

## BRILLIANT ADDRESS BY DR. BARKER IN ZION CHURCH ON "HOW TO LIVE A HUNDRED YEARS"

Concluding Lecture of His "Health and Happiness" Series Easily His Best Effort, Packed Full of Simple Directions Based on Scientific Investigations as to Best Way of Avoiding Disease.

### HOW IT IS DONE

Regular systematic exercise of the body, by friction rub of whole body, ten minutes every morning, with Japanese flesh brush, has been done with mittens and even on the soles of the feet.

Dr. Barker's method of water every day, the careful dieting, meat once a day at most, and specialize in vegetables, fruits and cereals.

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him upon his address (on the same subject as last night) asked him to guess her age. He was loath to do so, and she finally told him, to his amazement, that she was 96. He was so obviously incredulous that she appealed to her friends to confirm his statement, and he took her aside and asked her what she had done to make her look so much younger than she was.

"Just what you have outlined in your speech," she said. "Eighty years ago, when a young girl, our family doctor in New York State, himself an old man, told me to give myself dry friction rub every day, and present me with several pairs of coarse mitts for the purpose. I followed his advice with the result you see."

"She rides often 12 miles a day on a bicycle," said Dr. Barker, amid laughter, "and that isn't the cause of her good health, as she only learned to ride four years ago." The doctor further stated that this incident could be verified by writing to the Y. M. C. A. secretary at Sault Ste. Marie.

Dr. Barker gave five directions to cure constipation, a disease so prevalent, so insidious, since it gradually possessed one unawares, so fatal in its results, and yet so absolutely unnecessary. These five directions had all to be followed, not only one or two of them. They were: Upon rising in the morning, drink 1 to 1½ glasses of hot water, preferably but not necessarily with a teaspoonful of salt, followed five minutes later by a glass of cold water; lie down flat on one's back and take simple exercises for five minutes, bringing into play the abdominal muscles; follow a certain simple diet until cured, and then take it once a day or less, but consuming vegetables, green, fruit and cereals; drink 8 to 10 glasses of water per day, and take orange juice of two oranges just before retiring.

NOT A VEGETARIAN  
In regard to meat eating, Dr. Barker stated he was not a vegetarian; nevertheless, science showed clearly that meat was not necessary for sustenance.

Besides performing their own particular function, the kidneys also acted in carrying off waste matter, that the lungs, skin and intestines did not throw off when out of order. Thus one did not feel the effect of these three organs being out of order, but many a man when 45 or 50 found he had diabetes, Bright's disease or some such trouble, simply because his kidneys had been overworked in that way. These diseases were only rarely the result of dissipation, many times more often because lungs, skin and intestines had for years not been up to the mark.

BULGARIAN CENTENARIANS.  
In conclusion, Dr. Barker stated that not only was it necessary to keep the organs mentioned working properly, but one or two other points should be noted. He again referred to the question of diet. A famous French physician had found about 20 years ago that there were more centenarians in Bulgaria, than in all the rest of Europe. The United States, Canada and Australia. Exhaustive investigation showed him that these long-lived people were not heavy meat eaters, drank large quantities of water daily, and also large portions of buttermilk daily. Buttermilk, the doctor stated, was an excellent ingredient, as it increased the number of benign and beneficial germs in the intestines.

WHERE IS IT?  
The doctor said that he had discovered a place in Brantford—he would not say where—where one could get pure fresh buttermilk at the rate of two glasses for 5 cents. He advised his audience to hunt around until they found this place and then patronize it, or failing that, purchase Bulgarian tablets and prepare their own buttermilk.

At the conclusion of his address, Dr. Barker gave a demonstration of various breathing and calisthenic exercises by the aid of charts, which charts can be obtained from the Y. M. C. A. for the small price of 5 cents.

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stood very carefully that he was employed by a certain association in the United States at a set fee to deliver these lectures, and any recommendation he made during his speech, as to the purchase of any article, was made unbiased, and he had no financial interest in them or utterly no motive than their merits in bringing them to the attention of his audience.

### Boy Knight Notes

Church parade on Sunday to the Congregational Church was well attended and the B. K. was well repaid for their effort in listening to the brilliant, forcible address of Rev. Mr. Kelly. The music was also a most helpful character, the service being a very hearty one.

Monday, as a sports day for the B. K. turned out fine and bright. Two paper chases were held. One over the White School House route, the other the Echo Place way. Jack Stewart made a record run, doing the trip in 40 minutes. All lanes were caught. A grand treasure hunt was held at 1 o'clock, which furnished considerable amusement and excitement.

The afternoon was given over to athletic events. Gernall House, won the championship among the juniors with L. Gordon following close. L. Sears also made some good records.

N. Reynolds, B. Egalden, E. Willis, were among those who headed in different events. The standing of the boys by points was as follows: Vernal House, 42; E. Willis 28; Corp. Jones 28; J. Stewart 30; C. Sterne 30; G. McCormack 40; D. Currie 6; A. Money 6; B. Money 10; G. Field 15; D. Westlake 6; N. Reynolds 21; E. Robertson 11; W. Robertson 6; Cecil Bowman 10; A. Ross 17; Serg. Lynn 21; L. Foulger 20; C. Finch 22; F. Bour 6; C. Dennis 11; G. Forsythe 4; E. Forsythe 4; R. Tyrell 17; F. Brown 5; Ivan Moore 5; A. Reynolds 21; Serg. Sears 36; E. Philipott 21; M. Reynolds 15; C. Campbell 10; G. Campbell 27; J. Bowles 12; E. Harrison 3; T. Richards 15; W. Reynolds 15; R. Girdlestone 9.

The juniors are ahead of the seniors. Boys who have not been attending regularly are not included in above list.

Church parade Sunday morning at 10 o'clock. Let it be a record.

### Gossip of Notables

A man of many parts is Sir Oliver Lodge, who has been appointed a member of the Central Committee which will assist Lord Fisher, Chairman of the Inventions Board. Mechanical and electrical wireless signalling, lightning conductors, educational reform mathematics for parents and teachers, life and matter—such are the varied subjects he has dealt with in his writings and lectures, not to mention spoofs. For Sir Oliver Lodge was one of the founders of the Psychological Research Society, and has always manifested a keen scientific interest in the subject of the life "beyond the veil."

Sir Oliver has known days of struggle, at the little village of Penkhill, in Staffordshire, his father being a merchant in the Potteries. The future scientist at first worked with his father but the latter, recognizing that the boy's heart was not in the business, sent him to London, where he entered University College and laid the foundation of his great success.

Not that Sir Oliver was in any way a brilliant boy. Indeed, he seemed to be getting into disgrace at the boarding school he first attended, and has related how the master "kept the cane in his boot, except when he brought it at the class and came the boy who picked it up and returned it to him. He was always caning somebody, and was nicknamed Dick Larup. I used to get on an average of about three canes a day."

Sir Oliver, who is a giant in stature, being much over six feet in height, with a face and head extraordinarily like the late Lord Salisbury, is not the dry-as-dust scientist of tradition. There never was a more unconventional professor, and he is a firm believer in recreation, and when he first began to play golf, a game for which he has the greatest respect, he got Professor Tait to teach him at St. Andrews. "Now remember," said Tait, "you don't play golf with your muscles. You play it with your morals."

"But I hope, sir, my morals are not as bad as my golf," said Lodge, cheerfully.

After giving up his work as a motor-car mechanic a London man was rejected fifteen times by the recruiting officers in Great Britain. He was rejected on account of a broken bone in his left arm which had not set properly, but which had regained its normal freedom and power. After the fifteenth attempt to enlist to avenge the deaths of his two brothers killed at the front, he stowed away in a vessel sailing for Seattle through the Panama Canal. Suspected of being a German spy when he was discovered, he proved his identity, and was signed on as one of the crew, but "inserted" when the boat reached Seattle. He was arrested but the British consul arranged for his release and sent him to Victoria, British Columbia, the nearest British port, where he again presented himself to the recruiting officers, was pronounced medically fit and joined a Canadian battalion.

Children Cry FOR FLETCHER'S CASTORIA

### CURE DANDRUFF FOR 50 CTS.

It's easy, and you take no risk. Step in to-day, and get a large 50 cent bottle of PARISIAN SAGE, the germ killing hair restorer.

PARISIAN SAGE is a pleasant, daintily perfumed tonic and hair grower. It is guaranteed to stop falling hair or itching of the scalp, and to cure all diseases of the scalp and hair.

PARISIAN SAGE has many imitators—get the genuine.

T. J. BOLES.

### ED. HARRIS KILLED IN ZEPPELIN RAID

Well-known St. Catharines Lacrosse Player Meets Death in England.

St. Catharines, Oct. 16.—Relatives of Serg. Instructor Edward Harris, who were yesterday notified that he was killed on Wednesday by a bomb from a Zeppelin at Atherpool Camp, England, yesterday afternoon, cabled the request that his body be shipped to St. Catharines for burial. He left with the ammunition column of the 2nd Artillery Brigade. Serg. Harris was the well-known lacrosse player whom the Mann Cup trustees barred from playing in cup games with Vancouver in 1912. He made his debut in senior lacrosse in 1904 and was a member of the team which brought The Globe Shield to St. Catharines in 1908 and played at Montreal for the Minto Cup in the same year. He was captain of the succeeding St. Catharines teams which defended it up to 1913. Harris was 32 years of age and unmarried. He leaves a widow, mother and three sisters here and one brother, William, in Chicago.

### Old World Notes

Female doctors are greatly in demand, perhaps because of the feeling that males are needed at the front. Every one of the hospitals doctors are offered to women. This is particularly true of the provincial hospitals. Boards of guardians are so hard up for doctors that, casting aside their inherited prejudices, they are offering positions to women at increased salary. Before the war an infirmity doctor in the Whitechapel district, who was always a man, received only \$300 a year and no emoluments. Now the same post is advertised for a woman at \$1,000 and emoluments.

The Lancet says that there has never been a time in England that employment has been so easy to obtain and so much money distributed among the poor through good wages and women's separation allowances, yet these very facts may have contributed to an increased infant mortality rate since they have given idle mothers more money to spend on drink. Epidemic disease is another factor in raising the rate, owing to the death of doctors and nurses now engaged in military hospitals.

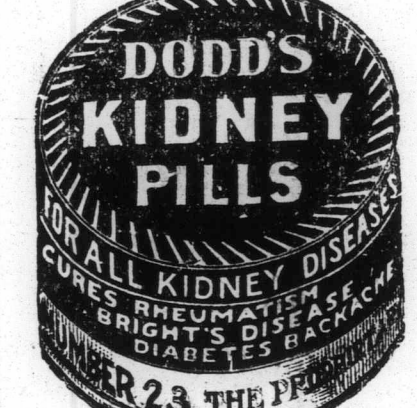
Another mystery of the sea occurred recently off the English coast. Three miles from Jersey the fishing smack Ella, 707, of Granville, has been found derelict. She had a catch on board in good condition; her sails were set though badly torn, but there was no sign of the crew. Some years ago a similar case occurred. The Marie Celeste, a large sailing ship, was found somewhere in the Mediterranean in like circumstances. Those who went aboard saw everything undisturbed, a meal half eaten and barely cold, clocks going, and not a soul.

### BAD COLD? TAKE "GASCARETS" FOR BOWELS TONIGHT

Get a 10-cent box. Colds—whether in the head or any part of the body—are quickly come by urging the liver to action and keeping the bowels free of poison. Take Gascarets to-night and you will wake up with a clear head and your cold will be gone. Gascarets work while you sleep; they cleanse and regulate the stomach, remove the sour, undigested food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels.

Remember the quickest way to get rid of colds is one or two Gascarets at night to cleanse the system. Get a 10-cent box at any drug store. Don't forget the children. They relish this Candy Cathartic and it is often all that is needed to drive a cold from their little systems.

DODD'S KIDNEY PILLS CURE ALL KIDNEY DISEASES. BRIGIT'S DISEASE. DIABETES BACKACHE.



## SPORT

Baseball—Football—Basketball—Bowling—Hockey—Curling—Boxing and Wrestling.

### Pat Moran Says Alex. Strained Side

After it was all over Pat Moran, the Philadelphia manager, said: "It had been my intention to work Alexander in the game to-day, but when Alex. went out to warm up he found he had sprained his side. He might have gone in and pitched a good game of ball, but the chances are that even if he had done so he might have injured himself, and I would rather have him fit for work next year than send him in to win any one game, even a world's series game."

"There is one thing certain. The Red Sox know they were in a hard series. After the game was over, Tris Speaker came to me in the clubhouse and said that no American League club all through the season had put up the stubborn defence that we did."

While I am disappointed and of course all the boys are, too, I still feel that we have done good work this season. Few people even in the middle of the season thought we had a chance to finish first in our league, but we did. And it is no disgrace to be beaten by a club like the Red Sox in a world's series."

### Originated Slow Ball.

Cleveland, Oct. 15.—Billy Reidy, baseball pitcher, who is credited with originating the slow ball, died here yesterday. Reidy entered the major leagues with Cincinnati and later played with Brooklyn.

Mrs. Mary Malinow of Scranton, Pa., halted her arrest for assault with a battery of red pepper and hot water.

### His Name a Popular One.

Umpire Silk O'Loughlin was caught in the mood before Braves Field prior Tuesday's game, and, after struggling helplessly for three-quarters of an hour, besought the assistance of a mounted policeman. "I'm O'Loughlin, the umpire," said Silk, "and it is absolutely necessary that I get through this crowd at once. Can't you make a passage for me with your horse?" "Yes, you're O'Loughlin, all right," sneered the officer. "But the trouble is you belong to too large a family to command my respect. Do you know that over twenty of your older brothers have sprung that song. Just take your time like they did." And the officer refused further to pay the least attention to Silk's outbursts of wrath.

### LINERS

The veteran player, Billy Lush, who coached the baseball and basketball teams at Yale after retiring from the diamond, has been named director of athletics at Fordham University. He will coach all the Fordham teams except varsity football.

Announcement comes from the home of Charley Pick in Terre Haute that he has surrendered to the inducements offered by John Gansel and has agreed to play with the Brooklyn Feds next season. Pick finished the past season with the Richmond International League club and will be reserved by that club.

The Boston National League club is reported to have a settlement with the Kansas City Association club in the dispute over payment for Outfielder

Pete Compton, Boston, according to report, will turn over Pitcher Dick Cutcher and Outfielder Larry Gilbert. The matter of further payment in cash will be determined by whether Compton remains with the Braves next year.

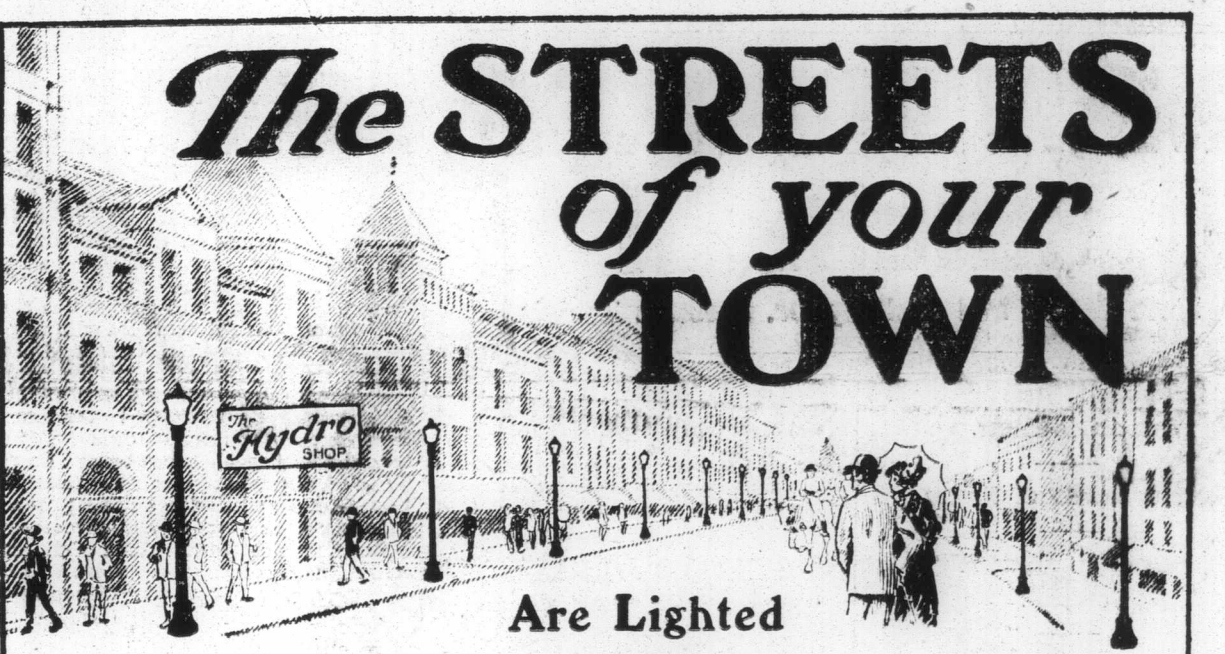
The Boston Braves will have an overhead expense of \$106,000 annually for their new ball park. For the thirty-one years they may use the park they will pay a total of \$2,689,000. With a payroll for players alone of around \$80,080 a season and a few other "incidental" expenses, it's a cinch that the backers of the Boston Nationals will not want to even hear a whimper of cut prices.

The Prince of Wales wrote congratulating the annual meeting of the Boys' Brigade Council for the United Kingdom at Sheffield, on its report that there were 200,000 past and present members of the brigade on active service. The boys themselves had done a vast amount of work of various kinds, assisting in relief work, and doing orderly work for hospitals. They had collected many thousands of pounds for the Red Cross, the Prince of Wales, and other funds, and had raised about \$15,000 for equipping and maintaining recreation huts for the soldiers in France, staffed by brigade officers.

"The Light Beer in the Light Bottle"—clear as crystal—sparkles like diamonds—mild, yet full flavored—costs about half as much as the imported beers.

O'Keefe's Pilsener Lager

MAY BE ORDERED AT 25 COLBORNE ST., BRANTFORD.



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