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Harbor Grace Health Club is Very Active

Meetings Held and Lectures Given Dealing with Every Day Problems—Great Interest Taken in the Work.

(Editor Mail and Advocate) Dear Sir,—Could you find space in your valuable columns for some little account of the Health Club of Harbour Grace. One of the outcomes of the Prohibition Campaign was a Health Club for our town, as well as for other places. We organized it during the visit of Dr. Geisel and since that monthly meetings have been held in the Town Hall of more or less interesting character, and we hope, beneficial in their way. Put it to report the visit of Miss Margaret Craig, trained nurse and lecturer of Indiana, U.S.A., but more locally from Botwood, that I write at present. She has been with us this past week and has tried by public lectures, day-school talks and home visiting to be of help to us in our town.

The first time the writer had the privilege and pleasure of hearing one of her "talks" was at the Women's Patriotic meeting on Wednesday afternoon, March 22. There she came in the most informal way and, as some knitted or sewed quietly, delivered a very interesting and inspiring address on Home-Making—its expenditure, work, food, clothing. She treated house-keeping as a profession and stated the great need there was of bringing to bear on its problems the best powers that are given us. The home is the foundation of national life and did it not behoove us to look to it that the fountain was pure so that its stream should be refreshing and life-giving. Efficiency is a big word and embraces a deal of meaning in the world of to-day, and that efficiency should be exercised in the problems of home-life, as well as in the larger business world for to make that world so forth our sons and daughters. The greatest good for the least cost is something to be thought of. Then the distribution of labor in the home—not the energetic mother doing everything to the disadvantage of her child's after life—but the child sharing in its own little way the work and tasks for the welfare of the family.

The question of clothing was dealt with and an allowance to the child occasionally made for such, was advocated, to give the child some idea of the value of money and to let it exercise its judgment as to its particular needs and the places to make selection of such things as it needs. The ethical side of home-life was treated in this meeting and many wives and mothers must have been encouraged by the thought that house-keeping was classified as a profession and given its rightful place alongside the other professions. Keeping home sweet and clean and beautiful—and thereby developing the athletic faculty—food well-cooked and daintily served. Inmates made happy and made partners in the great domestic scheme is no mean ideal for any of our townswomen, and one well worth living up to.

This meeting closed with a vote of thanks to the Speaker. Then other meetings were arranged for.

The C. of E. girls met in the Parish Hall, and the Methodist and Presbyterian girls in Coughlan Hall, where the following topics were discussed: The advance of Science to-day and its bearing on medicine. An X-ray's experiment was described which demonstrated in an interesting and practical way; the great necessity of food leaving the body in twenty-four hours. This led to the discussion of the great evils of constipation; the danger of auto-intoxication from remains of food, that was no longer nourishment but poison; the need of drinking plenty of water (eight glasses daily) and exercise (walking) in the open air (four miles at least.) A plea was made for sensible footwear, a shoe of the shape of the foot, not the fashionable shoe; the evils resulting on wet feet and remaining in such; the need of absolute cleanliness and daily bathing; the proper way to breathe deeply and effectively, not with the collar bone. Corrective drill exercises were given at the end of these talks, both sitting and standing exercises, that if practised will doubtless do away with many of the round shoulders and narrow chests.

A little personal reminiscence to help in case of an attack of the blues was related, and was highly recommended by its being so easy to follow.

The formal meeting of the Health Club was arranged for Thursday night. There our President, Mrs. (Rev.) Holmes introduced in a few well-chosen words, the already well-known speaker. Then was her mission explained in more detail, vi-

tion and reception was really attractive. Some of the little ones felt quite glad that they could be classed as heroes and heroines if they could perform the necessary health obligations faithfully, such as breathing through the nose (where nature has placed her wonderful strainer) rather than through the mouth—washing the teeth carefully, daily or even oftener, sitting and standing so as to acquire a more military carriage, eating slowly and thoroughly masticating the food, etc., etc.

Then another and last meeting was held in the Town Hall, Saturday night, and surely the crowd of interested listeners must have demonstrated to the Speaker the deep appreciation of her former efforts, and an anxiety to hear still more. The food problem received much attention, and regrets were in order that certain good and cheap vegetables were not procurable in the country. Then the need of organization and co-operation on such questions was strongly advocated. What had not the masses, welded as one whole, been able to do? What one could not do, many could.

Meat substitutes were dealt with and ought to prove very acceptable in these days of high priced meats. The effect of certain foods on our health was looked into. The great increase of that disease known as beri-beri, which was due in no small measure to mistake in diet. Brown bread was recommended as one of the helpful articles of diet in such cases.

Towards the end of the lecture many searching questions as to health efficiency were directed towards our club, and the inability of many of us to answer these in the affirmative gave us some notion of how backward we are in the science of health, and what need there is for temperance and reformation along many lines hitherto undreamed of. Helpful exercises for rheumatism and healing were again given.

At the close the President in a neat little speech voiced the thanks and appreciation of the listeners, followed by Mrs. (Rev.) Hight, the Vice-President and others.

The lecturer can have no doubt but that the women of Harbor Grace are under a deep debt of obligation to her for her untiring efforts to help them in this great forward movement of health. We can but hope that the philanthropic plans of Mr. Crowe of Botwood may be carried out to their fullest extent and that tangible result may be seen in the increased health and happiness of the community.

ONE OF THE COMMITTEE,
Harbor Grace, April 26, 1916.

SCOTLAND'S SONS.

Listen, brothers! Do you hear it—beating—beating? The mighty heart of Scotland is beating like a drum! And from every hill and valley, from the castle and the causeway, from towns and lonely shielings the men of Scotland come.

Brave-hearted as their fathers, who, in the distant dream-days, Caught up the dirk and claymore, and like a torrent swept Upon the field of battle until the fight was over, Then in the long dark silence they laid down and slept.

Listen brothers! Do you hear it?—Strong and brave and quiet, The great heart of the Mother calling all her sons to wake And leave the hearth and homelands, Highland strath and Lowland valley, And shoulder pack and rifle for their grey old Mother's sake?

Do you hear them coming—running like a burn—n early Springtime, When the snow melts from the mountains and the waters rush again Down the hillsides, through the valleys, to the ocean waiting—thirsting? Oh, the mighty drum of Scotland never calls her sons in vain. —The Sphere.

BACK TO THE FARM

We learn that there is a movement amongst several resident of the City who formerly resided in outports to leave here and domicile in the Grand Lake country. They intend to take up homesteads near the line of railway and will co-operate to clear the best available agricultural land. They will raise enough at first to feed themselves and their families, but by untold labour will after a few years hold comparatively extensive farms. The project will be watched with interest and if it is successful many will follow the example of these pioneers.

J. J. St. John

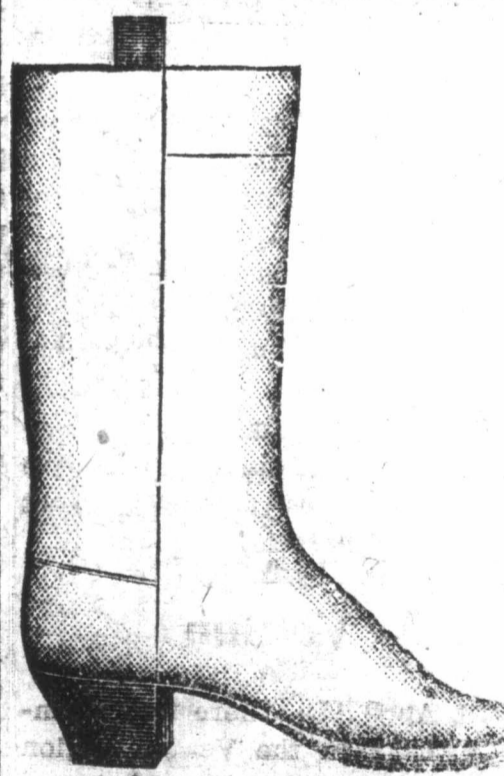
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All its attachments are specially adapted so they will not interfere in any way with trawling or any other work a boat might be used for. The covering can be made by any Motor Boat owner.

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NOTICE OF REMOVAL AND PARTNERSHIP!

Hon. R. A. Squires, K.C., LL.B.
ANNOUNCES the removal of his LAW OFFICES to the New BANK OF NOVA SCOTIA Building at the corner of Beck's Cove and Water Street, and the formation of a PARTNERSHIP for general practice as Barristers, Solicitors and Notaries, with MR. J. A. WINTER, eldest son of the late Sir James S. Winter, K.C., under the firm name of Squires & Winter.

Address: Bank of Nova Scotia Building, January 3rd, 1916. St. John's.

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