RST IN HIS FIFTY YEARS ON THE SEA

tain of Wrecked Steam ays He Never Before Saw uch Wayes on the Ocean.

ETTING OLD TOO SOON for Peserving Youth and Deferring Old Age.

glife was as well understood then as it today.

a recent book on the subject of defery old age the writer declares that by owing carefully the rules of hygiene can preserve our youth until the age of and live for 100 years or even more, ong the rules he gives are these; le as much in the open air as possible, e plenty of exercise and above all athe deeply and regularly. Live on a sple diet, eat meat only once a day and the deeply and rise early; sleep in a le and quiet room with open windows take never less than six or more than en and a half hours if you are a man more than eight and a half hours if you a woman. Avoid worry about things there was happened and cannot be helped that may happen and cannot be fore-

ABE MARTIN



hat's become o' th' ole time house er that allus had a Jerusalem cherry in a t'mater can settin' on th' win-sil! It's hardly worth while t' take

Deplorable State of Soverment proposes Affairs

flon. Wm. Pugsley Discusses the Naval Question

How Canada Suffers by Government's Proposition, and How St. John Has Lost by Works Points Out.

Gagetown, Jan. #—The schools here rethas owing to the uncertainty of the fivter naval policy of the government, nospecial affort, had been made to obtain recorrise. Those who deserted cause from
the Granupare admitted that the control of the Congregation.

The made to obtain recorrise than one of the fivemade to obtain recorrise. Those who deserted cause from
the Granupare admitted that the control of the Congregation.

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Secretary of the property of t



SMOKING

OBACCO

His First Smoke:

"Master

Workman"

SMOKING

TOBACCO

It's fine!

My choice fell on

CLEAR OF DEBT

CHATHAM IS

MASTER