

# How the Railway Town is Booming

In Forty Years Moncton Has Increased In Appearance And Importance by Four Hundred Percent—Its Streets Are Good, Its Market Excellent And Its Real Estate Has Mounted to High Figures.

Moncton, Dec. 9.—I saw Moncton forty years ago. There now I have given you some idea of my age, but I don't mind that for I am married, and then a man is no older than he feels, and I feel like a twenty-one year old. Moncton is forty years older than when I first saw it, and it is 400 per cent better in every way than it was then; easily 400 per cent better in material progress, and judging by its many fine large churches spiritual progress has kept step with the other.

It required forty years for the children of Israel to reach the promised land. Moncton has made equal progress in an equal number of years in getting over the border into first rate 20th century progress.

Many years ago, urging Halifax people to wake up to the demands of progress, Judge Longley told them "God and nature had done much for their city." The explosion did the rest. For Halifax is now awake and is making rapid progress. Moncton did not have an explosion, but it opened its eyes, or its people did, saw optimistically, got the do-something-spirit and they might as well try to stop the bore in its harbor from coming, with a tiny fork as to stay them in their march of progress, of putting the place on the map as one of Canada's most up-to-date, progressive cities.

I recall when its main thoroughfare reminded one of John Bunyan's "Slough of Despond." It used to be said that one day a man picked up a hat on that street, and was not surprised to find a person under the hat, sunk in the mire to the top of his head, and under him a load of hay. There are no "sloughs in the mud" there today. People walk the streets of the New Moncton on solid pavement, from one end of the wide, roomy main street to the other, lined on either side with fine buildings. I counted forty-five stone, brick and concrete buildings on that street, private dwellings, offices and stores, some of the whole blocks, and the by-streets are just as well paved, and have comparatively as fine buildings as the main street. The season just closing was one of the most active from the building standpoint in the history of the place, and the end is not yet, and will not be for a long time.

It is a railway centre, the headquarters up to a year ago of the Canadian Government Railway system, and as yet notwithstanding that a few of the most important streets and offices have been moved to Toronto. That did not lessen the importance of the place as a railway center, for ever since the change Moncton has become more important in that respect. The general office building, and the equally extensive shops are occupied to capacity. Indeed it is rumored that they will have to be enlarged in the near future. There are places in these provinces where there is much activity in the streets, afternoons and evenings. Here, in Moncton, the hustle begins early in the morning and continues all day, and then some for the railway carries on night and day. We have read of the "ships" that pass in the night, here trains pass in and out every hour of the twenty-four, and even more than that for many crowded into an hour. Some person here remarked to me that there was not a poor person in Moncton. Well if there was it was their own fault. The person who is not working and earning good wages is simply too indolent to do. They say that on some of the islands of the sea the natives are so lazy they would starve to death in their sleep, only that the ripened fruit falling from the bread fruit trees wake them when they, the fruit, struck them on the head, when they reach out take, eat and live, to sleep a while longer. There are none of that breed in Moncton. They say every person has money, and that the railway employees were going to take half a million of Victory Bonds, if not more. The place is an Eldorado for commercial travelers. One of those knights of the "grip sack" told me that he took orders for furs for this season amounting to \$17,000. Moncton always has been a good store. Today they are better than ever, and the merchants are not seeing a cent's worth over that huge six story building The T. Eaton Co., Ltd., are erecting, and which is nearing completion. In it they see more population for Moncton, more people coming here to buy and they figure that whilst the Eatons are getting a meal they will get a lunch and that many lunches far outstrip a meal in merriment.

I am not subsidized by the citizens of Moncton to throw bouquets at their city, nor am I a pharisee. I just want to be square, to bestow honor where honor is due, and in that spirit I want to say that Moncton has one thing that every city and town should have, and that is a bang up-to-date market place where the consumer can buy first hand from the producer without the middleman passing his hat, collecting a toll.

With such a rapid increase in population, houses to rent are naturally scarce, and until this scarcity is overtaken the building boom now on will continue. The population would be much greater only for the housing difficulty, and mind you scores of houses have been built of late, especially in the west end of the city, indeed the building boom there has been marvelous.

I suppose I will not be rapped over the knuckles, if I say the chief source of employment in Moncton is railroad, and that in all its branches. One in a position to know estimated the number employed by the railway as 5,000, and I think I am pretty safe in saying that their earnings total \$5,000,000 annually, and there is little

variation, one month, one year, with another. You say Moncton has a boom on. It has, but it is one that will not fluctuate to any great extent, because its basic is railroading, unlike manufacturing centres, particularly of iron and steel production, booms in railway towns do not disappear to the point of zero. I venture the statement that the wholesome people will tell you if you ask them that from the business standpoint railway towns and cities so-called, do not vary much, that they are steady in their buying and paying, just as towns and cities are whose basic is agricultural pursuit, this by way of showing that the business of Moncton is on a permanent basis.

The question was asked by a Monctonian why real estate recently took such a jump, about 40 per cent, in that city. My reply was the result of a six story building costing \$800,000 springing up like Jonah's gourd in a remarkably short space of time. I refer to the massive T. Eaton structure. You see, if Moncton land was of value, good value to Eaton's, why not good value to others. If the Eaton business indicated 1,500 or 2,000 increase in the population of Moncton, why not a demand for houses for those people to live in, and where else could they be erected to advantage but on the soil of Moncton. Demand enhances value. That is all there is to it. You never heard of a land boom in a dead town or city, cemeteries are never the scene of land booms. The fact that Moncton has a land boom is the indisputable evidence that it is a live place.

I heard only one, what might be termed a discordant note in Moncton's song of prosperity and that was in respect to the natural gas supply. If that question could be settled on the basis of permanent adequate supply, Moncton, as a city, would become a dangerous rival of Halifax and I said the basis of the business life of Moncton was based in the railroad work but you must not construe that statement to mean that Moncton has no other industrial assets for it has, several of them—knitting mills, glass works, wood working, and yet other industries. I must close for this time. However, I may say that the Dominion government and private parties have spent this season, \$2,500,000 on building operations, and the government has \$2,000,000 in the estimates for next year.

## OBEISITY.

It is not necessary to define obesity, for everyone is familiar with examples of it among his acquaintances, yet it is well to say that, instead of being evidence of good health and perfect digestion, it is a disease, or the result of a disease. It is a sign that there is something wrong with metabolism, or the process of assimilating nourishment and rejecting waste. If you study the ancestors or relatives of the obese, you usually will find that two other diseases, gout and diabetes, have occurred more or less frequently among them. Those two are also diseases of metabolism and appear to be nearly related to obesity, perhaps alternating with it in succeeding generations.

What determines whether a man with an inherent tendency to one of those affections shall suffer from one rather than either of the others is still more or less of a mystery. It is often said that the use of alcohol and of sugar and starchy foods, overeating in general, and a sedentary life, are apt to lead to obesity; but they apparently lead also to gout, and if they do not cause diabetes they aggravate it. This much we do know, however: by avoiding starch, sugar, sweets and alcohol, by eating only a moderate amount and by exercising regularly, you can help greatly to check the fat-making process and so reduce your weight. These methods are the basis of most of the systems for getting rid of a superabundance of fat; and all of them, including the well-known banting system, are more or less efficacious; but they must be followed only under the supervision of a physician, for if not done scientifically they may seriously injure the health or indirectly cause death.

In reducing fat it is as important to increase the breathing capacity, which in turn increases the oxidation of the tissues, as it is to diet. Breathing capacity is increased by exercising in the open air and by suitable breathing exercises. One form of obesity is owing to some defect in one or more of the glands of internal secretion, such as the pituitary gland, the thyroid or the pancreas. That defect, if it is recognized, often can be lessened by administering preparation of the defective gland or glands.

## JAPANESE RULES OF THE ROAD.

The Forecast prints the following English-Japanese copy of the rules of the road that govern motor drivers in Japan:

At the rise of the hand of policeman, stop rapidly. Do not pass him by or otherwise disrespect him.

When a passenger of the foot hove in sight, tootle the horn trumpet to him melodiously at first. If he still obstructs your passage, tootle him with vigor and express by word of the mouth the warning, "Hi! Hi!"

Beware of the wandering horse that he shall not take fright as you pass him by. Go soothingly by.

Give big space to the festive dog that make sport in the roadway. Avoid entanglement of dog with your wheel spokes.

Go soothingly on the grease mud, as there lurk the skid demon. Press the brake of the foot as you roll round the corners and save the collapse and tip up.

## A KNOWING DOG.

A man who had patiently listened to some anecdotes of canine sagacity cleared his throat and related this remarkable story:

There was a dog that made a practice of taking an afternoon nap on his master's bed. Having been chastised for displaying such poor manners, he resorted to the trick of jumping down when he heard steps approaching and of stretching out on the floor with an affected air of innocence. One day a hand placed on the bed revealed the warm place where he had been lying and established his guilt.

The next time his master entered the room he found the dog with his forepaws on the bed, blowing on the spot where he had been lying—lcool it.

## A MOTHER'S ADVICE.

There is a vein of true philosophy in the Russian even of the peasant class—though it is a philosophy that too easily degenerates into fatalism. In Ivan Speaks, by Mme. Fedorchenko, we read of a soldier who told with great intensity the book with great intensity. He waited patiently for a while, but she seemed to get no nearer the object of her search, and finally he ventured to say:

"Live, my son, long; but live so that your life may not seem long to anyone else."

Could a better sermon be preached in fewer words?

A man who entered a post office hurriedly to find an address in a telephone directory, says the Portland Telegram, found a lady studying the book with great intensity. He waited patiently for a while, but she seemed to get no nearer the object of her search, and finally he ventured to say:

"Oh, certainly," replied the lady: "I was just looking over to find a pretty name for my baby."

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