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RAILWAY SYS-

ve Power. Mot- ptember 1, 1918 e Mr. A. Mc- Asst. to Supt- eal Shops. Wilson. ve Power Shop- ident.

New Regulations Put Restrictions on Use of Sugar

PUBLIC EATING PLACES MUST KEEP RECORD OF MEALS SERVED

Sugar Will Be Allotted—Manufacturers of Various Products Must Secure Permits for Purchase of Sugar

Ottawa, Sept. 6.—New regulations governing the use of sugar in public eating places and by manufacturers have been announced by the Canada Food Board, and are embodied in an order which has lately been signed by the chairman, Henry B. Thomson. The new restrictions, which, with the exceptions specifically noted below, are now effective, prohibit the use of more than two pounds of sugar for every ninety meals served in public eating places, except in the case of soda fountains or ice cream parlors.

The use of sugar in the latter establishments is already under regulation and, in addition, after September 30 such establishments will not be permitted to use more than 25 per cent. of the average monthly amount of sugar used during the year 1917. Manufacturers of biscuits, fruit cake, pound cake, layer cake, wine cake, sponge or any like product, must not use more than forty pounds of sugar to one hundred pounds of flour and of this amount 50 per cent. must be yellow or brown sugar. In the manufacture of sweet dough products and pastry only eight pounds of sugar (half of which must be yellow or brown) may legally be used to one hundred pounds of flour. Not more than forty per cent. of sugar may be used in the manufacture of coconut macaroons. Not more than ten pounds of sugar may be used to sixty pounds of marshmallow. In the manufacture of bread and bread rolls only one half pound of sugar may be used to one hundred pounds of flour and all of this amount must be yellow or brown sugar.

Making of Confectionery

Manufacturers of candy, chocolate, solid chocolate products, cocoa, cocoa products, chewing gum, desiccated coconut or tobacco are limited to 50 per cent. of their monthly consumption of sugar during the year 1917. Manufacturers of table syrups, compound honey, maple butter and maple syrup compounds, or such like products must not use more than 50 per cent. of their average monthly consumption of sugar for the year 1917, and one half of this quantity must be yellow or brown sugar.

Manufacturers of pharmaceutical syrups and medicinal preparations must not use more than 75 per cent. of their average monthly consumption of sugar in 1917.

Why Blind Are Taught Music

A gentleman who recently visited an important institution for the blind was much impressed with the results of the musical training given there. He found that music was taught for its educational value, and not that many blind people might make it their profession as most people think. Practice and lessons were conducted in the same manner as study and recitations in literature, history, mathematics and other subjects on the curriculum. From this regular study and practice there is no escape. Through the kindness of friends of the institution the blind persons in attendance are enabled to attend operas, symphony concerts and recitals with the result that the frequent hearing of good music coupled with a logical, systematic and thorough study is responsible for the superior average musicianship found among these students.

Choral singing is required of nearly all. The large chapel choir meets for rehearsal four afternoons a week. They also sing each morning at the forenoon assembly of the school. Concerning his work, the head of the music department, who has had twenty years' experience in this position, said: "We teach music to our pupils because it is the only fine art which they can pursue on an equality with those who have their sight, and because we believe any system of education which omits this subject or which leaves it to chance is seriously defective. We hope that all our pupils may have an intelligent and discriminating appreciation of music. We wish them all to play or sing well, but we sincerely advise that only those with genuine talent and all-round ability should undertake the mastery of music as a vocation."

"Lack of sight in no way increases the amount of musical talent in any individual, and our students are neither more or less talented than the average persons who are not blind. They all do, however, live in an atmosphere of music, and they have a keener zest in the pursuit of musical attainment than most people. As an avocation, for its invaluable merit and worth in the building of character, as a social asset, music study is permitted and encouraged up to a point where students should begin to devote their maximum time and effort to their life pursuit." For this music study, of course, a specially prepared system of embossed sheets, to be read by the sense of touch, is used.

cent. of their average monthly consumption of sugar in 1917. Manufacturers of beers, ales, fruit juices, soft drinks, fountain fruits, fruit syrups, dessert or jelly powders, or marshmallow powders, after September 30 must not use more than 50 per cent. of the average monthly amount of sugar used by them during the year 1917.

The amount of sugar which may be used in the manufacture of ice cream has been reduced to a maximum of five and one-half pounds of cane sugar to eight gallons of ice cream. The use of sugar in the manufacture of soap is prohibited. Certificates for the purchase of sugar for use in the manufacture of products mentioned in the order will be issued on the basis of the percentage allowed and supplementary certificates will be issued for sugar for the manufacture of bakery products within the conditions of the order on proof of increased output.

Public eating places are required to keep a record of all meals served, and if their allotment of sugar does not equal two pounds per ninety meals served, licensees may make written application for a further allotment. A record must also be kept of the quantity of fruit preserved and the amount of sugar used in public eating houses.

Despair to German Hopes

MERCHANT MARINE SAILORS UNDAUNTED BY BARBAROUS WARRFARE

Without the men of the Merchant Marine, our Allies would be at the mercy of Germany. Yet these men are quiet and unassuming. They wear no gold lace or natty uniform. The merchant marine includes almost every type of craft, sails every sea, and faces death in a dozen forms every day. The heroic men of the service will show fear at nothing and there is nothing on the sea or under the sea that can scare them off the sea.

Lord Charles Bessford is authority for the statement that never has a man of the merchant marine refused to sign on for a voyage because of the danger.

Every day boats sail "over there" or back home again, and none know what horror and danger may lay in the path. Not a week passes, but some of these boats fall victim to the U-boats. In nearly two hundred cases ship, cargo and crew have disappeared beneath the waves for ever, leaving more than 15,000 of these men have played the same part and lost. But their sacrifices have not been unavailing and Germany knows full well that if she could have frightened this important arm of the war services off the seas, the war would have been won for her many months ago.

Without the Merchant Marine our Allies would be at the mercy of the Hun. Our armies would have neither food, munitions, or reinforcements. They could not fight for a week. Therefore Germany planned to play her last card and utilize every device of fendishness known to modern warfare in an effort to drive these invincible mariners off the seas.

Today our Merchant Marine still sails the seas, unconquerable and dauntless as of old. It has defeated Germany's would-be master-stroke of the war. But it has to date cost 15,000 lives.

Here is the most awful part of the situation. Rightly or wrongly, there is no official recognition of this service—not a hand is moved, officially, to look after the widows and orphans, the dependents of these brave sailors have gone down in the Empire's cause. The Navy League has taken the Merchant sailor under its care. It is straining every effort to collect sufficient funds to assure a reasonable living pension for the dependents of the heroes who have made their last voyage in our service.

Ontario is celebrating Sailors' Week with the object of raising \$1,000,000 for the fund. In view of the above explanation, there should be little difficulty in raising the amount.

Lower Coal Supply 50 P. C.

TO EACH HOUSEHOLD: Toronto Coal Dealers Also Suggest Reducing Allotment to Each Household to Two Months' Supply.

Toronto coal dealers today expressed the opinion that there should be a further curtailment of deliveries in order that families which have very little or no coal in could secure a supply with which to commence the season. Two forms of legislation were suggested—the reducing to each household from 70 to 50 per cent. of the season's supply, or the curtailment of the amount obtainable to two months' supply. Nothing short of drastic legislation would meet the situation, they assert.

With Canada in advance of her allotment to date, local dealers are still struggling with the delivery of April and May orders. However, that situation is offset to some degree by the fact that so many Toronto people placed orders last spring. With the present small tonnage coming into Toronto at their command local dealers say that they will be several months in making full delivery of spring orders. They predict that for at least another month there will be a very small tonnage come into Canada.

Householders are now going from dealer to dealer pleading for a supply of coal, no matter how small. Dealers say that soft coal and coke should be burned wherever possible, but sparingly too.

Fish Cheaper Here

Prices Are Much Lower in Canada Than in United States.

The people of Canada too often fail to realize and to take advantage of the tremendous advantage they have over the people of the United States in regard to the abundant supply of ocean fish at moderate prices. Comparison of retail fish prices in several of the principal cities in this country with those prevailing in cities similarly situated in the United States shows in a striking way what has been accomplished in the Dominion, through the efforts of the Canada Food Board in co-operation with Department of the Naval Service and the fish trade to make splendid sea fish available to the consuming public at moderate prices, the Canada Food Board just made such a comparison, the prices being those secured through the Board of Trade in each of the cities on the list and being representative retail prices on a recent Friday.

It will be noted that in nearly every case the Canadian price is lower and in many instances much lower than the American. This is especially true of the more moderately priced fish, while the prices of the "luxury" fish, salmon and halibut, are high on both sides of the International boundary.

Enquiry was made at Halifax and Gloucester, as these are among the principal points at which Atlantic fish are landed for shipment to the interior. The cause for the discrepancy in price is that at Gloucester and Boston dealers are unable to secure sufficient quantities of live shore fish to supply the demand, while Halifax and nearby points, which is several hundred miles nearer the fishing banks, an ample supply is landed.

Cod and Flounders and Sole from the Pacific have been made available at points in Western Canada as far east as Winnipeg, at prices ranging from 11 to 15 cents per pound, while at St. Paul, Minn., practically nothing is known of these fish. Seattle is the only city on the list at which any fish is offered at a lower figure than in Canada; the fish in question being flounders and sole. This reason is that no market has been established in the Western States for these fish and they are not in demand.

MASSACHUSETTA

Miss Noble, of Toronto, returned home on Saturday after spending a week's holiday at Mrs. Howard Huff's.

Mrs. Cook and daughter, Toronto; Mrs. N. Past, Rossmore and Mrs. H. Huff and daughter spent Wednesday at J. Robinson's.

C. Ackerman and wife were callers at A. Vallean's on Sunday.

Mrs. B. Johnston, of Winnipeg, arrived on Saturday to spend some time with her mother, Mrs. Wm. Jose.

Mr. and Mrs. B. Harnes, of Belleville spent Sunday at G. L. Lent's.

Those attending Toronto fair this week are Messrs W. F. Osborne, and wife, A. Vallean, and wife, G. F. Lent and wife, E. Simonds, and daughters, E. Jose, K. Ackerman, S. Wallbridge, J. Robinson and Miss Broad.

Norma Huff spent Monday at Mrs. H. Wallbridge's.

Miss Juby took tea at C. Brownson's Sunday evening.

Mr. and Mrs. Pligdon spent the week-end at Eldorado.

A. W. Anderson and sister spent Sunday at A. J. Anderson's. Mr. and Mrs. Parliament spent Sunday at Mountain View.

Further restrictions on the use of sugar are announced.

Yukon a Silver Country?

Its Value Doubled Since Gold Decreased.

Dawson City.—The Yukon is turning from gold to silver mining. While the value of gold, or its purchasing power, has decreased, that of silver has been doubled. There is great activity in two silver-bearing areas tributary to Dawson, the Mayo district on the upper Stewart river, and along the Twelve-mile creek. These fields are 150 miles apart. Silver was discovered there years ago, but no work was ever done.

The Canadian Government has sent a party of geologists to investigate the prospects of developing the silver mining industry in this region.

A Cut in Time

Cancer is of great frequency at ages over 40 than tuberculosis, pneumonia, typhoid fever or digestive diseases.

At ages over 40 one person in 11 dies of cancer.

Yet cancer is not a hopeless, incurable disease. If taken at the beginning, the majority of cases of cancer are curable.

Practically all cases will end in death if left alone. Cancer is at first a local disease. It is easily cured if promptly recognized and once removed by competent treatment. It is practically always incurable in its later stages.

Records of the best hospitals prove that the chances of cure are very high with early operation and that these chances decrease with every day of delay. Early diagnosis is therefore all important.

"Beastly Careless"

Here is confirmation of a spy story that was told after the opening of the battle of Picardy, related at first hand by First Lieut. Bernard Rhodes, of the 407th Telegraph Battalion, and former first baseman of the Princeton nine, who writes to the folk at home from "Somewhere in France" this letter, which is printed in the New York Evening Sun:

At the beginning of the present drive a British Major-General was directing movements of his division when a British staff car drove up and a "brass hat" got out. Reporting to the General he said:

"Sir, the division on your right has been forced back and your flank is in the air. Orders are that your division will fall back to this place," indicating a point on the map some two miles in the rear.

The General had nothing to do but obey, and was on the point of issuing orders to effect the retirement when a Canadian Colonel standing near said to the staff officer:

"That's funny, I've been on duty some time with that division and I don't remember you."

The other chap allowed that was funny, that he had been there for some time; he knew all the units of the division, called their officers by their first names and generally had the dope. Still the Canuck was skeptical—he must have come from down near the New England border—and finally asked to see the officer's papers. Business of searching through pockets as for return check after intermission.

Then the chap thought he had jolly well come away in such a hurry he'd forgotten 'em; beastly careless. The Canuck thought he'd jolly well have to be searched beastly careful. They found papers all right; only they were written in that language which defines "treaty" as a "scrap of paper."

Well, there was plenty of good first-class material at hand for a firing-squad. The chauffeur was a Hun, too, so they had a little party; and the only thing they didn't shoot up was the car; that was returned to duty after being fumigated. The division is still in the same place and so are the two Huns; each with several bullet-holes where the Iron Cross might have been.

Huge Orders for Steel Will Affect the Metal Trades

Business is going to be brisk in Canadian circles for some time to come if present indications are anything to go by. Dealers in the Dominion are purchasing again in large quantities. The renewal and pleading of new business in Canada for the American government means that the munitions business is good for some time to come.

The developments of certain lines in Canada can proceed only along circumscribed lines at present. The real seriousness of the situation is not generally apparent. The War Industries Board of Washington is calling for steel at a rate that is startling. Right now the call is for five million more tons for first half of 1919, than the present capacity of the furnaces and mills can show.

Where the extra material is coming from is a question that is a very serious one for all concerns that look to U.S. production centres for their supplies. It means that restrictions placed upon the Canadian market will be strictly adhered to, and there will be a tendency to make these tighter than in the past.

Pittsburg reports indicate that it is almost useless to go to the mills armed with priority certificates and licenses and preferences. In fact all such documents look alike now. It is generally found that all the mills have been armed with similar documents and the preferences, etc., are simply placed on the books together with plenty of other preferences just as good.

Spanish Influenza

By LILLIAN WHITNEY, M. D.

What is "Spanish" influenza? The name has crept into print during the summer, when news reached us of a widespread epidemic. In Spain health authorities in this country have watched the events in the history of this epidemic with more than scientific interest, as its spread over Europe would naturally have a far-reaching effect upon the war.

As influenza patient therefore remains a menace to the community for weeks after the subsidence of the disease. Now Pfeiffer made a painstaking biological study of the bacillus which he discovered, and which bears his name, the most sig-

LIEUT. R. W. CUTLER "GOT" A SUBMARINE

St. JOHN, N.B., Aug. 28.—Lieut. Roger W. Cutler, stroke and captain of the Harvard varsity crew of 1917, was recently a member of a big seaplane's crew whose duty it was to trip his bomb release and destroy a big Hun pirate, just as the submarine's conning tower came to surface in the North Sea some weeks ago. It was his first fight as a pilot on a war patrol plane.

Lieut. Cutler is the son of Mr. and Mrs. George C. Cutler, Brookline, Mass., a member of the Stetson-Cutler firm of St. John.

Under a London date of August 24, a statement given out by the committee on public information gives a graphic account of the swift, sharp battle and of a Bangor's man's part in it. It follows:

Ensign T. H. Murphy sits day and night in an office in a little shack at a United States naval air station, pouring over raised maps with colored strings attached to them and little red headed pins stuck in them. His job is to keep tabs on every German submarine out from its base. He knows when they need air and how badly each depth charge damages them. He knows even when they must come to the surface for the skipper to smoke a cigar, for there is no smoking inside a sub.

Ensign Murphy's knowledge decided the success or failure of many young reserve ensigns of the naval flying force at the station. Take, for instance, Ensign E. J. Schieffelin, of New York City, a member of the 1919 class at Yale University, who is a direct descendant of John Jay of Revolutionary fame.

Ensign Schieffelin was in Murphy's office early one morning, when that expert stuck a pin in the middle of his North Sea map and exclaimed: "They'll be needing a smoke right about there. They have been under so many hours on such and such a course. In three hours they'll emerge, and the reason will be tobacco. Search this area (pointing to the map with his finger), and you'll find a submarine."

Ensign Schieffelin was the first pilot, Lieutenant Roger W. Cutler, stroke and captain of the Harvard varsity crew of 1917, and Bernstein, a machinist's mate, and Taggart, electrician and champion 100-yard sprinter, completed the crew of the big seaplane. Three hours after the seaplane had left its station both officers made the same exclamation as the seaman called to his mate: "Large Hun going north; one gun." The seaplane got itself between the submarine and the sun and for two minutes bore down upon the U-boat. Half a minute later the vessel started to submerge with a "crash" dive. Lieutenant Cutler tripped his bomb release at the instant the big seaplane was directly over the enemy's conning tower, which was exactly wash. Ensign Schieffelin put the machine into vertical bank to observe the effect of the explosion, and a white geyser spouted 15 feet on the enemy's port beam. When the splash cleared the stern of the submarine was tipped up and her propellers were out of the water.

The air pilots knew then that she was damaged, and she could not submerge and was a prey to any of the patrol boats. The seaplane, being short of fuel, then signalled to a drifter: "Damaged submarine five miles northwest of you." But the drifter, knowing that a submarine on the surface would start to run like a scared cat, and that it could not catch her, relayed the news to torpedo boat destroyers.

The destroyers did the rest. They hurried up and rammed the U-boat. There were only six survivors. The destroyers put her down, but she was the prize of Schieffelin, of Yale, and Cutler of Harvard. Cutler, incidentally, was on his first fight as a pilot on war patrol, and the bombs which damaged the submarine were the first that he had dropped in action.

inspected, especially so in the port of New York, to prevent in every possible way an entrance into this country of a disease of influenza nature.

"Spanish" influenza may not mean a new disease. It has apparently had the name affixed because of its sudden outbreak in Spain. Influenza proper has no relation to known atmospheric conditions.

It follows lines of travel and advances at the rate of ordinary commercial intercourse. It is a pandemic disease, being present the world over at any season of the year. Paris was visited by an epidemic of influenza in 1831 which continued uninterrupted for one year. As a rule the disease reaches its height in a few days, endures from 4 to 8 weeks and quickly subsides. Epidemics vary in intensity. It seems that Spain is being visited by a virulent form of influenza which is attacking more particularly the respiratory tract. This is the ancient character of influenza, which has gone through many interstitial modifications in modern times, adapting itself, as it were, to greater complexities of twentieth century world conditions wherein the nervous system seems to take precedence over others, as in the last epidemic of this disease in America nervous symptoms predominated.

In 1892 Pfeiffer discovered the bacillus of influenza in the nasal and bronchial secretions of sufferers from the disease. He found it in almost pure cultures in the sputum also that it persists in the secretions for a considerable time after all the symptoms have disappeared.

An influenza patient therefore remains a menace to the community for weeks after the subsidence of the disease. Now Pfeiffer made a painstaking biological study of the bacillus which he discovered, and in carrying out a rigid health pro-

paganda. Health authorities in New York have made many arrests during the past week among those falling to heed the regulations with regard to washing glasses at soda fountains and the like. The fight against public splittings, sneezing and so on is being renewed. The public is requested to observe these warnings every consideration, and to publicly check those who disregard them. Many persons are so underbred that they cough, sneeze and spit in the open, utterly indifferent to those around them. Such persons are a public menace and deserve a public reprimand. It becomes more than ever if our present troublous times, a patriotic duty to enforce health regulations, and I earnestly pray that my readers will do all in their power to assist the authorities in carrying out a rigid health pro-

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