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**JOHN J. ST. JOHN**

ST. JOHN'S N.F.L.D., Nov. 24th, 1915

**OUR POINT OF VIEW**

**CONVENTION NOTES.**

Mr. A. Broaders, Vice-President of the F. P. U., came to the City by last night's train to attend the F. P. U. Convention.  
 Mr. J. G. Stone, M. H. A. arrived in town last night to attend the F.P.U. Convention.  
 Messrs Jennings, Winsor and Abbott, M.H.A.'s, also arrived to attend the Convention.  
 Mr. Dugald White, chairman of the F.P.U., Catalina, also came along by train last night to attend the Convention.  
 By the S.S. Fogota there arrived a large number of delegates to attend the Convention. A large number will also arrive by the Prospero, due to-morrow.

**HISTORY OF FORMER DAYS**

**Death of Sir Henry Havelock**  
 November 24, 1857.

GREAT commanders may well be classed under two heads—those who achieved fame early in life, and those who did not attain success till past their middle age.  
 Havelock belongs to the latter class. He had seen some forty-two years service before the grand opportunity of his life career presented itself. He was born in Castle Wearmouth, County Durham, in 1795, and entered the Army in 1815. Although he saw much service in India and Afghanistan, he remained a simple Lieu-

**GERMANY'S WEAK POINT**

—The Ottawa Citizen—

IN making our calculations in regard to Germany we shall do well to put all questions of money out of our minds. It is on the whole convenient for Germany to raise loans and spend them internally; but we are encouraging false hopes if we anticipate that as long as German troops can guard the borders there is any probability either that the government will exhaust its power of raising internal loans, or that it would be seriously embarrassed if it did.

Germany is not in the position of a besieged city, because she can carry on a certain amount of trade with neutral countries, and for what she does import from Holland, Sweden and Denmark she must pay. But it is not likely that she will have any difficulty in paying for these imports by exporting manufactured articles.

It will be asked, "How about the crippling of Germany's foreign trade? How about the growing unemployment in the cities and the scarcity of agricultural help?" These things are serious enough from the standards of peace, but they are not vital matters so far as ability to carry on war is concerned. So long as Germany has or can produce what is necessary for the life of the people and for the conduct of war, the crippling of foreign trade is to be regarded as not much more than a temporary inconvenience and poverty and unemployment as mere failures of distribution, and problems to be solved by internal organization.

The question of Germany's possible exhaustion is, therefore, not a question of general financial exhaustion, but of the exhaustion of some particular necessity. As for money and food we may dismiss them, but this is not a dismissal of the question because it is an inter-

tenant after twenty-three years service. In 1856 he was in command of a small division in Persia. In 1857 the Indian Mutiny broke out and Havelock was ordered to India, and then began to organize a column for the Relief of Lucknow. This after overcoming innumerable difficulties, he was able to accomplish in September, 1857.

These extraordinary efforts were too much for him and he died at Lucknow and was buried in the Alunbagh, under a mango tree which spreads its branches over his tomb.

Around his grave stood such men as Colin Campbell, Outram, Tytler, and Peel. Behind stood in a wide circle the soldiers of the Ross-shire Buffs and Madras Fusiliers, who had done the dead chief's bidding in many a hard fight, and in whose war-worn hearts, as they looked down on the last of their old commander, was stirred many a memory of his ready praise of valour, and of his ceaseless regard for the welfare of his soldiers.

The firing of the volleys was a fitting requiem, and so Henry Havelock was buried.

**With Our Naval Boys**

H.M.S. Elk, Naval Base, Granton, Scotland, Oct. 1st, 1915.

MY DEAR FATHER,—On arriving in from sea to-day, I received your letter saying you were nearly crazy on thinking about me. I am feeling fine and quite well; and now have the opportunity to write you again.

Well, Father, I have away to the Dardanelles for about three months; and I just arrived back a few days ago, and how anxious I am to be able to get a bit of rest. Hope you are all quite well at home and not worrying too much about me.

I have seen some exciting times since I left Newfoundland as regards to this warfare; but us Newfoundland chaps are all doing our best to help down the Germans. We still keep them bottled up.

I haven't heard a word from Brother Malchus since I came over here; I hope he is rubbing through O.K.

Give my best love to my sisters and tell them to write me.

Hope you have had a successful summer; trust you have been getting good weather, as we have had it pretty good all along over here, but it is getting a little chillier here at present.

I have no news in particular but say me to all at home. Excuse my blots as I am writing this in a hurry. So good bye. Wishing you every success with fond love from your son,

JOSEPH E. REID.

The above letter is from Joseph E. Reid, son of Mr. William Reid, Heart's Delight, T.B.

asting historical fact, commonly ignored, that the British control of saltpetre was a great factor, very likely the greatest factor, in the downfall of Napoleon.

The lack of one war essential will defeat a nation and it is here that Germany will be tremendously handicapped if the attempt to break the steel ring about her is a failure. Dismissing food, money, ammunition and guns, cotton and fabrics, as out of the question as decisive factors here remains the question of transport. The breakdown of transportation beat Napoleon in the Russian campaign. But the German system is wonderfully developed.

True, Germany has been fighting from the start in front of splendidly equipped railway lines. Where these are not already constructed the Germans build them, but in the Balkans, where Germany says the war will be decided, the problem cannot be disposed of so easily.

Granting, however, that the German transportation system will again work smoothly the matter resolves itself into one of mere figures. The war will be decided by exhaustion but all signs point to the terrible conclusion that this will take the form of exhaustion of the supply of men. As the Allies are bound, are determined to win they must be prepared to outlast in supply of soldier men the Austro-German-Turkish alliance assisted by Bulgaria. The thought is one that cannot be too strongly impressed upon us all.

**Botwood Activities**

Kindergarten, Domestic Science, Home Nursing Classes and a Woman's Health Club are now in full operation and doing splendid work in our town. For the information of other parts of the Island where the people may be considering similar work, I will give a brief outline of a sample day's work as I saw it yesterday:—

**KINDERGARTEN.**

From forty to fifty children, ranging in age from four to seven, of all denominations, were in attendance. The teacher in charge was Miss Edna Alexander, a Kindergarten from Toronto.

The programme consisted on a talk on nature at this season of the year and the different kinds of work going on in the world. This helped the children to understand, appreciate, sympathize and learn of all phases of human activity. Many charming little songs were interspersed descriptive of bird life, animal life, the family life and the life of the community. It was surprising to hear the children name, distinguish and describe the different plants which had been brought to the school.

The playthings of the Kindergarten are well selected to develop the child's mental powers; train the body prepare him for primary work. Plastic material was being used, with which different forms were made—watches and chains, dishes, boxes etc. The games were very interesting. The children played out bird life—were soldiers, shoemakers, hens and ponies—as well as social games, Politeness, Courtesy and Kindness are features of Kindergarten teaching. The marches and exercises showed what was being done for the development of the body and the closing story, in some measure reflected the child's own life and held up to him an ideal worthy of imitation.

**DOMESTIC.**

In a building which has been completely fitted up with desks, stove and cooking utensils, I saw sixteen girls at work. The subject was vegetables, their food value, care and proper attention. Each girl prepared and cooked carrots and potatoes in the most healthful and appetizing manner. Similar classes are held here three times a week and home nursing classes twice a week by Miss Annie Methcarrill of Mt. Allison's Ladies College. In the Home Nursing Classes the girls receive instruction in the proper care of the body, the prevention of disease and the care of the sick.

**THE BOTWOOD HEALTH CLUB.**

Thirty-five members of the Woman's Health Club held their regular weekly meeting at eight o'clock. The object of the club is the study and practice of Health.

The first part of the evening was devoted to health exercises and drilled by Miss Alexander. The President of the club, Mrs. Frederick Churchill, then read the constitution which was adopted.

An outline of study has been prepared for the year. The subject for the month is "Digestion." Four papers had been prepared by members on Digestion as follows:

Dear Sir,—We are attaching the four papers referred to above which we will be obliged if you will publish in the order named, because of the value as a suggestion to other Health Clubs now starting on the Island.

**SALIVIA.**

(Prepared and read by Mrs. Frederick Churchill.)  
 Saliva or spittle, as we generally call it, is a colorless liquid, consisting mainly of water, with a little salt, and a small quantity of a peculiar substance called Ptyalin.

This saliva is found in the mouth. It is prepared from the blood by six salivary glands, which are situated in the cheeks and under the tongue. When in a healthy state the mouth is always moist, but when food is introduced the amount of saliva greatly increases, supplying enough liquid to moisten and soften the food, no matter how dry.

In fact, even the odour of a tempting dish will sometimes cause such a rapid supply of this digestive juice that we say "our mouths water."  
 The work of the saliva is to moisten on the food and change cooked starch into a soluble sugar called dextrin.

**FOOD DIGESTED IN THE MOUTH**  
 (Prepared and read by Miss Susie Pennell.)

The only foods digested in the mouth are those containing cooked starch. When the starch is well mixed with the saliva, the digestive juice secreted in the mouth, it is changed into a soluble sugar, call dextrin. Raw starch is insoluble, and cannot be changed into a soluble form in the mouth. This is why unripe fruits are indigestible, but when ripe the starch

has been changed to fruit sugar by the sun.

Common foods which would come under this heading are: vegetables, such as potatoes, carrots and beets; cereals, as cream of wheat, rolled oats and oatmeal; breads, and all cornstarch, rice and tapioca mixtures.

**THE CARE OF THE TEETH.**

(Prepared and read Mrs. B. Antle)  
 The care of the teeth in youth and old age is of the greatest importance, but especially in childhood should this be given thought and attention.

The teeth should be brushed after every meal, at night, and first thing in the morning. Hard, dry foods, such as well-toasted bread, cleanse the teeth and promote growth. A dentist should examine the teeth once or twice a year, in order that cavities may be filled before it is too late.

Above all, the condition of the teeth depends upon the care used in the selection of foods, that they may be perfectly digested, causing no constipation nor putrefaction in the bowels. The health of the teeth demands regular movements of the bowels daily. In children, the growth of the teeth demands foods containing lime salts, such as baked potatoes and cereals. The shape of the second teeth depends largely upon the care given the first teeth.

**VALUE OF CHEWING.**

(Prepared and written by Miss Nau Metherall.)

When we consider that such men as Gladstone and Horace Fletcher found it necessary to proper digestion to chew, chew, chew, we realize there must be something more than talk in it. The first step in the process of digestion of starchy food should take place in the large piece, this is either imperfectly performed or not at all.

This process of Mouth Digestion consists in the chewing of the food, thus reducing it to small particles easily acted upon by the digestion juices, the secretion of the saliva, and the mingling of the saliva with the food, thus changing any cooked starch in a form of sugar, called maltose. If not enough saliva is mixed with the food to make this change, it means that the intestine will have double work to do, trying to perform what should have been done in the mouth.

Although starches are not at all acted upon by the juices of the stomach the action of the saliva on this class of foods continues for about forty minutes after it leaves the mouth, or until the foods become acid through contact with the hydrochloric acid in the gastric juice, secreted by the stomach.

It has been discovered that dry or highly-flavored foods cause the salivary glands to pour out an abundance of saliva, which liquid foods excite, the glands very slightly. To insure a large supply of this digestive juice, it is therefore important that starchy foods be eaten dry, and kept in the mouth long enough to get well mixed with the saliva. When water or other liquid is taken into the mouth with food it not only dilutes the saliva, but causes one to swallow almost at once, thus not giving even the diluted juice a chance to mix with the food.

Although the saliva acts only upon foods containing starches, it is necessary to chew all other foods eaten, so that they may be thoroughly softened and reduced to fine particles that the other digestive juices may be able to act readily, for the stomach is not capable of grinding the food, and if large particles enter the stomach, they must remain there longer than necessary, causing fermentation and putrefaction and consequent suffering.  
 After the reading of the papers an interesting discussion took place, the question being ably answered by Miss Margaret Craig, of American school of Home Economics. Our Economics Leader, Miss Craig, is leaving shortly to visit the other Health Clubs on the island to assist them in similar work. Father Finn was present throughout the exercise and was so favourable impressed that he is now endeavouring to secure similar instructions for his school at Grand Falls.

**CORRESPONDENT**

**F. P. U. Notes**

The schr. "Crane" arrived and is discharging a full load of cod oil from Bay Roberts Store.

The schr. "Goldfinch" arrived with cargo of fish from the F.P.U. Store, Cat Hr.

The schr. "Huron" arrived this morning with part cargo of fish from Seldom Store.

The schr. "Cecile and Belle" left Doting Cove this morning with load of fish and oil.

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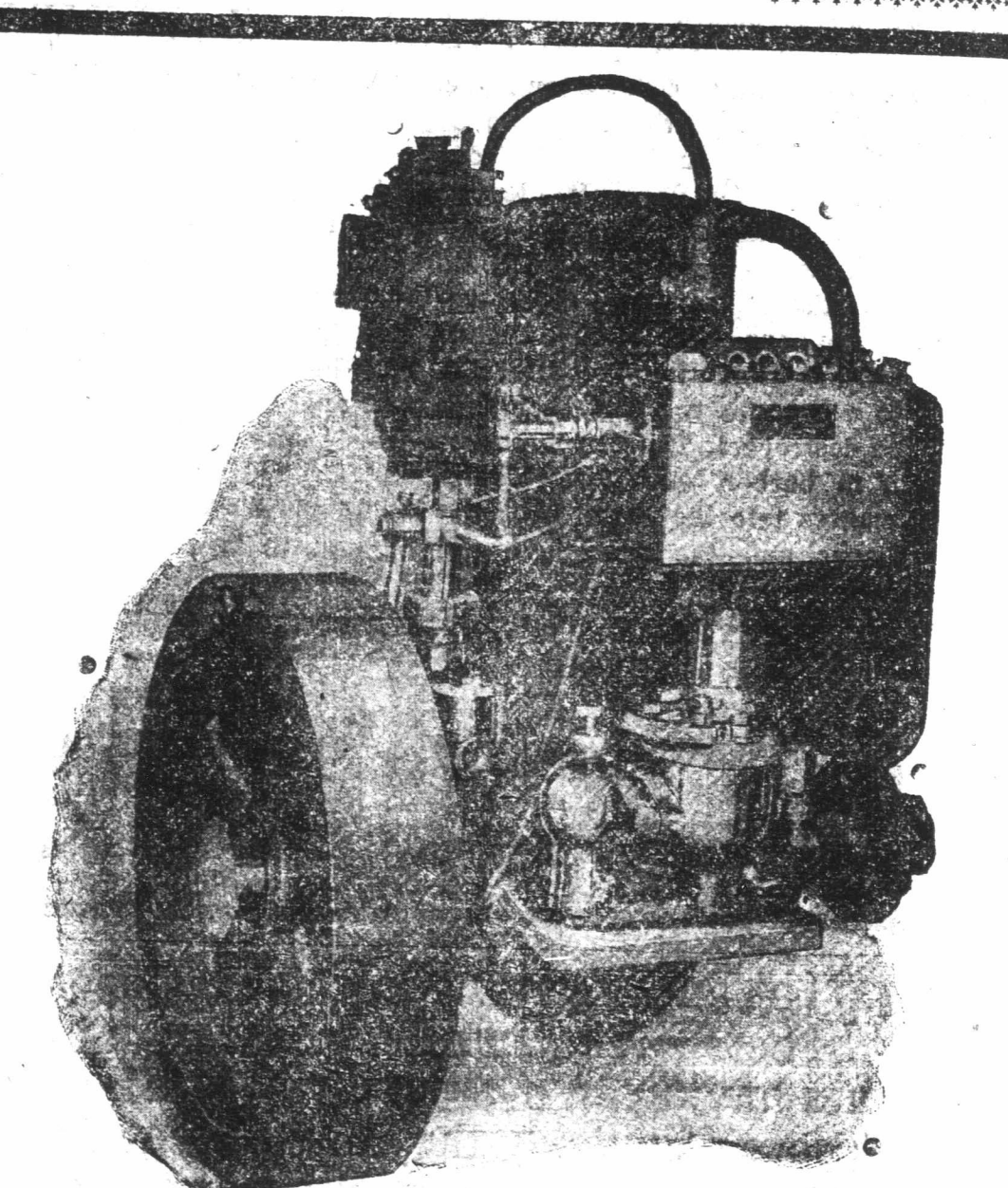
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