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Youth and Health.

Young people in the first flush of life are apt to pay little attention to their health. This was evidenced during the war when so many young men apparently strong and healthy were found unfit for military duty. It is your paramount duty to take care of your spine so that you may not only enjoy health but will also be in a condition that you can do as much good in the world as possible. A young man who is continually sick or a young woman who complains of ill health all the time should be the exception and not the rule.

On the other hand you may be apparently healthy now and yet your spine may be far from normal. You may have some vertebral subluxation (displacement of the small bones) which will in the future cause you serious trouble. These subluxations cause nerve pressure, thus preventing the vital force from flowing uninterruptedly to the various organs. The result is Disease in that organ which is not supplied with its full quota of vital force. The Chiropractor locates the subluxated vertebrae with his bare hands, adjusts it to its normal position. The pressure on the nerve is lifted, the vital force again flows uninterruptedly to the various organs and Health is the result.

99 per cent. of the human race have more or less subluxations, some so slight that they are not apparent, except to the competent Chiropractor. Remember, an adjustment in time saves ninety-nine. You will thus ward off serious trouble in the future, will enjoy health and be able to get the best possible out of life.

Dr. W. H. MacPherson,

CHIROPRACTOR, ATLANTIC AVENUE.
Hours: 10 to 12, 2 to 5, 6 to 7.30.

Newfoundland and Its Blind.

(By J. M. Howley.)

THE NEWFOUNDLAND TRAINING AND EMPLOYMENT INSTITUTION FOR THE BLIND.

In my previous articles I have endeavoured to show the position of the blind in this country, and to lead the reader to consider in what manner their condition can be ameliorated. I have also set before the public a short account of the means taken by nearly every other country of the world towards the betterment of the status of its sightless. It remains but to point the means of obtaining a most desirable—and that of independence through industry—for those Newfoundlanders who have been deprived of the priceless gift of sight.

The Newfoundland Training and Employment Institution for the Blind is the means to this end, and it only needs the co-operation of our rulers and of our people at large to achieve the success at which it aims.

As I have already stated, it was the intention to erect an institution for all the purposes for which incorporation was granted. This was, however, not a feasible project in view of the present financial status of the country, and in consequence the initial plans of the institution had to be amended to suit the means of carrying out its objects.

The ultimate aims of the institution may be divided into a number of heads, of which the principal are:—

- (1) The technical training of such of the adult blind as can be considered capable of benefiting by the instruction that the institution will furnish.
- (2) The after care of graduated students.
- (3) The providing of a means of home training, where such is considered advisable.
- (4) The instruction of the young blind, preparatory to training in technical subjects.
- (5) The care of the aged blind, in so far as the institution can benefit them.
- (6) The establishment of a central bureau, or clearing house for the finished work of the graduates away from the institution.
- (7) The prevention of blindness, so far as is humanly possible.

It must not be imagined that the whole of this work can be taken up at the start. The project as a whole is a big one, and requires time and careful supervision. Furthermore the necessary quarters and requisite machinery for the attainment of the objects of the institution are not immediately available. And the establishment of courses to be pursued in connection with the instruction of the

young blind and the care of the aged blind, are to some extent dependent on the success of the proposed training and employment of the eligible adult blind.

The institution, therefore, proposes at first to look after the immediate needs of some thirty adult male blind people, who will be housed at Waterford Hall and there trained in such subjects as are found to be suitable to them. These subjects embrace broom and brush making, mattress making, hammock and net making, rag making and shoe repairing. For a limited period the students will be housed and boarded free, and will have their washing done at the expense of the institution. As they become proficient at their trades, and if they decide to remain in the institution, they will be given constant employment there, and the proceeds of the sale of their work, after deducting an allowance for board and washing, and the cost of raw material, will be paid to each. If, on the other hand, they leave the institution after having mastered the necessary tools for their trades, they will be provided for them, and the after care department will to the best of its ability, keep in touch with them and provide employment for them, giving them the benefit of the sales department for the disposal of their finished work. In the course of time, as they grow old and beyond their labour, it is hoped that the department for the care of the aged blind will be in a position to look after their welfare.

In the case of the adult female blind, it is not feasible to accept them at Waterford Hall owing to the limited accommodation there, and also as the subjects that they will be taught can be attended to at their homes with almost as good results and nearly as satisfactorily as at the institution. The subjects for their instruction comprise art fabric weaving, knitting, and machine sewing, and crochet work, and later on some chair seating. The field department of the institution will look after the needs of the students in this category and will pay periodical visits to their homes to assist them and to care for them generally. The sales department will undertake the disposal of their finished work as in the case of the males. The department for the care of the aged blind will be at their disposal in the course of time.

These are the initial objects of the institution, and as they progress, the other matters will be given attention. First of these will be the instruction of the young blind. They will be taught reading and writing and rudimentary subjects, mainly designed for fitting them for more readily obtaining the benefit of the instruction which will later be given them in technical subjects.

The care of the aged blind will be the next step in the activities of the institution, and while it is not pro-

posed that the institution will be an asylum for such, its objects will tend to the betterment of their condition in such manner as will, from time to time, appear best to those who have the working of the institution in hand.

Thus from the cradle to the grave, will the institution for the blind be ever ready to assist to its utmost those of our fellow citizens who are handicapped by blindness.

I have endeavoured to lay before my readers—perhaps my effort has been crude—the proposition of the Newfoundland Training and Employment Institution for the Blind. In the hope that the objects and scope of the institution will have been grasped by the general public, I put to them the question of its success; for that success depends on them. Would it not be a desirable consummation to have the institution succeed? And per contra, would it not be an everlasting shame to us, if through our neglect we gave it our fullest support, it should fall entirely, or even fall short of the attainment of its aspirations?

Surely we will not let such a condition come to pass. Surely there is sufficient sympathy with the afflicted and sufficient patriotism amongst us, to see to it that such a condition does not come to pass. We are ever ready to lend a helping hand to those who are afflicted, and I doubt not that the sympathy here afforded to us to maintain in our name for sympathetic endeavour, will be availed of.

About Icebergs.

Early summer is the real season of the iceberg in the North Atlantic. It is then that these frozen masses are set free in great abundance in the Polar regions and are drifted into mid-ocean by favouring winds and currents.

They have been found several hundred miles below the southernmost latitude of the British Isles, and prove a very serious menace to vessels which have to cross their track. The terrible fate of the Titanic has been that of many another noble vessel, though, happily, without proving so disastrous to human life.

Can an iceberg become invisible under certain conditions of sky and light? It is claimed that it can—on a clear, starry night, when the conditions make the berg nearly the same colour as the sky.

But night-time, under any atmospheric conditions, is usually a bad time for seeing bergs at a safe distance. A searchlight would show them up with great distinctness.

This difficulty in making them out is one of the reasons why their height is so often exaggerated.

Mist or fog, too, will magnify a berg immensely, just as a fog in the Arctic regions has been known to make a fox look as big as a white bear.

Popular Ideas Set Right.
There are, it is true, bergs of gigantic size to be seen in the South Atlantic and Indian Ocean; but, so far as the Northern hemisphere is concerned, it is interesting to note that Franklin relates that one of the largest he saw was not more than 145 feet high.

Another famous Polar explorer has stated that rarely does an iceberg reach higher than the masthead of modern sailing or whaling vessels—say, 80 to 120 feet. Occasionally, however, a spire of ice will rise much higher.

Does experience show that a berg has 9 parts of its mass below water to only one part above? It does not. And for this reason—that the submerged portion is usually much broader and heavier than the exposed part, so that it is not necessary for nine-tenths of the berg to be under water to keep the entire mass floating upright.

It is in the Southern hemisphere, chiefly, where fields of ice miles long are found. One, which was reported by a large number of vessels in the year 1854 was 60 miles long and 40 miles broad, with an average height of 300 feet. In these cases many big icebergs had come together and formed into one solidly-frozen mass.

Bergs sometimes carry strange freightage. One of the flat-topped variety, 100 feet high, was seen in mid-Atlantic bearing three vessels on its icy summit. Another, near the Banks of Newfoundland, had several Polar bears walking about on it.

Moor'd to an Iceberg.

It is sad to think of the fate of these ursine denizens when their icy raft reached warmer waters in lower latitudes and capsize or melted. One can imagine, if the berg turned over, the dislodged animals frantically swimming back to their uncertain and slippery refuge, only to find, perhaps, that it no longer afforded any real foothold for them.

Ships have been moored to icebergs on occasions when they have afforded anything but a safe berth. Dr. Kane, the American explorer, once got the ice-anchors of his ship fixed in a berg after several hours of very hard work, when large pieces of ice began to fall on the deck. There was just time to cast off again before the face of the berg fell in ruins, crashing down with the noise of heavy guns fired at close quarters.

On the other hand, the steamer Isle of Mull was saved by an echo from an iceberg one very foggy night in June, 1914, on the Banks of Newfoundland. One of the Franklin exploring ships, also, was saved from certain destruction by a berg drifting in between her and a surly-headed rocky shore.

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Advertise in The Evening Telegram

In May, 1907, some gas-buoys broke adrift from the entrance to New York Harbor, and one of them attached itself to the end of an iceberg, and by sounding its horn at regular intervals, warned vessels of the icy danger.

The birth of an iceberg has often been seen. But who has stood by the death of one?—Answers.

Here and There.

Eat MRS. STEWART'S Home Made Bread.—april 19, 1920

The Regular Meeting of the St. John's Mechanics' Society will be held on Monday evening next at 8 o'clock sharp. J. A. LEAHY, Sec'y.—sept 10, 11

KNOWLEDGE LEAD.—In the series of football matches now being played on the Shamrock Field, between teams from the various mercantile houses, Knowledges footers are leading the fixtures by several points.

PARK CONCERT.—The G.C.C. Band held a very enjoyable concert in Victoria Park last evening. A large number of people were present and were much pleased with the musical selections.

DEATH.

On the 9th inst. Philip, only son of the late James and Catherine Corcoran, aged 73 years. Funeral taken place on Sunday at 2.30 p.m. from his late residence, 44 Livingstone Street. Friends and acquaintances are respectfully requested to attend.

Mrs. Corcoran's Lament for Burns, etc.