

The Fragrance of "SALADA"

Anticipates its exquisite flavour.

Send us a postal for a free sample. Please state the price you now pay and whether Black, Green or Mixed Address Salada, Montreal.

BAIRD & CO. WHOLESALE AGENTS ST. JOHN'S

Johnson Confident He Is Better Than Jack Dempsey.

Boston.—Jack Johnson, former world's holder of the heavy weight title, has high hopes of regaining his former honor.

As he says so himself, it must be at least the high hopes part of it. Jack has taken the Old Howard folks into his confidence as to the Dempsey part of it. He has been there for an afternoon and evening with a punching stunk, with the customary breaking of the rope; also three two-minute rounds with his partner, Jack Ward, a Philadelphia light-heavyweight.

Johnson made his bow for the week at the theatre yesterday afternoon, and got a good hand from the unusually large gathering of fans who had assembled. The same was the case last evening.

"I wish to say that I am open to fight Dempsey and hope to reach my old title," said Jack in his stage speech. "You have read and heard many criticisms of Jack Johnson, but I am big and strong and can carry the load. I am not discouraged, and feel very confident as to the future."

Though a bit thick about the waistline, which is not extraordinary, as he is not training, Johnson nevertheless looks very good from the athletic viewpoint, and certainly appears not to have aged in the slightest since his last visit to Boston several years ago.

In his bouts on the stage with Ward Jack kept mostly on the defensive.

Two Charges Against "Fatty" Arbuckle.

San Francisco, Sept. 15.—Decision in the trial of Roscoe Arbuckle, the film comedian, on a charge of murder or manslaughter in connection with the death of Miss Virginia Rapp, actress, is expected to be made by District Attorney Brady to-day.

Arbuckle has two separate charges pending against him. In one, a complaint sworn in police court by Mrs. E. M. Delmont, friend of Miss Rapp, Arbuckle is charged with murder.

Following this charge on last Tuesday night, the grand jury indicted him for manslaughter, and the true bill is to be returned before superior judge E. P. Shortall sometime to-day.

District Attorney Brady announced that he would confer with his assistants to determine on which of the two charges he would bring Arbuckle to trial. It was pointed out by Brady that should he decide to try the film star on a charge of manslaughter and the murder charge be dismissed, Arbuckle would be admitted to bail. Under the California laws, a person charged with murder cannot obtain bail.

The coroner's inquest into the death of Miss Rapp was the most important feature of the Arbuckle case yesterday. The coroner's jury returned a charge of manslaughter.

Telegrams were received by Brady asking him to prosecute the case vigorously. Arbuckle, too, received telegrams, eighteen of them, the contents of which were not made public. The telegrams to Arbuckle were sent in care of the chief of police.

Article Ten.

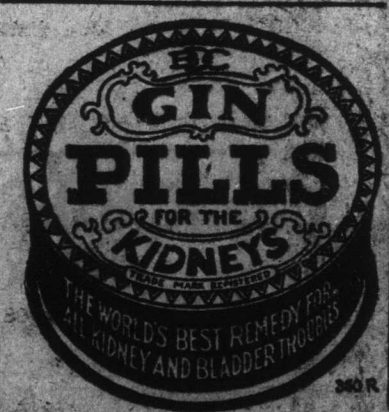
Article ten of the League of Nations commits the countries having membership in that body to maintain the territorial integrity of the nations as they are to-day. The United States objects to that clause, because it would involve participation in European affairs. But as the American Republic has not joined the League, its protest does not deserve much consideration. That country has no intention of joining the League. Canadian representatives also object to article ten, and Hon. J. C. Doherty is now at Geneva fighting the adoption of the clause.

Without that article the League of Nations would be as influential as a debating club. If any country began a war of aggression all the League could do would be to give advice. A few kind words to a country like Germany setting out to despoil its neighbors of their territories would not be more effective than pouring water on a duck's back to drown it. Unless there is force behind the League of Nations, it will become merely a League of Nations. And nobody will have either fear or respect for its pronouncements. But if the League could reinforce its decisions with armies the most aggressive race in the world would be held in check. Article ten is therefore the germ of the whole movement to put an end to war.—The Sentinel.

English Widely Known.

There was once a real convenience in having French as a fixed, official language for the conduct of all diplomacy. For one thing, it was much the most widely spoken of all European languages, at a time when even fewer people than now knew any living foreign language except their own. Until the later growth of the British Empire, only Latin and Spanish had enjoyed any comparable ascendancy. Another point, that worked in its favor was that the universal use of a language foreign to all non-French diplomats was agreeable to the class from which diplomats have usually been drawn. Its use supplied a rudimentary test for the exclusion of possible diplomats who had not the education conventional in that class. Throughout the nineteenth century the monopoly gradually breaking down, and a long step was taken in 1919 when the Treaty of Versailles was made out officially in both French and English, and not in French alone—London, England.

Some tailored dresses have little to distinguish them from topcoats.



Physical Development

And its Bearing on Health and Strength.

By GEE.

METHOD ADVISED.

Having selected, on the advice of an authority on the subject, what you consider are perfectly safe exercises for your condition, first of all learn to go through them without having occasion to refer to the descriptive matter. At the outset you may as well bring into play the methods already advised, i.e. Tell yourself you will have no difficulty in understanding the proper execution of the different movements, see yourself in your mind's eye having mastered them, and concentrate yourself on them without allowing the mind to wander for a moment from the subject in hand. This brings us down to what is one of the strongest features of making results certain—suggestions.

Each morning and each evening, having made your selection, before practicing them you must say to yourself, not aloud, but mentally: "These exercises are certain to bring about the desired result! (Here form a mental picture of the result or results, whatever you desire, in the mind's eye, as if they were already attained). It is only a question of the regular application, and I am conscious of being the happy possessor of a tremendous force which is irresistible. After all it is not much of a task to attempt to improve my physique to a certain standard, to get rid of a troublesome complaint, when it is only natural that I should enjoy perfect health and strength. Given the right conditions there is nothing can prevent the working of natural laws, and I will allow them, and aid them, to work their will on myself."

The above is a thought to fix the will, to help concentrate, and there is no need to say the words over and over again. This is where many people in using suggestion go wrong. Avoid mechanical repetitions. Simply pass an idea through the mind similar

to the above, and after that feel that you are on the right road, and that nothing can stay your progress. The fact that you are only endeavoring to aid the working of natural laws will establish a consciousness of right and might, with a faith in success which will of itself go far to secure it. Tell yourself that you are the possessor of tremendous power; that the seeds of perfect health, strength and character have been, carefully sown by nature, and only need time and care to develop. This will exert a direct influence, just as people are apt to imagine how wicked they are and eventually become so.

Each night, just before retiring, tell yourself that you have made much better results for the morning. Keep concentrating yourself on being possessed of a wonderful power, an irresistible weapon which will help you make your mark in the world, also tell yourself with certainty that the requirement of mental and physical vigour is a very simple matter, one indeed which the invisible forces you possess will deal with very parsimoniously. As you exercise you must see the muscles swell and develop (for improvement in bulk). You must feel them alternately become hard as steel and soft as wool in answer to the promptings of the volitive faculties (for strength and control).

Attention must be given to the breathing—you must put your will into increasing the depth of your chest and the strength of your lungs, all the while, of course, paying attention to the general rules given for the development of this important part, and you must will that you will not become flurried in exercising, and that the heart shall not be affected by going to extremes of tension through not exercising proper control of the will.

Next Article — TREATMENT OF EVERYDAY COMPLAINTS.

Salvage Notes.

We understand that the quantity of fish bought at the Union Store, during the season has reached the price of \$5 a qt. From reliable sources we gather that a good quality of Shore fish is at present \$7 per qt. in St. John's, with good chances for a higher figure. We are quite serious about the boasted fish fixing prices of Mr. Coaker in such a position, and the opinions of those shippers when they realize their loss of \$2 net on each quintal of fish shipped.

Mr. J. R. Courage of Port Blandford was here on Saturday, in his motor boat, which he has stocked with a varied assortment of dry goods and groceries. From what we gather Mr. Courage did not do much of a business during his stay.

Mr. Geo. Parsons who arrived at Alexander Day last Friday from Labrador hauling for 930 qts. of codfish, is discharging part of his cargo at Bishop's Harbor, Salvage.

Mr. William Martin of Sault Ste. Marie, arrived from Labrador last Saturday, with about 700 qts. codfish.

Mr. Isaac Squires, arrived home Wednesday last from the Farmlands with 440 qts. fish, Labrador cure.

Mr. Abel Ralph, Flat Islands, arrived home a few days ago with 700 qts.

Mrs. H. J. Miles, whose husband has charge of the G. of E. School at Clarke's Head, Gander Bay, leaves by to-day's Malakoff (Sept. 17), to join her husband, Miss Brown, sister of Mrs. Miles, intends to accompany her sister, and will possibly stay with her during the winter.

Mr. A. Burden went to St. John's last week on a matter of business.

Mr. Robert Dyke, who had been down to Newtown, fishing, returned home yesterday.

Mrs. Wm. Stead, formerly of Bishop's Harbor, now residing in St. John's, arrived by S.S. Malakoff to-day on a short visit to friends and relatives.

Mr. Eric Brown, who had been to the Labrador, returned home by S.S. Malakoff this morning. Mr. Brown was forced to give up his fishing voyage on account of an attack of rheumatic fever. He is somewhat improved.

Bunting was displayed from the teacher's residence to-day to welcome Mr. and Mrs. E. R. Hiscok, nee Miss Parsons, who arrived from St. John's to spend their honeymoon in Salvage. To Mr. and Mrs. Hiscok we extend the wish, not only that the stay at Salvage may be pleasant but that the matrimonial venture through life may be fraught with happiness and prosperity.—CORRESPONDENT.

Sept. 17, 1921.

Erie Fishermen to Quit.

The fishermen of Lake Erie are going out of business as there is no market for their fish. They claim that the big dealers in the large cities of the United States are keeping large quantities of fish in cold storage with the result that there is no demand for fresh fish. It is also claimed that it would not pay to try to develop a local market.

The fishermen this year have not been able to earn enough money to pay the wages of their men. Most of them have discontinued business and the rest of them will take their nets out of the lake within a few days. It is reported that the run of herring in Lake Erie is the best in years.



Marvels of Artificial Respiration

The case reported recently of a man whose heart went on beating for hours after his breathing had stopped has puzzled many people, but not those familiar with curious matters.

We are told that the man's breathing stopped because of a tumour which obstructed the blood from circulating in that part of the brain which controlled his breathing, and that the doctors carried on artificial respiration, and so kept the heart working.

When all the muscles are relaxed, and the body gets cold, very little oxygen is used up; it thus came about that there was enough oxygen in the man's blood to keep his heart going for some time, even when the doctors gave him up as hopeless and ceased artificial respiration.

Kept Beating by Days.

If a man, executed by hanging, were cut down at once and given artificial respiration, his heart and other organs, but not consciousness, might be kept alive for many hours. Thus students of medicine are able to study the functions of living organs, such as those of the heart in animals after their decapitation, the blood vessels in the neck being tied up to prevent loss of blood, and a tube put in the windpipe and connected with a bellows for the pumping in of air.

It is a remarkable fact that the heart cut out from a recently dead child was brought to life and made to beat for some days by circulating through its blood vessels a warm oxygenated solution of those salts which are present in the blood.

The salts solution must contain potassium, the single radio-active element which enters into the composition of the body. The place of this element can be taken by another radio-active element of proper strength, and the curious conclusion is reached that the wonderful rays given off by radium and similar elements are necessary for keeping the heart beating.

Just where the big veins open into it, where there is some curious users, half muscle and half nerve, this acts as the "pacer-maker" of the heart, controlling its rhythm. A touch of cold to this part slows the heart immediately. A bundle of the same kind of curious tissue branches through the heart and directs the beat to take place in the right sequence, so that the blood is received and pumped out and sent circulating through the vessels.

Disease either of this "pacer-maker" or bundle can cause curious "disturbances" of the heart's action, which are nowadays recorded electrically. Each beat of the heart is accompanied by an electrical current set up in the heart, and by putting the hands, or hands and feet, in vessels of salt water,

ANNOUNCEMENT

Our long expected shipment of the popular

LANTIC SUGAR

In cases containing 50 2-lb. packages, also in cases containing 20 5-lb. packages.

Arrived on S.S. Sable Island and is now ready for delivery.

Lantic Sugar in Yellow Packages

Guaranteed Full Weight Finest Sugar

Is better for retailing than sugar out of a barrel. You have no bags to buy and no weighing to do.

SOPER & MOORE, Wholesale Grocers.

NEW STOCK!

Sheet Zinc, Sheet Lead, Ingot Tin,

Bar Lead, Bar Iron—

Flat, Square and Round.

Black and Galvanized Sheet Iron,

Rigging Wire, Rigging Turnbuckles,

Mast Hoops, all sizes.

JOB'S STORES, Ltd.

J. J. St. John

BEST GOODS AT LOW PRICES.

Very Best Spare Ribs, 16c. lb.

Best Granulated Sugar, 13c. lb.

Best Boneless Beef, 13c. lb.

Choice Pea Beans, 5c. lb.

Best Fat Pork, 17c. lb.

Hops, 10c. pkg.

Prunes, 15c. lb.

Freeman's Pudding Powders.

Sloan's Liniment.

Table Apples, Lemons and Oranges.

Baker's Cocoa, 1/4's, 1/2's and 1's.

J. J. St. John

Insure with the QUEEN,

the Company having the largest number of Policy Holders in Newfoundland.

Every satisfaction given in settling losses.

Office: 167 Water Street.

Adrain Bldg. P. O. Box 782.

Telephone 658.

QUEEN INS. CO.

GEORGE H. HALLEY, Agent.

SHARP'S LINIMENT FOR SALE EVERYWHERE.

MUTT AND JEFF



MUTT'S ALL TO THE MUSTARD IN THE BUSH-LEAGUE.

—By Bud Fisher