A Slave's Wanderings

Most of us have read stories of one told by a slave who had made the sufferings of the living cargoes of the slaveships, but there is none more poignant and vivid than the "Middle Passage" when the trade was at its height. Among the bargains in an obscure secondhand bookshop I found a small volume bound in paper-covered boards entitled "The Interesting Narrative of the Life of Olaudah Equiano, or Gustavus Vassa, the African. Written by Himself." A new edition, corrected. (Printed for James Nichols, 1814.) The book has long been forgotten, but it attracted real attention at the time of its publication in 1789. In the list of subscribers to the first edition were included the Prince of Wales, two royal dukes, and most of the leading opponents of the slave trade—Henry Thornton, Thomas Clarkson, Granville Sharp and other persons distinguished in philanthropy and religion—the Countess of Huntingdon, Hannah Moore, Adam Clarke, Rowland Hill, John Wesley, and Lindley Murray. Two editions were published in each of the four following years. In the preface to the 1814 edition it is stated that the narrative caused so much indignation against the slave trade that the author was persecuted by those interested in it. He states that he was born in 1745 in a province of the kingdom of Benin, namely, so far from the capital had never heard of white men or Europeans." He says his people were a tribe of theibos, of which his father was an Embrenchie. He himself, named Olaudah, was the youngest of seven children, and lived happily with his family till his eleventh year. One day all the people except himself and a sister had gone to their farms, a man and a woman climbed over the wall of the compound, seized them, and carried them off. A few days later the girl was sold; Olaudah was passed on from one master to another, and at last was sold to a smith, with whom he stayed some time, acting as bellows-boy.

On being sold again, he was "carried to the left of the sun's course" (westward) for many days. He states that so far the people of the places he had passed through spoke dialects of his own language, so that he was able to make himself understood, but he had now reached a country in which the language was quite different. As he says, he was brought to a town called Timnay," probably in the Timni country, in the interland of Sierra Leone, many thousand miles from his birthplace. Here he was sold for 172 to a widow and became companion to her only son, with whom he spent two happy months, but "one unlucky day, while my dear master and mistress were absent, I was kidnapped . . . and carried away." After many more months of travelling which he was repeatedly sold, he reached the coast, where "the first object that saluted my eyes was the sea, and a slave ship which was at anchor, and waiting for its cargo." This was probably at Sherbro, then one of the principal depots of the trade.

The Slave Ship

The terror caused by the sight of the ship and the ship was increased when he was carried on board. "I was immediately handled and tossed up, to see if I was sound by some of the crew; and I was now persuaded that I had got into a world of bad spirits and that they were going to kill me. Their complexion, too, differing so much from ours, their long hair, and the language they spoke, united to confirm me in this belief." The ship of a large copper boiling on deck, and "a multitude of black people . . . chained together, every one of their countenances expressing dejection and sorrow," convinced him that he were all "to be eaten by those white men with horrible looks, red faces, and long hair." Soon afterwards he was put below: "There I received such a salutation in my nostrils as I had never experienced in my life; so that, with the loathsomeness of the stench, and with my crying to get rid of it, I became so sick and low that I was not able to eat." This brought upon him suffering for, on refusing some food offered by two white men, "one of them held me fast by the hands, and laid me across the windlass, and tied my feet, while the other flogged me severely." The conduct of the whole was so terrible that I can quote only parts of the description of it. While the ship was on the coast and some of the slaves were allowed to stay on deck the air of the hold was loathsome, but when she put to sea and the whole of them were confined below, so crowded that each had scarcely room to turn himself, it became pestilential and suffocating, bringing on a sickness among the slaves of which many died, thus falling victims to the avarice of their purchasers. This deplorable situation was again aggravated by the galling of the chains, now become insupportable. . . . The shrieks of the women, and the groans of the dying, rendered the scene of horror almost inconceivable. Many a time we were near suffocation from the want of fresh air, being deprived for days together." The sufferings were increased by brutal floggings, which were shared by the white sailors; "one white man, in particular, I saw . . . flogged so unmercifully with a long rope near the foremast that he died in consequence of it; and they tossed him overboard as they would have done a brute." It is not surprising, therefore, that the slaves had to be carefully watched, when allowed on deck, to prevent them from jumping overboard; but in spite of all precautions a few succeeded in doing so.

Slavery and Deliverance

At last the ship arrived at Barbados; many merchants came on board and examined the slaves, renewing their fears that they were to be eaten by the ugly men." These fears were heightened by the noise and clamour of the auction at which they were sold and distributed. Olaudah passed through several hands, with varying treatment, till he was sold for £40 to Lieutenant Pascal, R.N., by whom he was sent to England as a present to some friends, and named Gustavus Vassa. In England he was well treated, and picked up some education. He served for a time with his master in the British Navy and took part in several battles. After a time his master took him back to Montserrat and sold him to one, Mr. Robert King, a Quaker and the first merchant in the place, who employed him on board his ships." By his intelligence, good conduct and industry, he gained the favor of his master, who promised to allow him to purchase his freedom for £40, and helped him by allowing him to take goods on credit for sale. In a few years the necessary sum was amassed, and he waited on his master; "with my money in my hand, and many fears in my heart, I prayed him to be as good as his offer to me, when he was pleased to promise me my freedom as soon as I could purchase it." After some demur Mr. King took the money and signed the deed of manumission. Vassa lived about forty years as a freedman, but there is no information obtainable about him, except that contained in his vivid narrative.—W. F. R.—"The African World."

How Long Will We Live?

Statisticians are able to prove to us that, on the average, a child born today will likely live to 55 years of age, as against 40 years, which was the case in the middle of the past century. This has been brought about chiefly by better care of infants, a tremendous reduction in the diarrhoeas of children which used to take such a heavy toll of infant life, pure water, milk and improved sanitary conditions.

There has not been a corresponding increase in the expectation of life among adults. The expectation of life at 50 years of age is not appreciably greater to-day than it was during the last century. One interesting point that we learn is that persons who live long come, in general, from long-lived families. This does not mean that a member of a long-lived family is more likely to recover from an attack of acute disease, but rather that if he or she does escape from an attack of an acute disease, such as those which destroy life in infancy and early adult years, such a person will be more likely to live to advanced years.

Many people have the idea that health work's sole aim is to prolong life. This is only partially true, because the ideal sought is rather healthier years than more years. Because health and happiness are so closely linked together, it may be fairly said that the objective of health work is not to prolong life but to make people happier while they live.

We do not know why some families live what we might call greater vitality and so live longer than the average. We do not know why Old Parr lived to 152 years. It may be, of course, that many years have been added to his life in the re-telling of his story. We do know, however, that, to the adult who desires to increase the expectation of years of health, we can say—moderation in all things is essential, and, above all, in food. An interest in life must be maintained whether it is in work or in play, such as a hobby. Worry must be cast out as it is the thing which wears out the machine.

Questions, concerning health, addressed to the Canadian Medial Association, 181 College Street, Toronto, will be answered personally by letter.

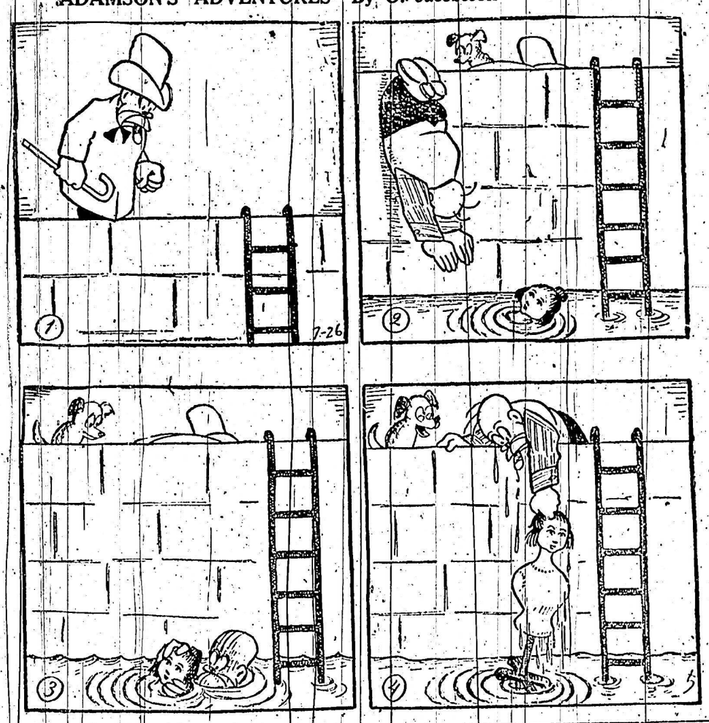
May—"Sweetheart, would you die for me?"

Tom—"Wouldn't do you a bit of good. I'm not insured."

Only when the sap is dried up, only when age comes on, does the sun dance in vain for man and for the tree.—Heinrich Heine.

He who has a thirst for order will often wrong in his judgment, and seldom considerate or conscientious in his actions.—J. C. Lavater

ADAMSON'S ADVENTURES—By O. Jacobsson



Australia Has Big Dried Fruit Year

Canberra, Australia.—For the year ended June 30, 1929, the quantity of dried fruits produced in Australia was a record. The fifth annual report of the Dried Fruits Control Board said that the estimated production for the year 1928-29 was 70,000 tons, as compared with 31,850 tons for 1927-28, when the yield was materially reduced in consequence of damage done by frost.

The sales of Australian sultanas in London for 1927-28 showed a marked decline on the figures for the previous year—1,097 tons, as compared with 2,847 tons. There was also a reduction in the average prices realized, but this was largely due to the inferior quality of the fruit in consequence of the frost damage. For the 1928-29 harvest it is expected that exports to Great Britain will reach 50,000 tons, which will establish a new record in exports. The quantity shipped up to June 30, 1929, was 33,159 tons. Only 580 tons of currants were shipped to Great Britain for the year, also on account of frost damage.

To preserve the trade that has been built up with Canada in the last few years the board deemed it expedient to send the major portion of the exportable surplus of currants to that Dominion. It is confidently expected that, as a result of the appointment of R. A. Haynes its commercial representative in Canada, every effort will be made to exploit this market to its utmost capacity, in order to dispose of the record surplus that will be available this year.—Christian Science Monitor.

Old Publication Ceases to Exist

London.—The Edinburgh Review has ceased publication after 127 years. Its editors assert "modern readers are not willing to wait a quarter of a year for observations on life, letters, history and society."

When the Review was founded in 1802, Edinburgh rivalled London as the literary arbiter of Great Britain. It began its career as a ferocious iddi smasher, attacking Wordsworth, Coleridge and Goethe for spreading "new fangled ideas."

Macaulay, as one of its editors, was for a time the Review's "chief executioner." Hazlitt, Thackeray, Carlyle and Scott were notable contributors, but Scott broke away in 1809 to help establish the rival Quarterly Review which still is flourishing.

HONESTY

After all the most natural beauty in the world is honesty and moral truth. For all beauty is truth. True features make the beauty of a face; and true proportions the beauty of architecture, as true measures that of harmony and music. In poetry, which is all fable, truth still is the perfection.—Shaftesbury.

The trouble with these Chicago gunmen is that they aren't given enough rope.

How King George Saved a Warship

Story of Torpedo Boat 79 Told by Sir George Arthur

How the King, as a young naval lieutenant, saved a disabled warship from being dashed on the rocks off the Irish coast is revealed by Sir George Arthur in his book, "King George V.: a Sketch of a Great Ruler."

The occasion was the naval manœuvres of 1889. Prince George (as the King was then) was in command of torpedo-boat No. 79.

He was only 24, and it was his first independent command.

Torpedo-boat No. 79, with two other torpedo-boats, had to make Rathmullen, on Lough Swilly, for a rendezvous with a senior officer.

No. 79 turned up at daylight one morning, and her commander reported that one of his consorts had broken down, and was anchored on a lee shore, not far from the rocks.

He had tried to tow her off, but had carried away his only hawser, and nothing could be done but leave her there with the third boat standing by, while he came in for fresh ropes.

The position was so fraught with peril that the senior officer's impulse was to proceed himself to the scene and superintend the salvage.

Prince George, however, begged to be allowed to try again, and, supplied with a new hawser, he took his ship out again in the teeth of a heavy gale and high seas.

Prince George and his crew had been up all the previous night, grappling with a tough job in rough weather; but by bold initiative, nerves of steel and skilful seamanship, he was able to save his sister-ship and tow her to her harbor moorings.

Sir George tells a curious story of the Russian Soviet Delegation which was established in London.

He gives it as an instance of the King remaining rigid in his control in his own special province.

Sir George states that the Foreign Office informed the department of the Master of the Ceremonies that as the Russians had "come into line" the representatives of the Russian Government were eligible for an invitation to the Royal garden party.

Presuming that the Foreign Office had first communicated with the King, the usual formal notice of the party was sent to the Soviet Embassy.

The King, it is stated, on hearing of what had happened, said very plainly that the garden party was his private concern, that no invitation was to be sent to Chesham House, and that the officials who had blundered must make the best job they could of the bungle.

SOWING

Sow with a generous hand:
Pause not for toil or pain;
Weary not through the heat of summer,
Weary not through the cold spring rain;
But wait till the autumn comes
For the sheaves of golden grain.
—Adelaide A. Procter.

Styles by ANNETTE Paris—New York

MOLDED HIPS.

A slender two-piece type that molds its hip and waistline to contribute a bit of formality for general daytime occasions. The diagonal neckline with jabot frill is smart details of feminity noted in frocks of tailored sports character. The edge of bodice is scalloped, repeated in turn-back cuffs and skirt hem.

The skirt is attached to a camisole bodice with shoulder straps, and is pleated across front forming box-plait at centre to add length to silhouette.

Style No. 652 is an exact copy of Paris model in printed sheer velvet in dot motifs in reverse color scheme. The skirt is sepi brown with beige dots, with bodice in beige with matching brown rings. The jabot and cuffs use the brown velvet. It's luxuriously smart and yet so wearable.

Crepe satin in navy blue, wine red canton crepe with beige jabot and cuffs, full black silk crepe with eggshell contrast, wool jersey in hunter's green and featherweight woolen in coppery brown tones attractive. It is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

HOW TO ORDER PATTERNS

Write your name and address plainly, giving number and size of such pattern as you want. Enclose 20c in stamps or coin (coin preferred; wrap it carefully) for each number, and address your order to Wilson Pattern Service, 73 West Adelaide St., Toronto. Patterns sent by an early mail.

Be yourself. Be simple, honest, natural, earnest, sincere. Affect no stilted mannerisms. Be yourself and confidence will grow naturally.

Early Migration Of Japanese to South Sea Told

California Anthropologist Traces Parallels in Social Usages of Islands

San Francisco—Edward W. Gifford, curator of the University of California Museum of Anthropology, has just completed a study of the culture of the Tongan islanders, in the South Pacific, which leads him to the conclusion that ancient migrations from Japan played an important part in the development of that Polynesian civilization which dates back, perhaps, to 900 or 950.

The results of curator Gifford's study, which has taken nine years to complete, have just been published in book form under the title "Tongan Society," by the Bernice B. Bishop Museum, of Honolulu, Hawaii. Tonga and its outlying islands are situated about 1,000 miles north of New Zealand.

Social Organization Suggests Japan

In the conclusion of his book, Gifford says: "The parallels in the social organization of Tonga and the remainder of Polynesia and Micronesia are obvious. Beyond these are Tongan social organization and that of ancient Japan. The general course of political development in the two countries is also superficially parallel, though Tonga is not a replica of Japan in this respect, the Tui Tonga, or ruling chief, corresponding to the Mikado; the Tui Kanokupolu subchief to the Japanese Shogun.

"In both countries society was patrilineal, that is, traced through the father's side of the family; there were patrilineal groups traced descent for several generations, sometimes back to a god, and each patrilineal group had a religious deity; the members of the patrilineal groups were of unequal rank.

General Resemblance in Pottery

"In both countries great chiefs were buried in megalithic vaults in mounds. Both countries were characterized by a lack of priestly rule. There are certain general resemblances in mythology and worship.

"It seems predictable that further evidence will reveal two streams of influence into Polynesia, one from southeastern Asia via Micronesia, the other from Japan via Micronesia, the former bearing features of the Indo-Oceanic culture, the latter bearing features of the Indo-Oceanic culture, in addition to traits just enumerated."

Tonga is at present ruled over by a woman, Queen Charlotte, and Gifford explains that, even in the past, rulers of Tonga have been men, their sisters have, by birth, been more powerful than the kings. Tonga

Nieces Outrank Kin

Even the daughters of the rulers were usually higher in rank than the king himself, a dominance by a man's sister through the lower classes. A man is open to domination by his sister's children.

These children may be forced to remove property from their father's home without fear of reprisal. Within each family group the higher than sons and nephews in such as cooking, washing, etc., fall to the lot of the women, interest in work requiring skilled hands, sewing and weaving.

Gabby Gertie

"Food shows are real strong in America because this is the land of the free sample."

COMPROMISE

A bad compromise is better than a good lawsuit.

The average woman is glad to find that men looked found up to her.

on Paid spark Plugs Asset to Car

Bit of Mechanism is So Well That rouses Little Interest

Must Be Avoided

plug is a very small part mobile's mechanism. In small and has been made lat many motorists have entirely.

its in motor design and plug itself have brought of this important engine a high degree of per- ny of the troubles which were quite usual are now It is not now unusual for given 5,000 miles or even without it becoming necessary a spark plug.

needs so little attention is likely to be unfamiliar k plug's construction and to how to care for it does develop

plug consists of a metal ik threaded to screw into of the engine. This ced a porcelain insulator has a metal sparking rod- ish it. One end of it is brought close to it so the ge shell of the cylinder and won't form the spark occurs in the of the

ng current can only a complete circuit that ble to get back where it m. In the spark plug starts from the insulator travels through the metal shell back to the cylinder where it started.

to jump the gap of the plug it must desire, current has a very safe, as this gap one inch in its travel. It can jump tension current is not jump place except a point separation of

and cylinder, only ctors, of the spark and gets on the cylinder under the current has to travel to the metal of the cylinder jump the point. So engine likewise, if carbon collects part of the insulator the current will jump a path the current would take spring the gap.

carbon may be removed by the plug underneath of wood, ing the insulator with a small and a piece of be taken out with a or with a knife or will open up the space so that current can more quickly

er Cure For Rats Announced

every of a compound that and apparently rats and mice on and crazed Physiological the experiment a human being Mackenzie, a hyp- ic, its effect allegedly to death. The ob- gation and results get more through to them instead of trying to the tissues of the body cells,

MUTT AND JEFF— By BUD FISHER

A. Mutt Discovers How He [illegible] With His P[illegible]