THE EVENING TELEGRAM, ST. JOHN'S, NEWFOUNDL



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for they know nothing at all about it. There is not one of them who knows the rig of a vessel, much less to be fon a pan" soulping seals, and if they were given a tow of seals, they would not know how to lace them up-much less how to sculp and haul them. the probability being that they would haul them "against the grain." No, the best Alma Mater I have ever found for obtaining the history of our country and its resources was in a sail-loft, the cook-room or around the kitchen fire during the winter months, when the celebrated veterans who prosecuted the sealfishery, as well as the codfishery, related their experiences for a period of half a century as well as the experiences of their ancestors handed down from father to son, generation after generation. Not alone would you get a general outline of the mode of conducting the fisheries, the dangers, escapes, etc., but you would be enlightened in every detail, and the chief source of regret to me is that we had not the Evening Telegram or some other popular and enterprising daily newspaper to take down and record the facts as related by those who participated in the events, and were the means of building up the country to what it is to-day. There are hundreds of the readers of the Telegram, who,

ration as were the heroes recorded

the Iliad, Plutarch or elsewhere

on viewing the head-line of this article "The Fanny Bloomer" will put on their thinking caps and exclaim, "I was in her one Spring with Capt. Arthur Jackman, or "I heard my father tell all about her"; she was indeed one of the favorites of the fleet" and other

similar expressions. THE FAMOUS "FANNY BLOOMER,"

The Fanny Bloomer was a Colonial built yessel-put out of hand expressly for the famous sealkiller, Capt. John Silvey, in 1853-the year after the Spring of the Wadhams. She was a pretty model, strongly built and a fast sailer. At the sealfishery she carried a maintopsail, as was usual with all our brigantines, for working through

the ice. Many of them carried a mainyoungsters it was aliens of the past such as Herodotus, top gallant sail. These sails were more erful the knowledge we Homer, Cicero, Demosthenes, and quickly handled than the foreandaft ships. It was our whole others, that there is really no room at alone, to this day, can left for a student to imbibe the history mainsail in working through the ice. Some of the orders roared out in eir names, but also the and traditions of his own country. It trumpet tones by the famous skippers ptains, and even many is all very well to know something are very interesting and now almost chief source of amuse- about Julius Caesar and his Commenobsolete and forgotten, such as: o get on board one of the taries. Hannibal Crossing the Alps and "Brace forward the main-yard. Shove als: run up the rat-lines, the tremendous waste of vinegar he up the lee bow," when the men would

## **The Foundation of Health** is Habit

"For every man who has lost his life by what he did in the last five minutes a hundred men have died because of what they had been doing in the last five years."

Life is made up of habits. There is the health habit. And also the habit of ill-health. It is surprising what a lot of people have developed the latter.

What hosts of women have bilious spells and bilious headaches about every so often, year in and year out, and never think of correcting the action of the liver, and thereby removing the cause of this oft-recurring trouble.

They have formed the habit of ing bilious.

Many are the men, indoor workers as well as those who spend their time in the open, who frequently suffer from backache, and yet neglect to get the kidneys in healthful condition.

It is the backache habit which is robbing life of its pleasures for them.

These are dangerous habits.

Some people live for many years with their systems poisoned by impurities-they live and suffer.

"I was a great sufferer from severe head-aches and billous spells. I tried a number of remedies without obtaining any benefit until I was advised to use Dr. Chase's Others soon develop Bright's disease, diabetes, high blood pressure or

parify the blood, there is nothing and correct any derangements of the like Dr. Chase's Kidney-Liver Pills. digestive system.

By using one pill a dose at bedtime Dr. Chase's Kidney-Liver Pills two or three times a week, just as will help you as nothing else can to get back to the habit of healthful often as is necessary to keep the bowels regular, you will in a few living.

weeks restore the healthful action of You will live a longer and a happier these filtering and excretory organs life by reason of their us

These letters will interest you, and a test of Dr. Chase's Kidney-Liver Pills will prove their exceptional merits in relieving the common, every-day ills and preventing the more serious ones. Edmanson, Bates & Co., Ltd., Toronto.

**Kidney Trouble** 

Mr. George Stevenson, Rounthwaite, Man.,

"For seven months I suffered from Kid-"For seven months I suffered from Kid-mey trouble, backache and dizzy turns, and could get ne relief. My back ached so ge-verely that I could not turn in bed, and finally I had to quit work. One day I re-ceived a copy of Dr. Chase's Almanac through the mail, and after reading how highly Dr. Chase's Kigney-Liver Pills were recommended. I gave them a trial. I had tried various other pills and remedies with no effect whatever, but immediately I start-ed using Dr. Chase's Kidney-Liver Pills I . got relief, and two boxes made me well."





SUDBURY HOSPITAL.

The following scale of fees payable by outside patients for treatment in the various Departments of Sudbury Hospital will be effective on and after November 1st, 1921: MASSAGE AND ELECTRICAL DEPARTMENT.

Including treatment with sinusoidal, galvanic and high frequency currents, 

HYDRO THERAPEUTIC DE-PARTMENT. Including Schott's Douche, whirlpool, sedative and electric bath with massage, etc., per treatment.\$1.00 Electric Cabinet (Turkish) X-RAY DEPARTMENT. Radiographs. Plates under

K-Ray Treatments .... 2.00 SCREEN EXAMINATIONS. With Bismuth Meal \$5.00 and upwards.

This does not include prints. All cases to be dealt with through their own doctors to whom reports will be sent. Above scale of fees applies to civilian

cases only. W. B. JENNINGS, **Minister Public Works.** Department Public Works. St. John's, Newfoundland, 24th October, 1921.

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Know what you smoke and

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**Bilious Headache** 

Mrs. John Ireland, R. R. No. 2, King, Ont.,



se universities such 'ambridge or Har-But it is not so much with our mind is saturated, heroes who performed their feats durand sayings of such ing our own life-time, and were equal-



Finest quality Can. Creamery Butter. Fresh supply of above just received.

C. P. EAGAN.

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man took charge of her the second trip, then commenced his phenomenal success in the Eagle, to the end of his life, his death occurring on the 25th February, 1877. In the meantime, did not see each other again until Capt. Arthur Jackman took charge of mid-passage, when they signalled the Fanny Bloomer, and opened up a

They again lost sight of each other, career at the sealfishery second to until they made the land, when both none in the country. In the year 1870, vessels were about three-quarters of a Capt. Arthur took a load of seal-oil mile apart when daylight broke. This and skins to Liverpool, and the Fanny was between Bay Bull's and Petty Har-Bloomer was sold there, after which bor. As soon as they discovered each she was employed in the coal trade, other, on went studding sails and every plying between Cardiff, Wales, and inch of canvas, hoisted respective Waterford, Ireland. But I have never house flags (Bowring and Tessier's) been able to ascertain what was the to foremast head, a signal to the Cape, subsequent end and final resting place grasp the bar; lift the feet from the the two flags went up together on the of this most historic ship-famed in Cape staff, and they ran for Cape Spear. song and story. The wind was blowing a strong breeze

CORNS from the West-South-West, and the two vessels rounded Cape Spear, bound for the Narrows of St. John's-not a hundred yards distance between them The race was up, and it was declared Lift Off with Fingers a draw by mutual consent. The pilot boarded Capt. Day's vessel first, as she

was to windward of the Fanny Bloomer, and the two vessels beat in the Narrows together. As they left Liverpool, side by side, so they arrived in St. John's after a passage of 33 days in the month of January. SILVEY RETURNS TO HIS OLD

LOVE. Capt. Flynn was two springs to the sealfishery in the Fanny Bloomer, after Capt. Silvey bought the brig Elizabeth, which was lost near the Gut of Canso Doesn't hurt a bit! Drop a little in 1871. After Capt. Flynn left her, Capt. Silvey took charge of her again one" on an aching corn, inin 1861, and died on the 14th March, stantly that corn stops hurting, then board of her at the sealfishery, After

shortly you lift it right off with finon hoard of her at the scalingery. After the hortiy you lift it right off with fin-Capt. Silvey (Capt. Flynn's sister), and she sailed from Catalina to the ice, but was not very successful. The next year old Capt. Thomas Jackman (father of the famous (Captage Will)

hardening of the arteries, and quickly have their lives snuffed out. The greatest rule of health is

"daily movement of the bowels."

This is also the most valuable of health habits. To get back to this rule, to awaken

the sluggish action of the liver and kidneys, to cleanse the system and

Kidney-Liver Pills. These completely re-lieved me, and made me feel like a new pewon. I am very grateful to Dr. Chase's medicines for what they have done for me, and you may use my letter for the benefit of others." Rheumatism Mr. George Weathers, Huntsville, Ont. "I was troubled with rheumatism for eighteen years, and although I tried a num-ber of different treatments nothing did me any good. Finally I tried Dr. Chase's Kid-ney-Liver Fills, and can truthfully say they completely releved me."

High Blood Pressure



**Physical Development.** And its Bearing on Health and Strength.

By GEE.

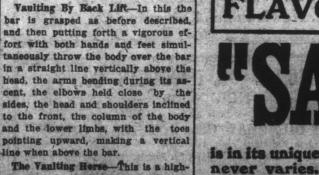
## GYMNASTIC EXERCISES.

The Vaulting Bar - This bar. parable, and the legs provided with slides, ticularly valuable in promoting the so that the horse can be set firmly at feet are as high as the bar; bend the development of the lower limbs, is a any height between three and six feet. smooth, straight, round piece of ash, The exercises that can be performd two and a guarter inches in diameter. are numerous, but here is the cavalry except at the ends, where tenans are formed to run up and down the drill which consists of three parts. In the first posture the body is erect, with grooves in the standards. The stanthe hands resting on the horse; in the dards should be seven feet high, second the body is raised by "the pierced with holes three inches apart. strength of the arms; in the third the fitted with iron pins for bar to rest on. right leg is thrown over the horse, the This bar can be raised or lowered to mount made, and the body thrown into

suit the size and capacity of the pupil. In the first exercise let the hands proper position. ground, pressing strongly with the hands, rising to the full extensions of the arms and inclining the body slightly forward during the ascent. Hold the head erect, the spinal column upright,

the legs straight, the feet close totravelling along the bars with the tract and repeat. Muscles exercisedgether. After assuming this posture hands backward and forward. The Pectorals. second comprises movements of oscilraise the left leg, till at a right angle with the other limb, and place the foot lation between the bars. The third is upon the bar. To assume the third made by combinations of the' other position raise the right leg and bring foot up to left, clear the bar, the whole

column of the body and the lower limbs passing over it in a horizonta



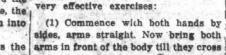
oth, the top and sides covered wi

apparatus affords an immense variety of healthful exercises, increasing the capacity of the trunk and upper limbs. Here are three favorite positions: First, grasp the bar firmly with the hands, at a distance apart sufficiently to let the body pass between them, the backs of the hands upwards, and the fingers and thumbs meeting, bend the

legs forward, at the same time lower leather, the upper portion stuffed with ing the body until the arms are fully hair. The pommels should be mov- extended; second, ift the feet upward,

the arms remaining straight, until the arms and elevate the body until the waist is on a level with the bar; passing the lower limbs over bar, the body porte, or direct from yards, vessel or following: third, lower the body, com-

pleting the circle, and slowly descend until the feet reach the ground. Here are three more simple but



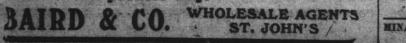
Parallel Bars-Everyone knows the arms in front of the body till they cross simple construction of the parallel each other, and when you feel the forebars which give rise to a variety of arms touching, press them firmly tomovements, bringing into play chiefly gether in order that the pictoral mus the muscles of the trunk and arms, cles may be as firmly contracted as These movements may be divided into possible, return and when arms reach

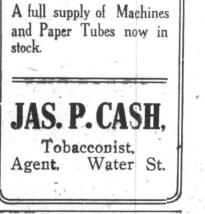
three series. The first consists of the sides expand the chest fully. Conrweezers.

> (1a) Alternate movements, bring right arm across as left returns to side. Twist head round to benefit neck, turn-

The Trapese-This simple gymnastic ing same in opposite direction to









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## novement of arm as it crosses body each time.

(2) Hold hands behind back as high up as possible. Arms bent. Left hand colding right wrist. Now press down with the right hand and away, from the body, the left hand resisting, and the upper part of right arm resting against the side of the body, so that as much leverage as possible may be obtained. Return and repeat. Muscles xercises. Triceps. Repeat with left (To be continued.)

MINAED'S LINIMENT USED BY PHYSICIANS.