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LECTURE
By Dr. CAROLYN GEISEL,
Delivered in Casino Theatre Oct. 5th, 1915
Subject: - - - Nerves



Dr. CAROLYN GEISEL.

I HAVE SEEN nothing more generous, more kind, than your attention. I cannot quite thank you all enough for coming here to-day.

We will try to get somewhere this afternoon, at the truth of this disease of the Nerves, for which lesson we are scheduled. Why Nerves? And I am remembering an extraordinary circumstance—a little bit of a book, on new sorts of NERVOUS DISEASES, which the author entitled "Americanitis" we read it—the first one-third of that little book, then we discovered that he was writing on plain NERVOUS PROSTRATION.

Here in Newfoundland the people do not suffer, as much as those living in the United States, from this tedious disease; there are several reasons, the chief being the quantity of Oxygen in our atmosphere.

The second reason we are more Nervous in the States (I trust I am not saying too much against my own country) is the break-neck speed at which we are living, doing a dozen things at the one time for our bread and the indispensable dollar, while part of the time we should be resting.

While we have amassed money, while we have been living at this Break-neck speed, we have broken quite a number of those Nerves, which connect the brain with other parts of the body.

If you were to study the Nervous system, you would find that the nerve is the electricity of the human body. The largest nerve in the body is the "Sciatic Nerve," which extends from your hip to your heel; it is as wide as your finger, and flat like a ribbon, almost every one knows where to locate her "Sciatic Nerve."

If you could look through a microscope at the brain cells of a person afflicted with a Nervous disease, you would find they look like a tangled skein of fine silk, after the kitten had played with your work-basket. The nerve threads which are distributed through the body, are as fine as fine can be, but in the brain without the aid of a microscope look like a mass of jelly-like material.

It is easy, tremendously easy, to cure your nervousness; the best remedy is to go to sleep, go to sleep, (O! Please not now.) I beg you to sleep even if you have to come to my lectures to do so. Sleep you young matron! You mother of only one child! My daughter take counsel from us older women, and take your forty winks in the afternoon. Never take Patient Medicine of any description, but go to sleep as soon as that sense of exhaustion comes over you.

We count one of the reasons that the accidents, all too many over in the United States (500,000 every year) is because we attempt to work the last half hour, when we are exhausted. We have proven in the United States, why many a working man who, in stepping off a car-hastily has often been seriously injured; the reason

is he has worked too long for this piece of human machinery. It is always noted that more accidents occur at the close of the day, when the nerves are tired out, than when the workers are starting out fresh in the morning, for their daily tasks.

We have also proved that you often get as much actual work from an eight hour man, as from an eighteen hour man.

I know that a woman's task is never done; we retire to bed at night, with the intention of sleeping, but with a knowledge of some thing left undone in our day's budget; but look here little woman there is a difference in the way you sleep two hours for every one if you sleep out of doors. Sleep with your windows open, and all bands and clothing as loose as possible.

I know of one eight-storey apartment in the City of Jackson, Mich., which looks like a Lunatic Asylum, every window wide open, and in each window at least one head, while inside every body is trying to keep warm; and through the nostrils and mouth taking in the pure fresh air because the sleeping head is pillowed in the open window.

Two of every three persons in the United States of America suffer from NERVOUS PROSTRATION, and one of every two throughout the rest of the world are similarly afflicted.

But what shall we feed this little piece of machinery with which we call a nerve cell? The best-nerve foods are those which contain Phosphorus. Where can we get Phosphorus? In the white meat of fowl or fish, the yolk of an egg, grain, whole wheat, a little bran, lettuce, cucumbers, celery, onions (raw or cooked); there is not much in milk; unpolished rice is loaded with Phosphorus.

Will you get unpolished rice? Ask your grocerman for it, if he has it not now ask again, and keep on asking until you DO get it. It will require a little more cooking, but never mind, get it; I was lecturing in Columbus, and forty women came out from the lecture: went to the "George Grocer Co." and asked for unpolished rice; then forty more came out and did the same thing; then forty more did the very same thing. The result was, the grocer 'phoned and asked me to leave town immediately, which of course I did not do; nevertheless the grocer put in a carload of unpolished rice, which shows that you will get anything you want if you ask, ask, ask, for it.

A little tot desired a goat, and wanted his father to buy him one, which he refused to do, so the little chap went to his father's law office, and told his desire to his father's partner, who said:—"Give me a retainer and I will tell you how to get the goat." He helped himself to a kiss from the upturned mouth, and forthwith gave the asked for advice.

"You go into father's office, (I know he will be busy, but never mind) go up to him and say 'Papa, I want a goat!' and keep on saying it. The little chap went up to his father, and said:—"Papa, I want a goat! I want a goat!! I want a goat!!!" The father, from his height looked at his son for a moment, then cried out in surprise "In mercy's name, my son, have two goats."

Keep on asking for it, and if you want unpolished rice you will get it by asking, and asking, and asking, for it, just as the little fellow got the goat.

Oily foods are excellent for the nerves. Nuts are loaded with oil, even the common peanut, which is so cheap, the Brazil nut is loaded with oil; next to these come almonds; chestnuts do not contain much oil, and should not often be

taken, at least they are of no one to nerves.

Next to the nuts come the ripe olive, which is a splendid food; then pure cream, butter, and rich milk.

Will you take all the oily foods you can possibly manage? But then you will need to go out in the open air and sunshine, and if possible lie down and take a nap in the open sunshine.

Taking too much oily foods, and then over-working yourself, only brings on NERVOUS EXHAUSTION.

Some of us while we work, use every part of the body unnecessarily, which after a while cause the nerves to contract, (and if we could hear them) with a terrible crash.

A little woman, perhaps she was cutting out a soldier's garment, was using the scissors with her hand, and every muscle in her body was working as well, if the scissors had been sharp half her time and strength would have been saved, as with every cut she made she had to groan. That even is a lesson in itself; it is like chewing pebbles, wasting our energy and time, and getting nothing in return.

It is true many of us have lots of troubles, but do not be like the man, who when dying called his son to him, and said:—"We have many troubles, but the greatest of mine were the ones which never came to me."

Many and many a woman is living alone to-day, because her good husband, by working after hours, tried to provide her—not with a roof over her head, because she already had so many, she did not know under which to spend her time—not with plain food, because she nearly always ate cake, but with nick-nacks, such as diamond necklets and other useless trinklets.

Look here, little matron, make your husband understand, tell him that you value the noble and true manhood in him, let him understand, that it is not his money you value, but the real man; let him know, "That a man is a man for a' that," even though he may wear blue overalls. We women folk must keep our nerve, we, too, must be strong and brave; but we must leave it now, and if you please, quietly change the subject.

I was leaving a hospital, when I saw Mr. Dimuen, an acquaintance, I stopped to inquire after his health, and he said:—"I am getting better but what is the use, I will only have to go to the Poor House." Now mind you, this poor fellow had a thousand acres of land in Texas; every acre under the plough, besides stocks, bonds, and other kinds of property—but he thinks he is going to the Poor House. The trouble with him is that he does not know how much he is worth, so all he does, is worry, worry, worry.

A friend of mine, suffering from Nervous Prostration, was brought to us for treatment, she was given a room just next to mine. At two o'clock in the morning, I heard a tap at my door, when I opened it, to my astonishment, I found my friend standing shivering in the cold, and weeping boisterously. "I must go home right now. I know perfectly well that George is gone fishing." The idea, thinking that her twelve year old boy had gone fishing in the rain at two o'clock in the morning.

Why do I tell you these things? (I am afraid some of you are tired listening to me). It is that I wish to counsel you against worrying over trifles, and to free yourselves from Nervousness, by sleeping all you can in the open air.

(Q.) What causes a child to grind his teeth at night?

(A.) That child has worms, most decidedly.

(Q.) Is lettuce equally good if served with lemon juice, and sugar?

(A.) Yes. You may put acid with it but not too much salt.

(Continued on page 3.)

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St. John's, Newfoundland.

LECTURE
By Dr. Carolyn Geisel.

(Continued from page 2)
(Q.) What causes, and what is the remedy for, small dents on the finger nails?
(A.) Those sometimes indicate heart and lung trouble. If the writer of this question is here, I would advise her to see a doctor. There may not be anything the matter with her, but it is better to be sure, these may also indicate over-work or over-worry.
(Q.) Are violent exercises injurious to a person with an intermittent heart?
(A.) Yes. Ask your own doctor just how much exercise you can, in your case, safely take.
(Q.) What is the cause of excessive perspiration in the Axilla, which is under the arm?
(A.) Nothing can be done for it, as it is absolutely necessary for the body to throw out its poison. A little boracic acid, would help to prevent any disagreeable odor.
(Q.) Are Kellogg's toasted Corn Flakes a valuable food?
(A.) Yes. (Although you know I am not getting paid to advertise Kellogg's goods). They have been thoroughly crubbed, until clean; then toasted until crisp which makes them so palatable. I wonder why we use so much of this patent food, that the world turns out, every year. I never bought Kellogg's Toasted Corn

Flakes, but if I am correctly informed, they cost from ten to fifteen cents a package. Easily for one cent you can get a pound of corn. Why do you spend your money on patent corn flakes, when you can prepare it ever so much cheaper at home, by yourself or your servants; when we are trying so hard to put down the high cost of living.
(Q.) Is it harmful to drink much cold water, when a person suffers from Obesity? (b) Will cold water increase Obesity?
(A.) No. You should take about two and a half quarts of water every day. (b) Just slightly.
(Q.) Is chocolate taken as a beverage wholesome?
(A.) Most certainly, as it contains oil, and should always be used in preference to tea or coffee, as those contain no nourishment whatever, they are only stimulants.
(Q.) When hot water is taken instead of cold water, how hot should it be?
(A.) As hot as you can take it. (Do not burn your mouth).
(Q.) Can inflammation of the arteries be cured?
(A.) Yes, if taken in time.
(Q.) What is the cause, and what is the cure of Consumption?
(A.) We cannot have Consumption without having the germs. One expectation by a person suffering from this disease, results in distribution of 18,000 germs. The germs multiply at the rate of 1,800 in twenty-four hours, and thrive in the darkness, dirt, and dampness. Therefore, let the direct sunshine in, open the windows, take away the curtains, and keep every place scrupulously clean. The people in parts of this Island live too exclusively on tea and white bread, which accounts in a measure for the prevalence of Tuberculosis.
Persons suffering from Tuberculosis should take a variety of food, and eat as much of it as possible. (I shall have to be gross to explain my meaning). You have to just "Stow it." Next, they must rest, lie out in the open air, wrapped in blankets, and just do nothing but rest, and keep out of doors as much as possible.
Thanking you again for this wonderful audience, and your patience in listening to me, I thank you again. I thank you.

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THE BRITISH THEATRE

NOTICE!
The Management of the BRITISH THEATRE having found that the Heating Apparatus is inadequate for the comfort of its patrons, are having new installments made which will necessitate its closing for a day or two. Watch this space for Reopening Announcement.

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MEN'S TWEED SUITS—Here you'll find a large variety of different weaves, in the finer grades of English and Scotch tweeds—in Browns, Grey, etc., in striped and checked, shadow effects.
You'll get splendid wear from these high-class suits and above all you are assured a perfect fit, correct style, best linings and inter-linings.
Every item that goes to make a suit perfect are put into these suits. Sizes 4, 5, 6 and 7. Prices. \$12.00 and \$17.00.
MEN'S FINE TWILL SERGE SUITS in dark Navy Blue—good quality, correct style, perfect fitting and excellent finish. Sizes 4, 5, 6 and 7. Prices. \$11.00 and \$13.50.
Anderson's, Water Street, St. John's.

Many Americans Die in France

Germans Hate the Foreign Legion Worse Than They do the British—In One Charge Only 180 Survived Out of 1000
Paris, Oct. 9.—Americans in the Foreign Legion who disappeared and are believed to have been killed in the battle in Champagne are Edmond C. C. Genet of New York, a grandson of Governor Clinton and Paul Kavelka, both of the second battalion of the First Regiment; Lieutenant Charles Sweeney, formerly of West Point; Jack Casey, formerly a New York newspaper artist; Robert Soubrian of New York; Frank Musgrave, of New Orleans, Bob Scanlon, a negro puglist; Fredrick Zinn of Battle Creek, James Dowd, of Brooklyn, Frederick Capdeville, of New York, Dave King, of Providence, Alan S. Egar of New York, and Elow Nelson of Milwaukee, all of the second battalion of the second Regiment.
Wounded in hospital are D. W. Thoran, South Dakota, seriously in the back of the head; Charles Trinkard of New York, with two bullets in the right shoulder, and Dr. David Wheeler of Boston, the big game hunter and arctic explorer, formerly attached to the American Ambulance, who has a shattered leg. All are of the First Regiment.
Dr. Wheeler was brought here by the American Ambulance, a special permit being granted owing to his previous connections with it. When he was wounded he injected morphine with which as a physician he was liberally supplied, and then crawled seven kilometers to the rear, pausing to inject morphine into many badly wounded men.
The Legion were brought to Champagne. All citizens of the allied nations then had an opportunity to join their own armies or regular French regiments. The rest were merged into a single regiment of two battalions, 4,000 strong, the merger being completed on the 24th.
The regiment was then ordered to the front line of trenches on the left centre, where the Germans immediately shouted: "We know you, Foreign Legion. If you attack we will get you this time."
The Germans hate the Foreign Legion worse than they do the British.
The Legion was held until Sept. 20. It then led the assault on the German second line. The troops melted under the terrific fire, but rushed an apparently impregnable position and captured a fortified wood in the rear. Only 180 men survived of the second battalion of the old First Regiment. (A French battalion consists of 1,000 men).
The last man Dr. Wheeler saw alive was the commandant, who was talking with him and a Captain. When the latter was killed Dr. Wheeler was wounded.



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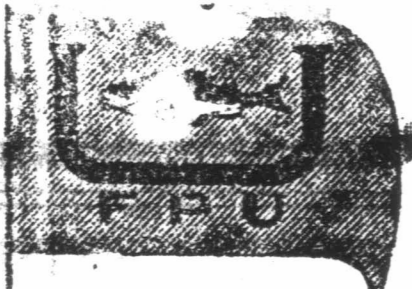
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The Mail and Advocate

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. 22nd, 1915

OUR POINT OF VIEW

The Fishery

THOSE WHO were responsible for the foolish outcry in July about this season's catch of fish being the greatest for 30 years are responsible for taking at least \$100,000 out of the pockets of the fishermen.

Every paper howled about the wonderful catch of fish. The Trade Review proclaimed the catch as the largest for 30 years, and a paper published at New York was sent to Mr. Coaker by a young man at New York which contained a clipping from the Trade Review, which repeated the statement that the fishery was the best for 30 years.

The utterance of Mr. Harvey in the Legislative Chamber undoubtedly caused a heavy reduction in the price of fish from April to June. Such injurious and indiscreet writings and utterances should be attended with heavy punishment in the way of fines by the court, for few can estimate properly the loss sustained this year by such proceedings.

We scorned the cry of the largest catch for 30 years. We condemned the Board of Trade Custom Officers reports. We endeavoured to inform the public as to the true conditions, and our estimate of the catch of fish won't be 20,000 qtls. out; the catch will not exceed last year's catch; although the Government permit the Board of Trade to publish statements from week to week showing the catch to be 130,000 qtls. more than last year.

These returns are utterly unreliable. They should be discontinued.

The F.P.U. is the body that should be held responsible for figures intended to publicly inform the world as to the Newfoundland catch of fish.

This season's fishery is a very disappointing one, for the catch is chiefly confined to trap fishing, and therefore not evenly distributed. Thousands will verge on destitution this winter owing to the short catch by floaters on the Labrador. Hundreds of schooners crews won't make enough to pay their Spring's account. No matter how high fish goes it cannot aid a man without fish to sell.

The price of shore averages fifty cents per quintal higher than last year's average to date. The increased price this year will bene-

fit the fishermen as they had but little fish shipped at the cheaper price. Three-fourths of the catch has been disposed off by the fishermen. Another week of fine weather will find the whole catch disposed off so far as the fishermen are concerned.

Conception Bay will get along very well this Winter; Trinity Bay will fare fairly well; Bonavista and Notre Dame Bays will have to face a hard Winter, and hundreds will have to experience a heavy pinch before next June. Fogo District is better off than it ever was; Ferryland, Burin and Fortune Districts will fare well as a result of this year's fishery; Placentia Bay and St. Mary's District won't find times none too pleasant, and St. Barbe District will be as well off this Winter as last.

The immense benefit of the F.P.U. to the whole Country this season has been fully demonstrated to all who are open to conviction. The 30 Branches of the Trading Co. exercise an immense influence upon the price of fishery produce, and when the North and St. John's secure best values, the West and South must consequently be benefited also as prices are influenced throughout the Colony.

The West Coast will have to organize the F.P.U. as thoroughly as the North. When war conditions cease the West Coast will be organized by President Coaker. The F.P.U. will within two years be as thoroughly organized in Burgeo, St. George's, Fortune and Burin as it is in Bonavista District today.

The building up of Catalina as a Northern Centre for Union trade and the establishment of a Town there surpassing in population any town in the Colony outside of St. John's will be one of President Coaker's great achievements. Another centre will eventually be established on the West Coast, probably about Burin. The sole qualification being a good harbour with deep water front.

Catalina was intended by Nature for a trade centre. Three-fourths of all Northern skippers now harbour at Catalina. There is no other harbour as convenient and safe in the Northern route.

The time has passed now for foolish attacks upon the F.P.U.; it has established itself in opposition to such tremendous interests and influences that what is now seen of it is genuine and abiding. All its transactions have been publicly discussed. If it has any failings the whole world knows of them. Every action of it has been carefully scrutinized by the ablest men in the Colony; political, commercial and financial interests have combined to destroy it.

The Press has assailed it as no institution was ever before assailed, and a string of papers all around the Colony was subsidized to fight it with any sort of weapons. The daily papers—Herald, News and Star—have opposed it savagely. The Trade Review, Plaindealer and every minor publication issued from this city have assailed it. For two years The Telegram has treated it with silent contempt. The Outport weekly papers, with the exception of The Harbour Grace Standard, has joined hands with the Graball papers here in their endeavours to destroy the F.P.U. and Coaker. The Guardian, Western Star, Miner, Enterprise and Twillingate Sun never ceased to oppose the Union and Coaker.

What has all this opposition achieved?

What intelligent man would be bold enough to state to-day that Coaker and the F.P.U. is not stronger and more influential than ever before?

Single handed poor Coaker has fought all opposition—opposition such as no man or institution ever before encountered, nor ever will again in Newfoundland.

This one lone man sat out without a cent and absolutely without influence to assail a commercial, financial and political system that was as old as the Colony's history.

It was entrenched victoriously everywhere. Step by step, inch by inch, he made his way from place to place amongst strangers in most cases, and overcome every opposition arrayed against him.

It was the opinion of nine-tenths of the electorate that the F.P.U. would pass away in smoke in six months. Then the universal acclaim was wait three months more. Then the cry was, "Oh, this is the beginning of the end." What is the result?

Why this strong brave man resolved only to do right, irrespective of passing consequences, is the only responsible public man that calls upon the people at this time to dethrone the Liquor Devil and set up Prohibition. All others are silent or too cowardly to take the place of genuine men.

Self interest has no part in President Coaker's make up. There is no hesitation with him in doing right. Those who have tested him know he won't tolerate wrong—no matter who the sinner—Coaker has administered the blows when RIGHT was overlooked or neglected.

Governors, Judges, Premiers, Cabinet Ministers, business firms, false vain conceited individuals such as Ab Kean, Customs, trade, abominations and public institutions have been stripped before the public gaze; yet all such powerful interests combined against the F.P.U. and poor Coaker has but strengthened and confirmed him in his work, increased his power amongst the masses and enabled him to demonstrate to the world that he do possess qualifications and principles that unfortunately are few in most men nowadays.

Coaker has for six years been the most conspicuous public figure in the Colony. His influence and power has grown month by month. He has had opportunities of accumulating wealth that few men ever had in this Colony, but to-day he is a far poorer man than he was six years ago when he started the F.P.U.

Coaker had then a comfortable homestead that he loved, and had toiled to establish, which was able to ensure him a comfortable living during life; to-day that homestead and its equipment has gone to waste for the want of the care he alone might bestow upon it; and although a man that don't expend Ten Dollars a year in any pleasures or pastimes, he remains a poor man not possessing \$50.

Let Judges, Juries and a purchased Press assail him, as they like, all they can do, or say, will not injure the F.P.U., the Trading Co., the Publishing Co. or the Export Co., while Coaker is able to perform his duties. He will overcome every foe and every difficulty, and his work must prove a success as long as he remains determined to do only RIGHT; and any man or interest who thinks that Coaker will not continue to do RIGHT might as well realize it from this moment.

They have watched for the wrong during six very trying years, and the result is they are weak while Coaker is strong; if they intend to wait, they may do so with gladness, but they will wait in vain.

Time To Respond

IT IS NOW pretty generally known that we are face to face with serious financial difficulties in this Colony; and the time has come when men of means must get ready to respond to the demands which will necessarily be made upon them.

For many years we have been borrowing abroad; and since the beginning of the War we have been looking to the Motherland for financial assistance to enable us keep on the financial map. It seems both pusillanimous and unpatriotic that we should again have recourse to an already overburdened source of financial supplies.

When Premier Morris foisted

his famous loan bill on the Assembly last winter, he was warned that such a loan could not be successful; and that British investors would not touch a loan with such an unfavourable and unattractive interest stipulation. If Great Britain herself has to pay practically 5 1/2% for loans, it is beyond the region of things possible that we could secure funds even at this rate.

The time has come when the Banks doing business in this city and the "merchant princes" should unload some of their holdings and accumulations to help us off the financial shoals on which the old ship Terra Noya is threatened with destruction. The Banks have been gathering huge harvests off our trade for the past twenty years; and we do not know that they have ever lent financial assistance to the Colony. But we do know that the accumulations are going elsewhere to build up sections of Canada and even American institutions. This may be good business; but in the present stringency, it is certainly very unpatriotic.

The men who are rated at Half-a-Million and over, have duties to this Colony which they should be compelled to discharge. They seem never to have realized their

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.	ADAMS COVE	11.43 a.m.
5.08 p.m.	WESTERN BAY	11.37 a.m.
5.24 p.m.	OHRE 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.
6.35 p.m.	BAY DE VERDE	9.50 a.m.
ARRIVE 7.30 p.m.	GRATE'S COVE	LEAVE 9.15 a.m.

obligations, and the time has arrived when they should be taught their duties and made to discharge them.

They have not in the past borne their share of the burdens, as they should have done; and even if it should require a special session of the Legislature to give this effect, Morris should be forced to call the House together at an early

session in the winter, to help the situation.

Monied men in England are being made to contribute their legitimate share to the demands of the cause of Empire; and why should our magnates be permitted to revel in wealth while our demands are so insistent. We contend that the necessities of the times demand drastic measures to awaken

our wealthy individuals to a sense of their responsibilities.

We have a splendid stock of Ferro, Gray, Fulton and Meitz & Weiss Kerosene Motor Boat Engines, spark coils and all repair parts. A. H. MURRAY, Bowring's Cove.—oct19,101

ADVERTISE IN THE MAIL AND ADVOCATE

"We Get the Best Value for Our Money at the Union Trading Company's Store"

Is the testimony of the many purchasers who visit it. Why? Because the Union Trading Company is satisfied with SMALL PROFITS to get big returns, and not only to satisfy itself but to SATISFY its customers by giving them the BEST VALUES at the LOWEST POSSIBLE PRICES.

<p>Men's Jersey Overshirts</p> <p>A Special Line; correct in style, shape and finish. In 65c Green color only.</p>	<p>Men's All Wool Tweed Pants</p> <p>With back pocket, back strap, two sidepockets, raised seam on leg. In Brown Color only. Regular \$2 value. \$1.75</p>	<p>Men's Silver Grey, Fleece Lined Underwear</p> <p>Good Nap, assuring warmth and comfort; all sizes. Garment. 65c</p>
<p>Boys Navy Serge Suits</p> <p>30 Boys' three garment Navy Serge Suits, Rugby style, excellent quality well made, and fast in colour. Sizes: 6, 7, 8 and 9. Special Sale Price = = = = = \$4.60</p>		
<p>Men's Leather Lined Box Calf Blucher Boots</p> <p>Sizes 6, 7, 8, only. Reg. \$3.60 value. \$3.30</p>	<p>The "WINNER" Rubber Heel</p> <p>Wear Twice as Long as Leather Women's and Boys' sizes. Per pair. 20c Men's sizes. Per pair. 22c</p>	<p>Rubber Footwear</p> <p>Men's, Women's, Boys' and Girls' Long Rubbers. Men's, Women's, Boys' and Girls' Low Rubbers. Men's, Women's, Misses' and Childs' Gaiters.</p>

<p>Children's Winter Dresses</p> <p>In Shepherd Checks, with Laced trimming Collar. 60c In Dark, Fancy, Green and Brown Tweeds. 70c In Saxe Blue Cloth with Velvet Collar and Belt. \$2.00 up</p>	<p>Children's Winter Coats</p> <p>In Tan Color Melton Cloth with deep Collar. \$1.60 up</p> <p>Misses' Winter Coats</p> <p>In Tan, Saxe Blue and Navy with Military Collar. \$1.85 up</p>
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<p>Men's Flannel Shirts</p> <p>Made according to standard regulation size in a nice assortment of stripes and fancies. \$1.40</p>	<p>Children's Heavy Ribbed Underwear</p> <p>At unbeatable prices. 15c up According to size.</p>	<p>Children's HATS</p> <p>In Tweed and Navy Serge. 22c each</p>
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FISHERMEN'S UNION TRADING CO'Y.



To intending purchasers in the City and Outports we have on hand a full line of all

NEW GOODS
direct from the Factories and selling at our usual
Low Prices.

Hand and Foot Sewing Machines, Bedsteads, Spring and Flock Mattresses, Washing Machines, Wringers, Table Cutlery, Brooms, Stoves, Scrub and Shoe Brushes, Paints and Oils, Varnishes and Brushes, Builders' Supplies, Locks, Hinges, Felt, Nails, Glass, Tools of all descriptions, Axes, Enamelware, Oval and Round Boilers, Kettles, Chimneys, Lamps, Lanterns, Powder and Shot, Guns and Rifles, etc.

Call or write for prices. Inspection solicited. Outport orders given our best and prompt attention.

MARTIN HARDWARE CO., LTD.
WHOLESALE AND RETAIL.

HALLEY & CO.

Wholesale Dry Goods and Commission Merchants, 106-108 New Gower St.

We are well known to the trade, and we make it a point to give SATISFACTION in our dealings with them. We only ask for a chance to quote prices, and are therefore sure of your order in almost every case. We are SPECIALISTS in DRY GOODS, having TWENTY-FIVE YEARS' EXPERIENCE in the business. All we ask is to 'phone or write us for quotations before placing your orders. By so doing, our benefits will be mutual.

HALLEY & CO.

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LET US QUOTE YOU PRICES

on

AXES and Cross Cut SAWS.

We have a special Axe for special work. Brand Special Blue. Highest quality. Price moderate. Of course we have the cheap ones too.

THE DIRECT AGENCIES LIMITED.
WHOLESALE ONLY.

We Are Now Buying

Fresh RABBITS, PARTRIDGE, DUCK, VENISON, MUTTON, LAMB, and BEEF.

Also Fresh SALMON, HALIBUT, SMELTS, and CODFISH, in Season.

Highest City Prices.

W. E. BEARNS,
HAY MARKET GROCERY. PHONE 379

PUBLIC NOTICE

PUBLIC NOTICE is hereby given to the electors of the Electoral District of St. John's, Western Division, that Polling Stations herein set forth will be open from 8 a.m. until 8 p.m. on THURSDAY, 4th day of the month of November, 1915 in the following places, viz:—

NO. 1—SOUTHSIDE SECTION.
BOOTH 1—At the house of Mrs. Roberts for electors only residing between Fort Amherst and Job's Bridge
BOOTH 2—At the house of Michael Stafford, for electors only residing between Job's Bridge and Waterford Bridge.

NO. 2—BLACKHEAD SECTION.
BOOTH—At the house of Joseph Healey.

NO. 3—PETTY HARBOR SECTION.
Maddox Cove.
BOOTH 1—At the house of Mrs. Madden.
North Side.
BOOTH 2—At the house of Mrs. Kielly.

South Side.
BOOTH 3—At the house of Mrs. Nehemiah Chafe.

NO. 4—GOLDS SECTION.
BOOTH—At the house of Mrs. Cox.

NO. 5—KILBRIDE SECTION.
BOOTH—At the house of Michael Ryan.

NO. 6—TOPSAIL ROAD OR BOGGY HALL SECTION.
BOOTH—At the house of Jeremiah Brennan.

NO. 7—FRESHWATER VALLEY SECTION.
BOOTH—At the house of Mrs. Cramp.

NO. 8—ST. PHILIP'S SECTION.
BOOTH 1—West Side—At the house of Mrs. Lavinia Squires.
BOOTH 2—East Side—At the house of David Tucker.
BOOTH 3—Old Broad Cove Road—At the house of Mrs. King.
BOOTH 4—Thorburn Road—At the house of Mrs. Hogan.

NO. 9—ST. JOHN'S SECTION.
No. 1 Ward.
BOOTH 1—At the house of Mrs. Kane, 355 Water Street, West, for electors only whose respective surnames begin with the letters A B C D E F G H I J K and L.
BOOTH 2—At the house of Philip Healey, 346 Water Street, West, for electors only whose respective surnames begin with the letters M N O P Q R S T U V W X Y and Z.
No. 2 Ward.
BOOTH 2—At the house of John Mullenney, 297 Water Street, West, for electors only whose respective surnames begin with the letters A B C D and E.
BOOTH 2—At the house of Edward Kavanagh, Water Street, West, for electors only whose respective surnames begin with the letters F G H I J K L and M.
BOOTH 3—At the house of Mrs. Hayes, 186 Water Street, West, for electors only whose respective surnames begin with the letters N O P Q R S T U V W X Y and Z.
No. 3 Ward.
BOOTH 1—At the house of Patrick Hart, 138 Water Street, West, for electors only whose respective surnames begin with the letters A B C and D.
BOOTH 2—At the house of Mrs. Crowley, 49 Hutchings Street, for electors only whose respective surnames begin with the letters E F G H I J K and L.
BOOTH 3—At the house of Mrs. Locke, 238 New Gower Street for electors only whose respective surnames begin with the letters M N O P and Q.
BOOTH 4—At the house of Mrs. Wall, 226 New Gower Street for electors whose respective surnames begin with the letters R S T U V W X Y and Z.
No. 4 Ward.
BOOTH 1—At the house of James Mansfield, 119 New Gower Street, for electors only whose respective surnames begin with the letters A B C and D.
BOOTH 2—At the house of Patrick Flynn, 111 New Gower Street, for electors only whose respective surnames begin with the letters E F G H I J and K.
BOOTH 3—At the house of Mrs. McGrath, 97 New Gower Street, for electors only whose respective surnames begin with the letters L M N O and P.
BOOTH 4—At the house of Patrick Hagerty, 15 Queen Street, for electors only whose surnames begin with the letters Q R S T U V W X Y and Z.
No. 5 Ward.
BOOTH 1—At the house of Mrs. Finn, 32 Adelaide Street; upper flat, for electors only whose respective surnames begin with the letters A B C and D.
BOOTH 2—At the house of Mrs. Finn, 32 Adelaide Street; lower flat, for electors only whose respective surnames begin with the letters E F G H I J K and L.
BOOTH 3—At the house of John

Reard, No. 1 Adelaide Street, for electors only whose respective surnames begin with the letters M N O P and Q.
BOOTH 4—At the house of Charles Truscott, No. 9 New Gower Street, for electors only whose respective surnames begin with the letters R S T U V W X Y and Z.

F. J. DOYLE,
Returning Officer.

WARD BOUNDARIES, ST. JOHN'S WEST

PUBLIC NOTICE is hereby given for the information of the Electors in the Electoral District of St. John's, Western Division, that the Boundaries of the Wards in which Electors will record their votes in the District of St. John's West, are as follows, viz:—

No. 1 WARD shall extend from the east side of Waterford Bridge and Molloy's Lane to the west side of Leslie Street and vicinity.

No. 2 WARD shall extend from the east side of Leslie Street to the west side of Patrick Street and vicinity.

No. 3 WARD shall extend from the east side of Patrick Street to the west side of Springdale Street and vicinity.

No. 4 WARD shall extend from the east side of Springdale Street to the west side of Queen's Street, Barter's Hill and vicinity.

No. 5 WARD shall extend from the east side of Queen's Street and Barter's Hill to the west side of Beck's Cove, Carter's Hill, Freshwater Road and vicinity.

The Southside is a separate Section, and Electors living between Fort Amherst Lighthouse and Waterford Bridge will vote at the Booths on the Southside.

Ballot Paper

The ballot papers for the purpose of the voting under this Act shall be in the following form:—

Are you in favour of prohibiting the importation, manufacture and sale of spirits, wine, ale, beer, cider, and all other alcoholic liquors for use as beverages? YES

NO

DIRECTIONS FOR THE GUIDANCE OF ELECTORS IN VOTING.

EACH Elector, on entering the room where the Poll is to be held shall declare his name, surname and address.

After so doing he shall receive a Ballot Paper in the above form.

Each elector, if required by the Deputy Returning Officer, the Poll Clerk or one of the agents shall, before receiving his Ballot Paper, take an oath of qualification.

After receiving his Ballot Paper, the Voter shall go into one of the compartments and with a pencil there provided, place a cross to indicate his vote on the question at issue. An affirmative vote on the question submitted shall be made by placing a cross (thus X) in the space after the word 'Yes' and a negative vote by placing a similar cross in the space after the word 'No.'

The voter will then fold the Ballot Paper, so as to show a portion of the back only, with the initials of the Deputy Returning Officer and shall hand it folded up to the Deputy Returning Officer, and the Deputy Returning Officer, shall, without unfolding it, ascertain that it is the Ballot Paper which he furnished to the elector, and then immediately place it in the Ballot Box. The voter shall forthwith leave the Polling Station.

If a voter inadvertently spoils a Ballot Paper he may return it to the Deputy Returning Officer, who shall give him another.

If a voter places any mark on the Ballot Paper by which he can afterwards be identified, his vote will be void and will not be counted.

If a voter takes a Ballot or Ballot Paper out of the Polling Station, or fraudulently puts any other into the Ballot Box than the Paper given him by the Deputy Returning Officer, he will be subject to be punished by a fine of Five Hundred Dollars, or by imprisonment for a term not exceeding Six Months, with or without hard labour.

When at the next baseball match, whether as spectator, player or umpire, try a stick of Coca-Cola Gum. If you are a spectator, it will add to your interest, and if you are a player it will help you to play a better game.—aug30,11w,1f

WANTED

TWO large Schooners to load Coal here for Northern Outports.

UNION TRADING Co.

NOTICE

MEETINGS of the Canvassing Committee and the Sub-Committees under Ward Commanders will be held each night at the Headquarters, 7.30 to 9.30; Executive Meetings each night at Headquarters, 9.30; and General Public Meetings of Voters every Monday and Wednesday night in the T. A. Armoury at 8.30 p.m., when addresses will be given by prominent platform speakers and workers.

P. G. BUTLER,
General Secretary,
St. John's Prohibition Com.
oct20,tf

NOTICE.

All Persons holding Receipts for Fish shipped to me on the Labrador coast must present them to my office at Catalina for payment. On no account whatever will they be paid at St. John's.

Philip Templeman.
oct15,19,22,25,28

OPENING ANNOUNCEMENT

A. S. WADDEN wishes to announce to his Patrons and the General Public, that his New Store 368 Water Street West (2 doors West of old stand) is now open with a full line of Tobacco, Cigars, Cigarettes, Fruits, Confectionery, etc. All orders personally attended to. Satisfaction guaranteed.

A. S. WADDEN
368 Water Street West

J. J. St. John

To Shopkeepers:

100 dozen ROYAL PALACE Baking Powder at 50c dozen tins.

500 Dozen TOILET SOAP 1 dozen in a Box, 35c dozen.

500 Dozen BLACK PEPPER, at 10c lb.

150 Dozen ELECTRIC PASTE, the best Blacklead on the market, 48c dozen.

J. J. St. John
Duckworth St & LeMarchant Rd

Thoughtful People

Are stretching their Dollars by having us renovate the old garments, and make up remnants of cloth.

C. M. HALL,
Genuine Tailor and Renovator,
282 THEATRE HILL

Pickles, Bran and Beets

JUST ARRIVED:
200 bags Bran
150 Cases Staple & Strong PICKLES and CHOW CHOW
5000 Cases CITRUS, LEMON & ORANGE PEEL

George Neal

WINTER COATS!

Ladies Heavy Tweed & Black Winter Coats,
Prices from \$5.00 to \$16.00

These Coats were bought at Sample Prices, and we want to give our Customers the privilege of getting a Good Coat, CHEAP.

JERSEYS & SWEATERS

We have a large Sample lot of Men's, Women's and Children's Wool Jerseys and Sweaters. Selling Cheap to clear.

LOCAL YARN
90c. per pound (16 oz.)

Nicholle, Inkpen & Chafe Limited.

315 WATER STREET 315
Agents for Ungars Laundry & Dye Works,

GEORGE SNOW

SHIP AND GENERAL IRON WORKER AND MACHINIST

I am extending my business by the installation of up-to-date machinery whereby all kinds of the following work will be turned out with dispatch and satisfaction.

FORGING IRON AND BRASS CASTING OF EVERY DESCRIPTION & PATTERN MAKING.

Saw Mill Work and Repairs to Motor Engines and all kinds of Machinery, etc.

With our equipment we are enabled to guarantee every satisfaction and ensure prompt delivery.

Large Stock of Material always on hand. Brazing broken parts of machinery done by special process. Note carefully the address:

GEORGE SNOW
SPRINGDALE STREET (WEST SIDE).

New "GRAY" Engines.

A good engine at a reasonable price with the factory guarantee behind it.

"FERRO" Kerosene Engines.
Fulton Self Sparking Engines.
Britannia 4 Cycle Engines.

The largest stock of K. W. Coils, Spark Plugs, Wire, Tools, Lubricating Oil, Etc.

Call and see us. Open every night.

A.H. Murray
BOWRING'S COVE.

