

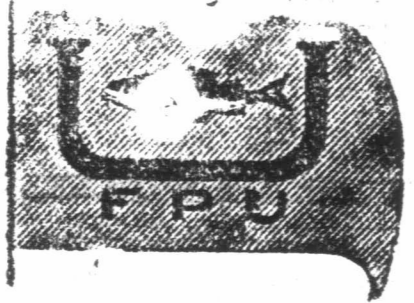
**ON CONSIGNMENT**

**Two Cars Best P.E.I. HAY.**

Buy Now as the prices must advance owing to increase of freights.

**J. J. ROSSITER**  
Real Estate Agent

Our Motto: "SUUM CUIQUE"



("To Every Man His Own.")

**The Mail and Advocate**

Issued every day from the office of publication, 167 Water Street, St. John's, Newfoundland, Union Publishing Co. Ltd., Proprietors.

Editor and Business Manager  
**JOHN J. ST. JOHN**

ST. JOHN'S, N.F.L.D., OCT. 23rd., 1915.

**OUR POINT OF VIEW**

**Up-To-Date**

THE NEWS this morning contained a report of the speeches delivered in the House of Assembly May 11th. Only five months old!

Why torture the public with such a punishment at this season of the year? The report would have been welcome to all if published in May, but to publish in October speeches delivered in May is but to advertise to the world the outrageous committed by the Government in Newfoundland against the electorate and to demonstrate how utterly unfit the Morris Government is to govern in those progressive days of the twentieth century.

To publish such matter now is nothing short of an insult hurled into the face of every elector who cast a vote for the Graballs. Cut it out. Don't torture the public further in connection with this outrage.

**John Alexander**

THE AUTOCRATIC editor of The News made reference this morning to some changes which may occur in connection with the steel fleet of sealing steamers, and he could not manage to get through two inches of matter without having a blow once more at Coaker.

He states: "The sealing industry has lost much of its attraction to owners of recent years, and there are many more attractive and profitable avenues in those days of high freights and constant agitation."

One would imagine from the above quotation that John Alexander had forgotten quite a lot about the seal fishery. He surely forget the fact that the Adventure Company paid 50 per cent on the cost of that ship in two years as a result of sealing.

He forgot that even in 1914 the Erik Company cleared 100 per cent on their investment as a result of sealing. He forgot that the Florizel cleared \$1000 per day while engaged sealing the year she brought in her record trip. He forgot that Bowring and Jobs for years cleared \$100,000 annually on the manufacture of seals.

What had "constant agitation" to do with Abram leading the whole steel fleet into Green Bay last Spring, thereby missing

200,000 seals. What had "constant agitation" to do with the massacre of 79 sealers in 1914 that were sent to their doom in an Arctic blizzard from on board the Stephano?

If "constant agitation" will prevent a conceited fop from ever again turning out a crew of sealers on an icefloe in a blizzard, just as though they were so many dogs, then God bless the "constant agitation."

If "constant agitation" succeeds in compelling get-rich-quick-men to feed their fellow-countrymen garbed as sealers, as men and not as foxey dogs, and secures for sealers food that can even be found in the fore-castle of the worse Norwegian sailing freighters, then we say God bless the "constant agitation," and damn the rascals who were inhuman enough to offer men worse food before the days of "constant agitation."

Will John Alexander also damn so scornfully the "constant agitation" that has caused Graball exporters to pay \$4.70 for fish what they intended to take for \$3.60 the past season on the Labrador, or the securing of \$7 for fish which buyers expected to get for \$5.50 in Newfoundland Outports the past season.

John Alexander finds no fault with a clique that allows him to filter \$25,000 a year from the taxpayers for printing that might well be performed for half that amount.

John Alexander is one of those men that thinks he is great, and must be recognized; but he will find that in those days of "constant agitation" it is an easy matter for the people to distinguish a true man from an imitation, and no true man need feel ashamed of being true to a good cause, such as poor Coaker constantly agitates.

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**LECTURE**  
By Dr. CAROLYN GEISEL.  
Delivered in Casino Theatre Oct. 6th, 1915  
**Subject:--Personal Experiments Made in St. Petersburg**



Dr. CAROLYN GEISEL.

I AM grateful to Your Excellency for this generous introduction; I am most grateful to you good people for coming again to hear from me a simple little lesson on the means of prolonging life. This matter of prevention of sickness I have devoted my life to, and is one which seems to me to be fundamental. I would have you know that the small things of life, the little diseases, are the things that count.

Out of the billions of people in this great wide world do you know that last year fifteen millions died of common diseases whose sickness can be traced directly to improper digestion of the food, and then will you hear me when I say that in every minute, as the minutes go by, seventy-four pass on to their graves who died of preventable diseases. Irving Fisher of the States has said that one-half of all the deaths in all the world could be prevented. He has also said that three-fourths of all the illness in all the world can be postponed. Over in the States last year out of the ninety millions of us we had three millions sick in bed all the time, and that meant that at least four people were handicapped for every one person that was sick in bed. Look at the hindrance to the work is being carried on in this great big world of ours.

On the other side of the sea there arose a medical man in St. Petersburg, a man whose name we were mispronouncing, for the name was spelled "PAWLOW" and we thought we were quite correct in the pronunciation of this name, but it really is pronounced "PAVLOF." There arose amongst us this man who said "I will prove to you whether Dyspepsia can be cured, and I will prove to you also what can hinder or prevent Dyspepsia in its twenty-eight different forms." Professor Pawlow tells us that Dyspepsia is the foundation of one out of every two of the diseases which produce death.

Allow me to bring in a dog on which to experiment, but I will chloroform him before I do anything else. Wait a minute, we will keep the dog until you are ready; are you ready? Quite? No you are not. You will be asked to come from your tub into perfectly clean clothes, and you will be asked to cover your hair with a towel, fresh from the tub, and over your shoes you will be asked to draw long white socks, and now you are quite ready.

Here we are now. The United States has sent four medical folk for to do experiments, three men and one woman and we were seated together in the great laboratory. I quite wish you could see that laboratory, erected for the purpose of carrying on the great work of fighting Dyspepsia.

Well, we want to know if chewing your food makes a great deal of difference to your stomach. Bring your dog. Opposite the second molar tooth we will make an opening and attach a test tube if you please, fasten here on the side of the dog's face. Now pick up a handful of pebbles, wash them and put them in his mouth. He chews, and chews and chews with great relish as he has had nothing to eat for twenty-four hours, and the Saliva digest into the test tube on the outside, something that looks like saliva but it is just an ordinary spittle. Now detach the test tube, bring it into the laboratory and analyze it, only to find it lacking in that particular kind of saliva, which after the experiment is sent over to our chemists, put on their shelves labelled as "Pepsin," but which in reality is only Dog Juice.

You bring that dog back to-morrow little girl or lad from school, bring that dog back and try him with pebbles to-morrow. Will he chew them? Not at all—he won't have them. You can't fool a dog the second time with pebbles, but over in the States you can fool some people with chewing gum all their lives, and indeed I have heard people say they chew gum because it aids their digestion. Such is not the case. Proper mastication of the general food stimulates the flow of the gastric juice so necessary to digestion, while neglect to use the teeth is followed by fermentation in the stomach and numerous other diseases. Let me stop and tell you right here that next to fresh air, good digestion is the greatest preventative of Tuberculosis, and figures show that it has greatly helped in many cases.

Now we will experiment again. Call in your dog now and give him a piece of ham spread with mustard. Take another piece of ham, spread it with mustard and put it on the back of my neck. The dog devours his mustard poultice very quickly. He swallowed it rapidly for he did not care to chew it long, but all the time the one on the back of my neck is scalding. Wait until the dog has swallowed his mustard poultice. All over his stomach something that looks like mud, and which sticks all over the surface of the stomach. We carry it into the laboratory and analyze it. You will find it is a protective mucus, but lacking in pepsin.

Dear people, I would strongly condemn the uses of mustard, pepper and ginger, because they are of no food value and result in the destruction of the gastric glands.

I would also point out to you dear people that Alcohol in all forms causes Gastritis and sometimes Cancer of the stomach, and figures show that 98 out of every 100 drunkards treated at Professor Le Graine's Clinic in Paris have inflamed stomachs; and 92 out of every 100 of Cancer of the stomach is said to be produced by Alcohol.

Overheating should also be avoided, it is very harmful, especially to business people. To the man who has a big deal to execute I would impress upon him the necessity of taking a light lunch for his midday meal and leave his four or five course dinner to the evening when the responsibilities of business are over. It is also very injurious, although very common, to end up a hearty meal with a plate of ice cream, which is harmful, because it cools the food and so slows digestion. Cold water should also be avoided during a meal. If you take liquid with your meals it should be hot and one cup is sufficient for one meal.

Once more let me ask you, have

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**Reid-Newfoundland Co.**

**Bay-de-Verde Branch.**

Commencing Monday October the 11th, and until further notice. Schedule will be as follows:--

LEAVE 3.45 p.m.	CARBONAR	ARRIVE 1.00 p.m.
4.07 p.m.	FRESHWATER	12.38 p.m.
4.15 p.m.	VICTORIA	12.30 p.m.
4.22 p.m.	SALMON COVE	12.23 p.m.
4.37 p.m.	PERRY'S COVE	12.08 p.m.
4.54 p.m.	BROAD COVE	11.51 p.m.
5.02 p.m.	ADAM'S COVE	11.45 a.m.
5.08 p.m.	WESTERN BAY	11.37 a.m.
5.24 p.m.	OGRE PIT COVE	11.21 a.m.
5.37 p.m.	NORTHERN BAY	11.08 a.m.
5.43 p.m.	BURNT POINT	11.02 a.m.
6.00 p.m.	ISLAND COVE	10.45 a.m.
6.13 p.m.	CAPLIN COVE	10.32 a.m.
6.28 p.m.	OLD PERLICAN	10.17 a.m.
6.55 p.m.	BAY DE VERDE	9.50 a.m.
ARRIVE 7.30 p.m.	GRATE'S COVE	LEAVE 9.15 a.m.

**Mount Cashel**

TOMORROW is the 17th anniversary of the first orphan entering Mount Cashel. The great work done by the good Brothers at this Home is now being fully recognized, and the support given them in past years by our generous citizens has borne fruit.

The establishment has grown of late years and the magnificent buildings now erected bear striking evidence to the zeal of the good Brothers. Mount Cashel has proven a haven of happiness for many an orphan lad and we trust Bro. Ennis and his faithful attendants will be spared for many years to continue their good work.

**The Balkan Railways**

THE BALKAN terrain is mountainous country and poor in railways. From Belgrade the great Constantinople trunk line runs South up the valley of the Morava to Nish, which is the present Serbian capital. At Nish the line bifurcates, one branch continuing South down the valley of the Vardar, through Vranja and Jskub to Salonica, the other turning Southeast and running through Sofia, Philippopolis, and Adrianople to Constantinople.

The two hostile Balkan capitals, Nish and Sofia, are at no great distance from each other, less than a hundred miles across country, a little more by rail. The line to Salonica comes very close to the Bulgarian frontier at Vranja, where it is less than twenty miles from Bulgarian territory. The maintenance of railway connection is fully as important for the Teutonic invaders as far the defenders.

The heavy guns, which constitute so important a factor of the German strength, could easily be brought into play in the difficult country. For defensive purposes the Serbs and the Allies will have an advantage in the mountainous country, but in a campaign where footwork is to count for a great deal, the notable marching qualities of the German soldier must be taken into account.

**F. P. U. Notes**

Schr. Petunia, Capt. Alex. Bannister, is taking supplies for English Hr. Council of the F.P.U.

Schr. Tugela, Capt. John Elliott, is loading supplies for Change Island Union Store.

Schr. J.S.D., Capt. Dyke, is taking supplies for the F.P.U. at Salvage Bay.

Schr. Betty is ready to leave for Tilting and Joe Batt's Arm first favourable wind.

you done your best to-day as an individual? Are you bringing into this world something worth while or are you only occupying floor space? If such is the case, it should not be. The world has need of you and you must keep your body up to its highest and best. You must keep this piece of machinery in perfect order, for it is not said that "Your body is the temple of the Holy Ghost." Therefore, whether you eat or whether you drink, whatever you do, do all for the greater glory of God.

**The Information Bureau**

THE EXTENT of the work of the Bureau of Information about prisoners of war in Europe surpasses all precedents.

In 1870, the Berlin Bureau answered but 60,000 inquiries in all. The present Bureau at Berlin, with its registration of the rank, service division, and place of confinement of many more than a million prisoners, has been brought to an astonishing perfection by Count Schwerin. Nearly a thousand letters of inquiry are received daily, and it is his boast that every one, whether French, Russian, English, Serbian, Montenegrin, Italian, Belgian, or Japanese, is answered within twenty-four or at most forty-eight hours. A catalogue contains a list of the dead, so far as names and facts are ascertainable.

The British Bureau employs over fifty persons for the same work. In all cases, information is sent not merely concerning enemy dead, sick, and wounded, as the Geneva Convention stipulates, but concerning the unwarounded prisoners and the civilians interned.

It is indicated by the British report that inquirers after the dead are not merely informed as to the fact; an attempt is made to put them into communication with some one who saw the soldier in question fail, and thus are often discovered "personal details which are highly valued by relatives and friends."

**October 21th**  
Lieut. Lawny killed in streets of St. John's, 1794.  
Widow of Lawrence Tobin died at Witless Bay. Mother of 41 children, 125 grandchildren and 51 great-grandchildren; total offspring, 190; 1868.  
Maddock's store, Carbonar, burnt 1880.  
St. Bonaventure's bazaar opened in B.I.S. Hall, 1898.  
First waifs entered Mount Cashel, 1898.  
Mafeking bombarded, 1899.

**October 23rd**  
Horwood, Johnson and Gushue (Liberals) returned against Monroe, McPherson and Bremner for Trinity, 1894.  
James Doull, C.E., arrived to introduce work in connection with Newfoundland Fisheries Ltd, 1898.  
Sir Michael Hicks-Beach, born, 1837.  
John T. O'Mara, telegraph operator, died, 1884.  
Patrick Buckley, blacksmith, died, 1897.  
Patrick Burke, Crier of Court, died, 1891.  
Robt. J. Pinsent (afterwards Sir Robert) accepted Judgeship of Supreme Court, 1879.  
Judge Philip F. Little died in Ireland, 1897.

**TO THE READING PUBLIC!**

To keep in touch with the War, Politics and the many other questions of present moment, the Outport man needs a good paper, a daily paper to report the news, a weekly paper to interpret the news. The weekly edition of THE MAIL AND ADVOCATE, official organ of the Fishermen's Protective Union, will be sent to any address in Newfoundland and Canada, from now until the end of 1916 for FIFTY CENTS.

Can you afford to be without this Paper?