

A Tale of Two Windows.

A week ago (and still on view) there was placed in the window of J. P. Cash a display of handsome premiums for Men which are given absolutely Free in exchange for coupons now packed with all Cigarettes of our manufacture.

Now there is also a display of Ladies' Premiums in the window of The Royal Cigar Store (George Trainor). We want you to take your wife or sweetheart to see these premiums, and let Her choose what She wants, and you

SAVE THE COUPONS THAT'S ALL.

Imperial Tobacco Co. (Nfld.) Ltd.

"Healthy, Wealthy and Wise."

(By Virginia Roderick.)

The tooth-brush is coming into its own as an instrument of education. About three years ago, in a Cleveland school, forty children, with defective teeth, were organized into a special class to try out the effects of mouth-hygiene. First they were submitted to various mental tests. Then their teeth were put in order; they were provided with proper brushes, pledged to brush them three times a day, and taught how to eat.

Twenty-seven went through the test period of about a year, and then the mental examination was repeated. It showed a total gain of 99.8 per cent!

Some of this "dental squad" are to form part of the exhibit at the International Congress of School Hygiene which is to be held in Buffalo August 25 to 30, with delegates from all the civilized world. These living exhibits will illustrate one of the many lines along which we are finding out our responsibilities to school children.

"What am I to think of a public school system which never taught me

to eat, breathe, or walk correctly—the very essentials of living?"—Those who ask that question are legion.

We are to think that such a system will not do; and this congress, the first of its kind in America is to demonstrate that it will not. It is to prove, with sound scientific evidence, that physical health is the very foundation stone of education.

Instruction in the myriad needs and the ways of meeting them will be supplied to eye as well as ear. Supplementing the programme, there will be models of well-built school-houses, with window space occupying not less than one-sixth of the wall space, and admitting light only from the left and rear; model school kitchens and model school meals; an exhibit to show the glazed paper and polished desk-tops that so sadly damage young eyes, and the substitutes that conserve vision; fixtures to demonstrate good and bad ways of lighting schoolrooms; adjustable desks that really fit the child's body; photographs of open-air schools and summer camps; charts and pictures to show "before" and "after" in

faulty mouths, and a moving picture film entitled "Toothache"; the familiar tuberculosis exhibit; the remarkable and appalling sex-hygiene exhibit, and a hundred other aspects of school health.

About seventy-five per cent. of fifteen million of our twenty million school children have physical defects. This includes the ten to fifteen million with bad teeth, five million with defective vision, six million with enlarged tonsils, adenoids, or enlarged cervical glands; five million with nose, throat, and ear troubles; the six hundred thousand who are tubercular; and the five million who suffer from malnutrition, often partly due to other defects.

To remedy these defects, and to prevent the ravages of epidemics, medical supervision is an obvious necessity. Yet of 1,038 cities (nearly ninety per cent. of the total) recently studied by the Russell Sage Foundation, only forty-three per cent. have regularly organized systems of public school medical inspection, and in only 214 of these cities does this include a complete physical examination conducted by doctors.

A thousand doctors are employed where many thousands are needed. Only sixty-nine cities have expert dental inspection. Five hundred school nurses—a recent phase of medical supervision—are doing a splendid work for both school and home, and an increase in their numbers is one of the best hopes in this field.

Medical supervision, of course, has a constructive side, which should be developed; school doctors should be essentially doctors of public health, teaching pupil, teacher, and parent—yes, and janitor!—to ride the "hobbies" of modern medicine: fresh air, pure water, plain food, and recreation.

On this side they join hands with the score of agencies specifically directed to keeping well children well.

Chief among these is the sanitation of school buildings by improved plumbing, better architecture, dustless floors, vacuum-cleaners, proper dusting, the abolition of the common drinking-cup, and modern systems of ventilation. The knowledge that the percentage of tuberculosis is higher among teachers than in any other profession should be grim reason for pushing such reforms at top speed.

Outdoor schools are another ground of hope, not only against tuberculosis but, possibly, for general school health. The two thousand children who study in furs and mittens have gained in strength, have been far less subject to colds and the usual child diseases than indoor pupils, and, besides, have attended more regularly.

Another positive point of improvement is the modern physical training. The day is past when the school turns

There are just as many different kinds of tea as there are different kinds of people. Some good, some bad, some indifferent good and some indifferent bad. Teas are the same way. We have great patience and skill in selecting tea, for we have a tea trade that is the best in the island; the people we cater to demand the best and it is up to us to provide it. Our Brands:

Star, Homestead, Rosalind, Balmoral.

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|-------------------------------------|-----------------------|
| Ex s.s. Florizel to-day, Aug. 21st: | |
| New York Pears. | ong Island Potatoes. |
| Fresh Beef. | Bananas. |
| New Carrots. | Lemons. |
| Fresh Tomatoes. | Cabbage. |
| New Apples. | New York Corned Beef. |
| Local Cabbage, Local Turnips. | |

C. P. EAGAN,
Duckworth St. and Queen's Road.

out into the aisle for a few minutes' callisthenics, and learns from hygiene lectures or a slim, dry text-book merely that one has 200 bones and a diaphragm, instruction in cooking and eating, gymnastics, swimming-pools, the direction of play—all these are parts of a new regime which teaches the child how to live. Moving pictures are already in a few schools instructing children about their own bodies; or urging them to "swat the fly," to fight tuberculosis, to keep their mouths antiseptic.

Education Through Food.

And then there is the school-lunch—America miles behind European countries. In the past five years seventy-seven cities in this country have adopted the plan of furnishing their pupils plain, wholesome food at a nominal cost. In New York, for instance, lunch is supplied at a penny an article with the restriction that the first penny must go for soup. Many of the children fed in this fashion would otherwise be lurching on ice-cream cones and glossy cakes from unspeakably dirty pushcarts and small shops.

The school-lunch proves afresh the inter-relationship between stomach and brain, between food and conduct, for it undeniably increases learning power and lessens sullenness and truancy. Besides, it teaches the child food-values, economy, healthful eating-habits, and table manners; and how to be friends with his mates.

Of course this is practically city and town work, as are nearly all the more conspicuous school reforms. The rural school is far behind.

Remember the one little room with an unjacketed stove in the middle that scorched those nearest and let the others freeze? Blackboards, with chalk-dust flying. Light shining in your eyes from windows up front. Windows open or shut to suit the comfort of those nearest. The most casual of sanitation. An unsightly playground. A teacher who taught something like twenty classes a day.

Well, however happy those memories, the results do not justify them. Gradually, one-teacher schoolhouses are consolidating. Well-constructed buildings of three and four rooms are taking the place of the single rooms, and the graded system is gaining. Some rural schools already have modern equipment, not only in buildings, but in model farms, gardens, hen-houses, and kitchens—all as part of the curriculum. But these schools are still too few.

Important phases of school-hygiene must be omitted here—the whole vital subject of mental hygiene with its eugenic implications; the problem of schools for "backward" children; the financial soundness of a community investment in the health of its children; the hygiene of college and university—except to note that the Secretary-General of the Congress, Dr. Storey, is a physical director who has made the institution in his charge a model, with dismissal from college the penalty for neglect of eyes or teeth.

He is the man to address, at the College of the City of New York, if you will help apply the findings of the Congress in your own community. Any one may become a member by the payment of five dollars, and delegates are wanted from women's clubs, boards of health, schoolboards, charity organizations, from all towns and cities. It is the distinctive feature of this congress, in preparation, that it recognizes the absolute necessity for community backing, and a sturdy effort will be made to achieve a permanent organization for carrying out school reforms.

If that should succeed, there need be no limit to our hopes for national health.

Back to the Soil, Negro is Told.

Booker Washington Says Colored People Must Teach Each Other.

Philadelphia, Aug. 21.—"Go back to the soil; for the sake of your health and your prosperity; go back to the farms; go back now before the land and the opportunity is gone."

This is the message Booker T. Washington brought to the delegates of the National Negro Business League at their fourteenth annual convention yesterday. Dr. Washington said:

"Our object is to bring together men and women who have been successful and let them tell the story of their success in their own way.

"If a white man were to address a gathering of colored men to tell them of his means of success the negro instinctively feels that his success is due to his color and the lesson fails, but when the speaker is a negro the listeners say to themselves 'If this man was successful why can't I do the same thing?' and their ambition is kindled."

Dr. Washington added that the negro has better chances in the South because he supplies most of the skilled labor.

Every bottle of Queen of Liniments is stamped with the words "Stafford's Liniment."—Aug 24, 11

Singing.



Singing is a lippy substitute for real music which is caused by opening the mouth as widely as possible and projecting the voice into space. If the singer is not well known there is usually plenty of space for the project into, but if she has reached the point where the music critics refer to her as an "artiste," she will find the room crowded so full of double-distilled culture that the man who came in hoping to recognize something familiar couldn't get out without using a jimmy.

Some people begin to sing at an early age and keep it up without the slightest regard for the feelings of others. This is particularly true of choir singers, who hang on long after everybody would be highly pleased to have a change both in timbre and the personnel. Opera singers never let go so long as they can keep within six cubic feet of the key in which they started, and they seldom retire without getting rid of a series of frost-bitten farewell recitals.

Singing is always the result of some method. There are several different methods, but they all produce the same low-spirited sensation in the man who does not care for any form of classical music except the Traumerl with variations. Most people prefer the natural method of singing, which induces the singer to remove his collar and necktie and clutch nervously at his throat mechanism when about to climb some forbidden steep.

There are two kinds of singing—straight and wabbling. People who sing in a straight line are at a great disadvantage, for whenever they wander a few yards from the accompaniment and hold a high note with the utmost firmness and satisfaction they create a large, sour gap which is apparent to everybody who is not already in a state of coma. On the other hand, the singer who produces a tone which resembles an outline map showing the fluctuation in the price of wheat over a period of thirty years can sing in nine different keys on one intake without causing anybody in the audience to repine in short, curt syllables.

Singing is all right in its place, but most of it is so poorly placed that it hurts.

Dog Steals Like a Kleptomaniac.

Wilmington, Del., Aug. 21.—Dog days have brought much annoyance to John M. Webb, a Wilmington restaurant proprietor. His dog, John, has developed kleptomania.

The dog began his career of crime by stealing a scrubbing brush from a nearby grocery. Mr. Webb returned the brush, apologized profusely, and gave John a whipping.

Still John continued to steal, his crimes becoming more serious. This was one of the dog's busiest days. Sent a panama hat blown from a man's head, he seized it and ran home with it. The man followed. Mr. Webb returned the hat and apologized.

A short time later John stole a silver mesh bag from a woman he met in the street. She, too, chased him to the restaurant. Mr. Webb restored the stolen property, apologized again and gave John another whipping. He says now, however, that he is convinced whipping will do no good and that John is an incurable kleptomaniac.

Wilmington has another remarkable dog in Sausage, mascot of the Christiana Athletic Club. Sausage, a very live dog in spite of his name, recently accompanied the club's baseball team on an automobile trip. The automobile broke down on a lonely road, so the players wrote a note to the club officials in Wilmington, tied it to Sausage's neck and started him towards the city. The note was delivered and a relief automobile sent out to rescue the ball players.

Woman Contractor.

Soharmegendorf, a growing and fashionable suburb of Berlin, prides itself on possessing the only woman builder and contractor in Germany. This is Frau Henkel, who has carried on her business successfully for four years. The fact that she was the proprietor, and manager of the firm, of Henkel became public only the other day. The public authorities were asked to inquire into the business, as there was an allegation that it was not an independent concern. They found that Frau Henkel was the real and effective manager, and that she employed her husband as master of the works. The suggestion that she was acting for someone else was unfounded.

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