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THE NEW Church Hymnal for sale at the Greetings Office in several Qualities and Styles.

Woman's Power Over Man

Woman's most glorious endowment is the power to awaken and hold the pure and honest love of a worthy man. When she loses it and still loves on, no one in the wide world can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organization soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her amiability and her power and prestige as a woman. Dr. R. V. Pierce, of Buffalo, N. Y., with the assistance of his staff of able physicians, has prescribed for and cured many thousands of women. He has devised a successful remedy for women's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and heals. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

**IT MAKES WEAK WOMEN STRONG,
SICK WOMEN WELL.**

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels.



JAPANESE HEALTH RULES. Recommended to Those who Hunger after Long Life.

The following sanitary regulations appearing in a recent issue of the Jiji are recommended by the Japanese Herald to those hungering after long life:

First—Spend as much time out of doors as possible. Bask much in the sun and take plenty of exercise. Take care that your aspiration is always deep and regular.

Second—As regards meals, eat meat only once a day and let the diet be eggs, cereals, vegetables, fruits and fresh cow's milk. Take the last named as much as possible. Masticate your food carefully.

Third—Take a hot bath every day and a steam bath once or twice a week if the heart is strong enough to bear it.

Fourth—Put on roughly woven underwear (cotton fabrics are preferable) and clothes; a comfortable collar, light hat of any material and well fitting boots.

Fifth—Early to bed and early to rise.

Sixth—Sleep in a very dark and quiet room, with windows open. Let the minimum of sleeping hours be six or six and one-half hours and the maximum seven and one-half hours. In case of women rest of eight and one-half hours is advisable.

Seventh—Take one day of absolute rest per week, on which you must refrain from even reading and writing.

Eighth—Try to avoid any outburst of passions and strong mental stimulations. Do not overtax your brain at the occurrences of inevitable incidents or of coming events. Do not say unpleasant things, nor listen, if possible, to disagreeable things.

Ninth—Be married! Widows and widowers should be remarried with the least possible delay.

Tenth—Be moderate in the consumption of even tea and coffee; not to say tobacco and alcoholic beverages.

Eleventh—Avoid places that are too warm (especially steam heated) and badly ventilated rooms.

Twelfth—In order to promote the functions of those bodily organs which are liable to be weakened by age and disease, supply yourself with nutriment taken from the same organs of other animals. But in such cases the advice of the most competent medical authorities should be carefully consulted.

The Japanese Herald adds: "The Jiji might have made up the round dozen of suggestions by informing its

readers how—in these days of high duties and coming higher ones, they can obtain the money to purchase the various articles of food stuffs calculated to lengthen life.

A Japanese workman, keeping a wife and children on something under one yen a day, would doubtless be quite satisfied with meat at one meal per diem. When rent, doctor's bills, clothing, fuel and the thousand and one minor expenses falling to the lot of the housekeeper had been met there would be little chance of the family surfeiting with eggs, cereals, vegetables, fruits and fresh cow's milk."

The Useful Cedar.

The Indians trade much use of Western Red cedar before white men became acquainted with the region in which it grew. From it they obtained food, clothing, shelter, means of transportation and apparatus for fishing and the canoe. From the tree trunks the savages made canoes of all sizes, from the small trough that carried two men to the enormous dugouts that transported fifty or more up long expeditions in war and peace.

Before the Indians obtained metal tools from white traders they hallowed their canoes with fire and with their primitive stone and bone implements. Some of their dugouts are of enormous size, hewed from single trunks and with lines so perfect that civilized men can scarcely suggest improvement. The making of a canoe of moderate size, by the crude means at the Indians' command in the early days, required several months of hard labor with flint adzes that chipped away pieces of wood not much larger than grains of sawdust.

When Lewis and Clark crossed the Rocky Mountains and reached the tributary waters of the Columbia River in the summer of 1805, they saw for the first time the canoes of the Indians made of this wood. Some months later, when the explorers to the ocean. So common their pack animals and trust to the rivers to carry them to the Pacific, they made their canoes of cedar, and the small fleet successfully descended the Columbia and carried the explorers to the ocean. So common was the use of this wood for dugouts that with many persons its only name was canoe cedar.

The Indians nearly always made their tottem poles of this wood, because it is soft and they could work it easily with their rude tools. It was valued likewise because it resisted decay a long time, and when the grotesquely carved pole had once been set

up in the village or at the cemetery it could be reasonably expected to stand at least during the lives of those who made it and set it up. Some of these gigantic trunks, hewed in forms of men and beasts, often with considerable skill are the largest pieces of wood carving in the world, greatly exceeding in size the largest columns and doors of European cathedrals.

The Indians of the region where western red cedar abounded generally chose it for such carpentry as they were capable of doing. Their choice was due to the softness of the wood, which meant a great deal to men who hewed and shaped their beams and doors with no better tools than fire, flint, bone and shell. They made fully as much use of the bark as of the wood. With it they roofed, ceiled, floored and papered their huts. They wove long strips of bark—some times thirty feet in length—into mats which they used for beds, tables, blankets, and on ceremonial occasions. They made clothing on the same material. They twisted the bark into ropes for dog harness, ladders, shingles and snares for wild animals and nets for catching fish. The list of uses for the bark did not end there, for they were able to make food of it. They beat the bark to a pulp, baked in cakes, and after completely saturating it with salmon oil they pronounced it a palatable and nutritious article of diet. It is believed however, that the food value of the cakes were derived more from the fish oil than from the bark.

—Agricultural Report.



Six minutes is all the time required for brewing Red Rose Tea; and the result is a beverage of matchless flavor and satisfying strength. The verdict of your family will be that



St. George, N. B., Aug. 17.—The position of director of Mount Allison Conservatory of Music, left vacant by the resignation of Prof. Harry Horstall, has been filled by the appointment of Prof. J. Noel Brunton, late professor of piano at the Metropolitan Academy of Music, Forest Gate, London, England. Prof. Brunton studied piano and the theory of music at the Stein Conservatorium, Berlin, Germany, from which institution he took his diploma as performer and teacher. He was subsequently a pupil for four years of the great Leopold Godowsky in the same city. He teaches according to the modern school of piano, working on the Leschetzky method. He is spoken of as being an exceptionally good pianist and has had a great deal of success in ex-

perience both in teaching and in concert work. Before studying in Berlin Prof. Brunton held the position of Master of Music at the Bangor Grammar School, Ireland. While on the staff of the Metropolitan Academy he passed pupils through the higher examinations of the Royal Academy and Trinity College and 95 per cent. gained honors, a record exceedingly hard to beat.

Dr. Paul Lutzenko, of the Stein Conservatorium, says: "During the time he has been here Prof. Brunton has proved himself to be a most diligent and earnest student. His work was always exceptionally well prepared, consequently he has now succeeded in bringing his technique to a high standard of perfection as well as obtaining a thorough knowledge of classical and modern literature. At the annual examinations Prof. Brunton gained high distinction both in harmony and piano forte."

GROWTH OF HANKOW. Some of the Unusual Products That Fill Its Storehouses.

An astonishing impression of the variety and peculiarity of the natural riches of China is given by the storehouses and factories of the Hankow export firms. Whereas the export of tea, the monopoly of a few large Russian houses, has for some years remained almost stationary, the value of the export of oil seeds from Hankow, to take one example of a comparatively unimportant article, rose from 3.8 million taels in 1907 to 10.5 in 1909!

Boats bring wood tar from the Upper Yangtze in big round baskets lined with paper to be refined and remelted in the factories; they bring as astonishing masses of the greasy product of the tallow tree used in European technical industries, also cotton and beam, gallants, pig-bristles, also skins, which are sun-dried in the yards of the storehouses and rucked by means of hydraulic presses for sea transport.

Millions of ducks' eggs are, during the few weeks of the season, manacled by the hand labor of coolie women and children into masses of pure dried yolk and albumen, smelling like burnt. The albumen is used in the photographic industry, the yolk in the European staff manufacture. On the same bank of the Yangtze are the new cold storage houses and the great tobacco factories of foreign firms, and near by are ore refineries, in which antimony, lead and zinc are prepared for export.

In this rapidly increasing export trade of China, says the Journal of the American Asiatic Association, the Germans are taking a great share. Both in Hankow and Shanghai nearly 75 per cent. of the export is handled by German firms, which look upon Hankow as the most important of their branches which are spread like a net over China. The capacity of the German merchant, thanks to his knowledge of the world market and his zeal to discover new resources, to which even unworked articles of export gradually present a lucrative side, has given him a leading position in the Chinese export trade which the more conservative and less experimental English and the Americans, thinking far more exclusively about "big" things, are not likely to win except by following similar methods.

GREAT CONSTITUTIONAL CHANGES.

By a small but sufficient majority the House of Lords has passed what will be known in constitutional history as the "Parliament bill," but is better known to common people as the "veto bill." With its own consent, given under pressure too great to be withstood, the powers of the House of Lords as a legislative Chamber have been materially lessened, and as the alteration has been effected by statute it cannot be annulled except by a similar process. For some time to come popular elections in the United Kingdom will probably turn very largely on proposals to repeal the "Parliament bill" or so amend it as to render it nugatory, and thus restore the former

legislative relation among the three estates of the realm: the "Lords Temporal," the "Lords Spiritual," and the "Commons."

Until the enactment of the Parliament bill the House of Lords had a legal right to veto any financial bill sent up to it by the House of Commons. No proposals to raise a revenue or to spend it in the public service could become law without the Lord's consent given by three readings of the measure in the regular way. It was open at any time to a majority of the Peers to throw out either a revenue bill or a supply bill, but the right to do so had not been exercised for more than a century prior to 1910. In the session of that year the revenue proposals embodied in what is known as the "Lloyd-George Budget" were thrown out by the Lords. No one could question their power legally to defeat the Budget, but, as the event proved, the Lords have paid dearly for their rashness. The Parliament bill provides that their House can never again interfere with the enactment of a "financial" bill, the right to say whether a bill is or is not financial being vested in the Speaker of the House of Commons.

Heretofore the House of Lords has had a legal right to prevent absolutely the enactment of any measure of general legislation. The Lords have frequently exercised this right, and no one ever questioned their possession of the power they assumed to exercise. The final proof that they had it is that no measure ever became law without their consent given in the usual way, and that their formal consent had to be extorted for the passage of the Parliament bill, which greatly curtails their control over general legislation. All they will be able to do, unless and until it is repealed, is to delay the progress of a measure for two years, after which it may become law without their consent.—Tor. Globe.

CANADA AND THE FOOD TAXES.

A tariff on foodstuffs means a tax on a food. Britain learned that primary economic fact through sore experience. For this reason no British Government will dare tax the food of the British people. Such a proposal was made under the guise of a preference on Canadian wheat. I purpose Mr. Chamberlain said, was to build up the Empire. But three times over the people of Britain refused it. Every Liberal and every Radical fought it. To-day inside the Unionist party itself it is being strongly opposed and openly abandoned. The younger men are coming to see, what Mr. Balfour never doubted, that freedom to import foodstuffs from the widest, the best and the most convenient markets is absolutely necessary not only to Britain's commercial stability, but also to the very life of the British people. Britain will not tax her people's food, and therefore she cannot give a preference on Canadian wheat.

And in Canada of all places this food tax policy is of all things the most inexcusable. There is for it not even the poor excuse of "protecting an infant industry." Agriculture and dairying and lambing and the fisheries are not puny infant industries to be spoon-fed. They can protect themselves by the robustness of their own superiority. All they ask is that the Government see to it that the canals are adequate, that the railways are efficient and just and that tariff obstructions are taken out of the way. The farmers scorn the notion that they cannot protect themselves. They mock at the idea that a tariff can protect them. If any Canadian workman can buy meat or flour or cheese or fruit at cheap prices or of better quality in the United States than he can in Canada the farmer will not stand in his way. They are quite willing to take their chances with their products in a market open to the world.

The food-tax folly is even more foolish still. Under the reciprocity agreement not only would the consumers have all the advantages of the choice and quality and price provided by the wide range and variety of soil and season and climate

given by God to this American continent, but there would also be opened to the farmers and fishermen and lumber dealer of Canada at their very doors the enormous and profitable markets of the United States. The almost prohibitive duties along 3,700 miles of boundary would be removed. Anything the Canadian producer has to sell would find readiest market without tax or loss. The same agreement that would give freedom to the consumers in the city would open wide the doors to the men on the farm.—Tor. Globe.

Potted Philosophy.

The greatest ambition any man can have is to be happy. Talent has a gay time spending the coin earned by genius. The man who undervalues himself is never overrated by others. He who is ashamed of honorable poverty would be proud of dishonorable riches. The young man needs an old man's head, and the old man needs a young man's heart. The man who hopes to wake up and find himself famous shouldn't depend upon an alarm clock.

EARTH CHILD OF SUN STORM.

Chicago, Aug. 15.—A new and startling theory of the formation of the earth is advanced by E. R. Moulton, associate professor of astronomy at the University of Chicago.

Prof. Moulton has been spending a good part of the summer at Williams Bay, where is located the Yerkes observatory and the giant telescope. He has been studying the sun and has taken daily observations.

"We have seen in the last few days," he said, "great storms on the sun. Matter during these storms has been thrown from the sun for a distance of 175,000 miles into space.

"I believe," he said, "that the earth was formed in a spiral nebula. The sun whirls very fast. The eruptions such as we have seen lately are not uncommon. The power of gravitation of the sun is so great that the matter thrown away from the sun is drawn back to it.

"But there is another sun that once in a million years approaches quite near to the sun we know. I believe that at the time of the formation of this earth the other sun was so near to our sun that it overcame the great power of gravitation of our sun. The missiles thrown from the sun were drawn away from it, left whirling in space and formed the earth on which we live.

Asaya-Neuralin

THE NEW REMEDY FOR Nervous Exhaustion Whipping an exhausted nerve system with alcoholic stimulants only shortens the road to physical collapse. The only remedy is Food, Rest and nerve repair. "ASAYA-NEURALIN" is and makes possible this cure. It feeds the nerves, induces sleep, improves the appetite and digestion; and soon full nerve vigor is regained. \$1.50 per bottle. Obtain from the local agent.

Andrew McCas, Pack Dept., 21 S. E. Jordan, Portland, Maine, Canada & Co., St. George.

A party of Norman peasants, eight stalwart men, set out one day to gather jagots. They worked long enough to have gathered 400 but returned with 57. And the Medical Journal, which narrates the incident, no doubts hits upon the right explanation of the small accomplishment when it tells what the party of eight men ate and drank for dinner: Twenty pounds of meat, 80 quarts of pear cider, 16 bottles of wine and eight quarts of cider brandy.

"How pretty and careless Mabel's hair looks." "Yes; and it takes her two hours to make it look that way."