per cent, we would find that if the Department of Public Works had accepted our tender they would have saved the taxpayers of this country approximately ten thousand dollars, this being made up on the quality of coal and the difference in price of thirty-seven cents per ton.

Yours truly,
 CASHIN & COMPANY, LTD.
 PETER J. CASHIN, Director.
 St. John's, Oct. 12th, 1925.

Personal

James Harris, Esq., Deputy Minister Public Works. Dear Sir,—In accord with your request respecting a "try-out" of American Household coal at the General Hospital, I arranged to have the two tons delivered placed on the charging floor, so as to keep it separate from the old coal still in consumption in our boilers.

I saw the coal on arrival, and it was of an excellent run, with very little slack, and, judging by its appearance, much better than Sydney Coal for our boilers.

The test was duly made, and the two tons lasted sixteen hours, and the firemen reported that the coal was very satisfactory, and considered the result very satisfactory.

The opinion arrived at was that some saving might be effected in our fuel account by the use of this American coal, provided the price is reasonable.

As compared with Sydney (or the coal which we have been using) the opinion was that the American coal was probably from ten to fifteen per cent better than our present coal, the same run and quality be supplied as per the sample tested.

Yours truly,
 (Sgd.) W. H. RENNIE,
 Secretary Board of Governors.
 St. John's, Sept. 28th.

Peter Cashin, Esq. Dear Sir.—I have a copy of our report to D.P.W. on the coal supplied by you recently to the General Hospital.

Yours very truly,
 (Sgd.) W.H.R.

Magistrate's Court

A miner from Bell Island arrested for being drunk was fined \$1.00.

A farmer from a nearby settlement convicted of being drunk and disorderly was fined \$2.00 or 7 days.

Two other drunks were each fined \$1.00.

A boy for acting in a loose and disorderly manner on the public street was fined \$1.00.

Thirteen truckmen who were summoned to appear before court for failure to pay their license fees made good the amount.

Along the Railway

A south west gale prevailed along the western end of the railway yesterday and as a result the engine got to Port aux Basques from Stephenville to take the express was delayed and did not reach there till 10 a.m. The express was three hours late in leaving and is not due to reach the city until 3.30 p.m.

The freight which was swept away by the storm at Job's Cove on Thursday last was replaced by a temporary structure of straw so that the train proceeded to Carbonear and returned to Grate's Cove yesterday morning.

CONFEDERATION LIFE.

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TO-DAY'S MESSAGES.

THE ARCTIC AT QUEBEC.

QUEBEC, Oct. 11. The Canadian Government exploration ship Arctic, commanded by Capt. J. B. Bernier, arrived here Saturday after one of the most adventurous trips the vessel has ever experienced. Delayed on her departure from the ancient capital for several days through an accident to the ship's machinery and then having her radio outfit go back on her when she was under way, the Arctic, after she had completed the early stages of her voyage, was caught in the main pack of Baffin Land and held there fourteen days, during which she tried desperately to nose her way through the packed floes.

DISASTER OVERTAKES EXCURSION YACHT.

MELBOURNE, Oct. 11. Fourteen bodies have been recovered from the excursion yacht Clara B., which capsized about a mile off the coast here this afternoon. The yacht carried thirty-five excursionists and was owned by Arnolds.

DRIVER KILLED AND 20 SPECTATORS INJURED IN RACING ACCIDENT.

DETROIT, Oct. 11. Waters, a Chicago automobile race driver, was fatally injured and twenty spectators hurt, four seriously, when his automobile went through a fence while racing at Michigan State Fair Grounds to-day. Waters died en route to hospital.

SIX TORONTO RESIDENTS KILLED

Six Toronto residents were killed to-night when a train from Montreal struck a motor car containing two railway station friends and passengers just west of Scarborough Junction, a few miles from the city.

Professor W. Seeley

PHYSICAL DIRECTOR.

The super 150 lb. strong man of the universe Now helping others to become as I am. You will see some nice looking strong men in my next performance which will take place as soon as it can be arranged, when some of my pupils will demonstrate their physical development and feats of strength. I have one star pupil, 47 years of age who is beating all records for developing muscles, the first 30 days of his course he put 2 in. on his neck, 1 1/2 in. on his bicep, the upper arms, 4 in. on his chest, 2 in. on his thigh and all the rest of the body accordingly. Now, just for the sport of it, I will put up a side bet of \$100.00 or more that in about one month's time there will be no man in Newfoundland, not including my pupils, who will perform the same feats of strength. I will also have some small boys, weight about 120 lbs., in about three months' time who will perform feats of strength that no other untrained man in Newfoundland will perform, and I don't care how strong they may think they are. I have met thousands of men of all weights and am sorry to say I have never met one strong man yet, that did not exercise and am ready to meet them in couples for a friendly strength contest, and I don't care if they weigh 400 lbs. each, there are only about one man and one woman out of every hundred thousand of people the world over who can enjoy the pleasure of having a perfect form or a well developed body. Millions of people all over the world to-day are doing so-called exercises. Take the colleges and schools in different parts of the world, the child or student may just as well sit down and read a book as to stand up and swing their little arms around. If they were getting the proper exercises in the school and colleges, we would see some well developed men and women. The population of the world would be improved 100 per cent, physically if you understood how to take care of your body and how to teach that little boy and girl of yours; you would never have to worry about hospitals. Your appearance alone is worth thousands of dollars to you in life. Being so busy at my office, I have not the time to get out to meet you. Would be very pleased to spend a few minutes with any one who is interested and would help themselves. We are here to help you.

Mr. C. E. Hunt left by yesterday's express, on a visit to the U.S.A.

Mr. and Mrs. R. G. Reid left by private car, Quidi Vidi, Saturday night, en route to Montreal.

Inspector J. O'Reilly, the Assessor, left by yesterday's express for Montreal.

Mr. R. A. Squires left by yesterday's express for Canada.

Major Cooper, of the London Salvage Association, and Capt. Stuart, of Dale & Company, left by the Sagone Saturday night, for St. Anthony, in connection with the stranded steamer Eldorado.

Mr. and Mrs. H. Rennie, Secretary Board of Governors, St. John's, Sept. 28th.

Peter Cashin, Esq. Dear Sir.—I have a copy of our report to D.P.W. on the coal supplied by you recently to the General Hospital.

Yours very truly,
 (Sgd.) W.H.R.

Professor W. Seeley

Physical Culture School for Men, Women and Children.
 Office: Belmont Building.
 P.O. Box 1902. Phone 2146.
 Oct. 12th.

McMurdo's Store News.

TELEPHONE YOUR ORDER. We are always waiting on our end of the line to receive your orders and give them our very best attention. We treat a telephone order with as much attention as we do a personal call. Our policy is to please.

"Come here and be pleased."

McMURDO'S DRUG STORE, Water Street. Phone 277.

From Cape Race

CAPE RACE, To-Day.

Wind N.W., blowing a gale, with rain squalls; nothing sighted. Bar. 29.57, ther. 48.

DIED.

On Sunday, October 11th, of convulsions, Mary Hitz, aged 1 month, darling child of Thomas and Nora Hickey, 18 Hayward Avenue. Passed peacefully away, on Sunday morning, Oct. 11th, Isabella, widow of the late Capt. Atchinkieck, aged 85 years, leaving to mourn one son, adopted daughter, 10 grandchildren and one great-grandchild. Funeral on Tuesday at 2.30 p.m. from her late residence, 122 Merryweather Road.

Passed peacefully into death, at 11 p.m. Saturday, after a brief illness, Alfred Noble, formerly of Nipper's Hr., Green Bay, Funeral at 2 p.m. Tuesday from the residence of his daughter, Mrs. S. G. Midgmont, Glenora, Glenora Road via Pleasant St. to General Protestant Cemetery. Friends and acquaintances please accept this, the only intimation.

Passed peacefully away Sept. 29th, at Point La Haye, St. Mary's, after a short illness, Richard, son of the late John and Rose Mandeville, aged 58 years; leaving a wife, five children, one brother (William of Peter's River), and two sisters (Mrs. Murray, St. Mary's, and Mrs. Arthur Hamilton, Shaw St., this city) to mourn their sad loss. May his soul rest in peace.

FUNERAL NOTICE.—The funeral of the late George King will take place to-morrow morning at 12 o'clock from the residence of Mr. George Kennedy, 222 Scott Street, to railway station. Friends and acquaintances please accept this the only intimation.

IN LOVING MEMORY
 of Corpl M. P. Kent, Royal Mtd. Regt., killed in action at Guedecourt, Oct. 12th, 1918.

IN LOVING MEMORY
 of my dear son, M. 1514, Pte. Wilfred (Fred) Raynes, missing at Guedecourt, Oct. 12, 1918.

Inserted by his mother.

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IN LOVING MEMORY
 of No. 397, Pte. James P. Watts, killed in action, Oct. 12th, 1918; also his brother, No. 2226, Pte. Wesley Watts, killed in action Oct. 9th, 1917.

For though their graves I may not see
 My boys will never forgotten be
 My real sons can never die
 'Tis but their body that may lie.

In foreign lands and I shall keep
 Remembrance fond forever deep
 Within my heart of my true sons
 Because of triumphs that they won.
 Mother.

IN LOVING MEMORY
 of my dear mother, Mary Ann Kavanagh, who died one year ago, Oct. 12th, 1924.

I deeply mourn for you, dear mother,
 No eyes may see me weep:
 But many a silent tear is shed
 While others lie asleep.

Could I forget, oh no, dear mother
 As long as life shall last;
 The sweetest memories are woven
 Around your dear sweet past.

Deep in my heart there's a picture
 Of that loved one gone to rest:
 In memory's frame I shall keep it
 Because she was one of the best.

May the Sacred Heart of Jesus have mercy on her soul.—Inserted by her son John.

IN FOND AND LOVING MEMORY
 of our beloved grandmother, Mrs. Mary Ann Kavanagh, who departed this life Oct. 12th, 1924.

To-day brings back sad memories
 Of that sad and bitter blow
 That was cast upon us
 Just one year ago.

You suffered much, you murmured not
 We watched you day by day;
 Until at last with broken hearts
 We saw you pass away.

Friends may think we have forgotten
 When at times they see us smile;
 But they little know the sorrow
 That our smiles hides all the while.

She is gone, oh, how we miss her
 But we know it's for the best:
 God has called her from her suffering
 To His Heavenly home for rest.

May the Sacred Heart of Jesus have mercy on her soul.—Inserted by her three grandchildren, Agatha, Theresa and George Kavanagh.

NOTE OF THANKS.—Mr. William McDonald wishes to thank the following of the General Hospital for their kindness to his son Michael while at that institution: Dr. Keegan, Sister O'Neill, Nurses Jardine, Smith, McCarthy and Taylor.

NOTE OF THANKS.—Mr. William Baker and Mr. F. Flynn wish to thank their many friends and neighbours for many acts of kindness and sympathy in their recent bereavement, especially Rev. Fr. St. John, Mrs. Wm. O'Brien, Miss M. Martin, Mrs. J. Conolly, Mrs. T. Murphy, Mrs. C. Glynn, Mrs. F. Glynn, Mrs. B. Hagerty, Mr. P. O'Brien, Mr. and Mrs. C. Glynn, Mr. and Mrs. James Glynn, Mrs. T. Tobin, Mrs. L. McCruid, Mrs. P. Kavanagh, Mrs. T. McGrath, Mrs. Ed. Atkins, Mrs. W. Richardson, Mrs. S. Angel, Mrs. Seward, Misses C. Foley, T. Manning, Mrs. M. Shoo, Miss M. Madigan, M. Waddleton, B. G. Farrell, M. Nolan, A. Dunn, Mr. Jas. Kenny. For telegrams of sympathy: Rev. G. Bartlett, Ball, Ltd., Mrs. Joseph Roche, Placentia. Letters of sympathy: Mr. and Mrs. J. Peddle and Mr. and Mrs. J. Tucker. For wreaths: Miss Annie Sloan, Mr. L. Glasco, Mr. E. E. Neary, Mr. and Mrs. W. B. Joseph, Mr. and Mrs. P. Holden, Mr. and Mrs. W. Finch, and all others who in any way helped to alleviate their sorrow in the loss of a dear wife and daughter.

CONFEDERATION LIFE.—

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THE EVER-WARM SAFETY SUIT.



Passengers on deck of Trans-Atlantic Liners stepped in their Ever-Warm Safety Suits which they needed for the voyage.

Life is sweet—we love it and cling to it. There is no death more horrible than that of drowning. Ocean travel must go on. The Steamship Companies carry to and fro annually an aggregate of more than eighteen million souls. What can be more wanted than something that makes ocean travel absolutely safe—drowning an impossibility—something that has been tested and proved?

For further information, see
CAPTAIN G. D. KELLY,
 CROSSBIE HOTEL.

National Life Preserver Co., of Canada, Limited.
 Manufacturers of Ever-Warm Safety Suits for Great Britain, Canada and Newfoundland.

DANCE! DANCE! DANCE!

F. & E. Villagers

GRAND DANCE

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