BARLEY IS A SPLENDID CROP

Wheat Harvesting Will Be General In the North-West By August 15

A despatch from Winnipeg says: "We have a splendid crop, in fact the best for many years," said Andrew Kelly, President of the Grange & Western Flour Mills Company, on Wednesday afternoon, on his return from a long trip by the C.N.R. to Edmonton, Saskatchewan and Regina. He is full of optimism at the prospects. "To come down to hard facts," said Mr. Kelly, "I saw barley being cut at many points. Barley harvesting will be general at the end of the week. It is a splendid crop. I saw wheat turning color in many districts, and there will be much wheat cut next week and wheat harvesting will be general by August 15. The great bulk of the oat crop will also be ready by that time. I saw little flax, but what I saw was good. The weather is ideal for filling and maturing, and a few weeks more of it will see western Canada with the biggest yield of wheat she has ever had. I base this on increased acreage and the general fine condition of the crop."

THE NEWS IN A PARAGRAPH

HAPPENINGS FROM ALL OVER THE GLOBE IN A NUTSHELL.

Canada, the Empire and the World in General Before Your Eyes.

Canada.

The term of Sir John Gibson as Lieutenant-Governor may be extended another year.

Twelve hundred Timiskaming farmers visited the Provincial Government farm at Monteith, Ont.

Lockjaw from a slight scratch on the leg caused the death of a little Hamilton girl, Dorothy Hatcher.

Lovell's directory for 1913 estimates the population of Montreal and suburbs at about 664,000, or an increase of 61,563 over 1912.

John H. White, a bookkeeper in the Bank of Montreal, was drowned at Chesterville Lake, Calgary, when his canoe upset. He was unable to swim.

Premier Borden's health is unsatisfactory, and it is expected that he will go to Muskoka for further rest. The last strenuous Parliament session is responsible.

A cannon ball has just been found on the site of the old battle ground, Chrysler's Farm, Morrisburg, Ont., and a musket ball has been picked up on another section.

Manitoba requires 25,000 men for the harvest, and each of the other western provinces needs about the same number. The Manitoba crop is estimated this year at 65,003,212 bushels.

Great Britain.

A London magistrate declared that women should not sit beside the drivers of automobiles.

The record price of $250,000 was paid recently for the horse Prince Palatine, winner of the Ascot Gold Cup, by J. B. Joel, the South African millionaire sportsman.

Lord Strathcona has sent the Lord Mayor his promised contribution of $50,000 for acquiring Crystal Palace for the nation. A banknote for a thousand pounds, sent anonymously, has also been received.

United States.

Democratic Senators at Washington charge that the Republicans are working for a panic.

Northern Pacific Railway telegraph operators are taking a strike vote. They want increased pay and improved conditions.

Persons interested in Panama-Pacific exposition in San Francisco in 1915 are perturbed over the failure of Great Britain, Germany, Japan and other countries to accept the invitation sent them to participate.

General

A French society is advocating the taxation of all childless persons in the Republic.

The Provincial Governors of Spain have been ordered strictly to forbid gambling in casinos and clubs at watering places. No exceptions are to be made under the order.

TRAGEDY NEAR ST. JOHN.

Three Young Women Drowned in Lake Loch-Lomond.

A despatch from St. John, N.B., says: Three young women were drowned on Wednesday night by the capsizing of a rowboat in Lake Loch-Lomond, a few miles from this city. Three others, a young woman and two men, were saved after clinging to the upturned boat for two hours. The drowned, all of this city, are: Miss Tilly Davis, Miss — Brown, Miss Eliza Darling. The rescued are Miss Georgie Patterson, Jos. I. Noble and John Stanton, of this city. It seems the party were fishing in the upper part of the lake when a squall struck and swamped the craft, which was overloaded.

A BIG FAMILY.

Thomas A. Stack Was Father of Twenty-nine Children.

A despatch from London says: At the funeral of Thomas Arthur Stack, 54 years of age, of Purley, Surrey, twelve of his twenty-one living children were present at the graveside. Mr. Stack was the father of twenty-nine children by two marriages. There were nine children of the first marriage. Mr. Stack's twenty-ninth child was born in February. At a Christmas family reunion two years ago the only table that could accommodate the party was the billiard table.

ENGLISH EDUCATION BEST.

Italian Thinks It Has Produced Greatest Results.

Italian educational circles are deeply interested in a pamphlet by the famous educator and writer Senator Raffaelli Garofalo on "Educational Methods in Latin and British Civilizations."

He begins by saying that it need not be regarded as lack of patriotism because he questions the results of Latin education as manifested by his own race. He says that there is no question but that the English methods of education produce a higher level of morality than any other in the world. The Italian methods, on the other hand, produce an amount of impulsiveness which leads to the perpetration of crimes, which are prevalent in Italy. The English method is directly opposed to the Italian one, which is incessantly dwelling on the individuality of the child and cultivates in the end a lack and self-control and an increase of the same impulsiveness which is a trait most akin to the savage and the animal.

The Senator says that English education which does nothing to develop individuality has produced the most individual individuals in the world. He asks why th qualities of fortitude, self-control and co-operation which distinguished the ancient Romans have been transferred to the Anglo-Saxon race and ascribes the national faults of the modern Italian to modern Italian methods which place individualism above discipline. The existence of the Black Hand in America, he says, is the outcome of this education of non-discipline.

ARSON TRUST SCANDAL.

Carberryites Said to Be Involved By Firebug's Confession.

A despatch from Winnipeg says: According to Provincial Fire Commissioner Lindback, J. A. Marshall of Carberry has confessed to having set fire to Garland's store in that town three years ago. Marshall, Commissioner Lindback states, implicates A. E. Webb, and says that Webb offered him $100 to set fire to the store. Several other well-known Carberry people may be involved, and startling revelations are expected when the parties are brought to trial. A. E. Webb was arrested on Tuesday at Carberry on a charge of having instigated fires that occurred at the same time. He is being held at Portage la Prairie for trial. Marshall is also under arrest, and is confined in the Brandon Jail, where he is stated to have confessed everything.

TERRIBLE EXPERIENCE.

Lumberman Passed Through a Hard Time.

A despatch from Blind River says: Lost for sixteen days in the bush, during which time he lived entirely on berries, a man who gave his name as John Black, was found in a deserted hut by a young Frenchman, who happened upon the deserted camp while out on a paddling excursion. Black, when found, was in a terrible condition. His only clothing consisted of a pair of old overalls, held together by pieces of wire. His body was a mass of sores, the result of scratches sustained while groping through the underbrush, and mosquito stings. His feet were badly lacerated, and he was in a terrible emaciated condition. He was hurried to the hospital here, and it is thought he will recover.

2,500 HEAD OF CATTLE.

Largest Dairy Farm on the Western Hemisphere.

A despatch from Winnipeg says: The largest dairy farm on the entire western hemisphere is now being whipped into shape at Headingly, a suburb of this city. When completely stocked the farm will count 2,500 head of cattle within its fences, and with 1,500 of these giving milk, the total yearly output of milk and cream should be 2,000,000 gallons. It is estimated that Minneapolis and St. Paul furnish this city with about $500,000 worth of milk, etc., a year, which, with the estimated output of this farm, would be eliminated.

MINISTERIAL ORDER.

Prohibits the Importation of Horse Fodder.

A despatch from Ottawa says: The Department of Customs has issued a Ministerial order prohibiting the importation of hay, straw, fodder, feedstuffs or litter accompanying horses from Continental Europe for a period of six months from July 16.

Mr. Bruce Walker,
The watch-dog of Canada's entry ports.

PRICES OF FARM PRODUCTS

REPORTS FROM THE LEADING TRADE CENTRES OF AMERICA.

Prices of Cattle, Grain, Cheese and Other Produce at Home and Abroad.

Breadstuffs.

Toronto, Aug. 5.—Flour—Ontario wheat flours, 90 per cent., $4.20 for domestic trade. Flour made of new wheat, $3.60, seaboard, for September delivery. Manitobas, first patents, in jute bags, $5.50; second patents, in jute bags, $5; strong bakers', in jute bags, $4.80.

Manitoba wheat—No. 1 Northern, $1.05, on track, Bay ports; No. at $1.02; No. 3, 98 1-2c, Bay ports.

Ontario wheat—No. 2 white and red wheat, $1.00, outside, and new wheat at 85c, outside.

Oats—No. 2 Ontario oats, 35 to 36c, outside, and at 37 1-2 to 38c, on track, Toronto. Western Canada oats, 38c for No. 2, and at 37c for No. 3, Bay ports.

Peas—The market is purely nominal.

Barley—Prices nominal.

Corn—No. 2 American corn, 72 1-2c, Toronto, and at 68 to 68 1-2c, c.i.f., Midland.

Rye—Prices nominal.

Buckwheat—Purely nominal.

Bran—Manitoba bran $19 a ton, in bags, Toronto freights. Shorts, $20, Toronto.

Country Produce.

Butter—Choice dairy, 21 to 23c; inferior, 17 to 19c; creamery, 26 to 26 1-2c for rolls, and 24 to 25c for solids.

Eggs—Case lots of new-laid, 24 to 25c per dozen; fresh, 20 to 21c, and seconds, 16 to 18c.

Cheese—New cheese, 13 3-4 to 14c for large, and 14 1-2c for twins.

Beans—Hand-picked, $2.25 to $2.30 per bushel; primes, $1.75 to $3, in a jobbing way.

Honey—Extracted, in tins, 12 1-2 to 13c per lb. for No. 1, wholesale; combs, $2.25 to $3.00 per dozen for No. 1, and $2 to $2.25 for No. 2.

Poultry—Hens, 16 to 17c per lb.; turkeys, 18 to 20c. Live poultry, about 2c lower than the above.

Potatoes—New potatoes, $3.25 per barrel.

Provisions.

Bacon, long clear, 15 3-4 to 16c per lb., in case lots. Pork—Short cut, $28.50 to $29; do., mess, $24. Hams—Medium to light, 20 to 21c; heavy, 18 to 19c; rolls, 16 1-2 to 17c; breakfast bacon, 21c; backs, 24 to 25c.

Lard—The market is unchanged. Tierces, 14c; tubs, 14 1-2c; pails, 14 3-4c.

Baled Hay and Straw.

Baled hay—New hay sold at $12.50 to $13.00. No. 1 at $14, on track, Toronto, and No. 2 at $12.50.

Baled straw—$8 to $8.50, on track Toronto.

Montreal Markets.

Montreal, Aug. 5.—Oats—Canadian Western, No. 2, 40 1-2c; do., No. 3, 39 to 39 1-2c; extra No. 1 feed, 40c. Barley—Manitoba feed, 51 to 52c; malting, 62 to 64c. Buckwheat—No. 2, 58 to 60c. Flour—Manitoba Spring wheat patents, firsts, $5.60; do., seconds, $5.10; strong bakers', $4.90; Winter patents, choice, $5.50; straight rollers, $5.10; do., in bags, $2.40. Rolled oats—Barrels, $4.55; bag of 90 lbs., $2.15. Millfeed—Bran, $19; shorts, $21; middlings, $24; mouillie, $26 to $32. Hay—No. 2, per ton, car lots, $12.50 to $13.50. Cheese—Finest westerns, 13 1-4 to 13 3-8c; do., easterns, 12 3-4 to 13c. Butter—Choicest creamery, 23 3-4 to 24c; seconds, 23 1-4 to 23 1-2c. Eggs—Fresh, 29c; selected, 27c; No. 1 stock, 23c; No. 2, do., 18 to 19c. Potatoes—Per bag, car lots, 50 to 60c.

Winnipeg Grain.

Winnipeg, Aug. 5.—Cash—Wheat—No. 1 Northern, 96c; No. 2, do., 93c; No. 3, do., 89c; No. 4, 80 1-4c; No. 5, 72c; No. 6, 67 1-2c; feed, 60c; No. 1 rejected, seeds, 89c; No. 2, do., 86c; No. 3, do., 81c; No. 4, do., 76c; No. 5, do., 65 1-4c; No. 6, do., 60 5-8c; feed tough, 53c. Oats—No. 2 C.W., 34 1-2c; No. 3, do., 33 1-4c; extra No. 1 feed, 33 3-4c; No. 2 feed, 30 3-4c. Barley—Rejected, 43c; feed, 43c. Flax—No. 1 N.W., $1.27; No. 2 C.W., $1.28 1-2; No. 3, do., $1.12.

United States Markets.

Minneapolis, Aug. 5.—Wheat—July, 84 7-8c; September, 86 3-4 to 86 7-8c; December, 89 5-8 to 89 3-4c. Closing cash—No. 1 hard, 89 3-8c; No. 1 Northern, 87 3-8 to 88 7-8c; No. 2 Northern, 85 5-8 to 86 7-8c. No. 3 yellow corn, 64c. No. 3 white oats, 38 3-4 to 39 1-4c. No. 2 rye, 55 to 57c. Flour and bran unchanged.

Duluth, Aug. 5.—Linseed—July, $1.40 nominal; September, $1.42; October, $1.42 1-2; November, $1.42 1-2 asked; December, $1.40 1-4 asked. Wheat—No. 1 hard, 89 3-8c; No. 1 Northern, 88 3-8c; No. 2 Northern, 86 5-8 to 86 7-8c; July, 87 3-4c nominal; September, 88 3-8c asked; December, 90 1-8 to 90 1-4c; May, 94 7-8c.

Live Stock Market.

Toronto, Aug. 5.—Cattle—Choice butchers, $6 to $6.50; good medium, $5.25 to $5.75; common, $4.25 to $4.75; canners, $2 to $2.50; cutters, $2.75 to $3; fat cows, $5 to $5.30; common cows, $3.50 to $4. Calves—Good veal, $8 to $7; choice, $7.75 to $8.00; common, $3 to $5.50. Stockers and feeders—Steers, 700 to 800 pounds, $3.25 to $4.25; extra choice, heavy feeders, 900 pounds, $5.00 to $5.50; rough, light, $2.50 to $3.50. Sheep and lambs—Light ewes, $4.25 to $5; heavy, $3 to $3.50; bucks, $3 to $3.50; spring lambs, $7.50 to $8.25. Hogs—$9.50 f.o.b. and $10.25 fed and watered.

Montreal, Aug. 5.—Good steers, $6.25 to $6.50, and the lower grades from that down to $4.50 per cwt., while butchers' cows brought from $3 to $4.50 and bulls from $3 to $4 per cwt. Ewe sheep, $4.75 to $5.00, and culls at $4.00 to $4.50, while lambs brought $7.25 to $7.75 per cwt. Hogs, $10.00 to $10.50 per swt., weighed off cars.

THE PAROLE SYSTEM.

Many Penitentiary Convicts Hope For Release.

A despatch from Winnipeg says: W. P. Archibald, Dominion parole officer, is now in Winnipeg, having completed at Stoney Mountain on Tuesday an inspection of penitentiaries, during which he has had 700 interviews with convicts that hope for release under the parole system. Four hundred of the appeals came from the Western Provinces.

BURNED TO DEATH.

Woman Drank Methylated Spirits and Smoked Cigarettes.

A despatch from London, England, says: On the witness stand at the coroner's inquest into the death of Juanita Camp, 29, wife of a jeweller's clerk, living in Little Chatham Place, Walworth, who was burned to death in her bed, her husband testified that for the past six years his wife had been addicted to the habit of drinking methylated spirits, which caused her limbs to become rigid as though paralyzed. He also said that his wife smoked cigarettes in bed and read by candle-light. It is presumed that a spark from her cigarette ignited the bed-clothing, and because of her inability to escape she was burned to death.

BEAUTIFUL FIREWORKS.

Will Be Seen at the Canadian National Exhibition.

Moving pictures in firewarks are surely the newest thing in pyrotechnics. And the newest thing in all lines are served at the Canadian National Exhibition. Among the motion pictures framed in fire that are on the bill are a threshing machine, with wheels running and grain pouring from the spout, an auto fire engine that runs so fast it crashes into an automobile, and flying machines. Add to these the changing illumination, the colored balloons, the exploding bombs, the soaring rockets, the massive golden fountains and dispersing radiating batteries, and you have a fireworks bill more varied and more wonderful than anything ever before presented at the Canadian National.

MILITANT INCENDIARIST.

Sentenced to Nine Months Hard Labor.

A despatch from Liverpool says: Mrs. Edith Rigby, the well-known suffragette of Preston, was sentenced on Wednesday to nine months' hard labor on the charge of setting fire to the country residence of Sir William H. Lever at Rivington, Lancashire, on July 8, and causing damage estimated at $100,000. The prisoner, who is the wife of a physician, admitted her guilt, and also confessed to being the perpetrator of the bomb outrage at the Liverpool Cotton Exchange on July 5.

FIRST WOMEN'S JURY.

Convicted a Woman in a Court in East St. Louis.

A despatch from St. Louis says: The first women's jury to be empanelled in Illinois since the recent enactment of the law in that State on Tuesday convicted a woman in a Justice Court in East St. Louis. Mrs. Blanche Thomas, charged with disturbing the peace of a neighbor, asked for a jury of women. A fine of $5 and costs was fixed by the jury. Five of the jury were stenographers, one was married, and four were under the legal age. The trial lasted three hours, and it took the jury less than ten minutes to agree upon a verdict.

Very Bright.

"What do you do when people come in and bore you?" "When they stay too long, the office boy, who is very bright, and knows just when to interfere, tells me that a gentleman is in the counting-house waiting to see me on important business." "Ha! ha! That's a capital way to get rid of bores who don't know —" Just then the boy opened the door, sang out: "Gent in the countin'-house, sir, waitin' to see you on important business!"

SIR RICHARD P. COOPER DEAD

He Was Probably the Biggest Farmer in the World.

A despatch from London says: Sir Richard Powell Cooper, probably the biggest farmer in the world, is dead. He had considerable farms in Britain and large property in North and South America.

COMMENT ON EVENTS

According to the daily papers, a prominent young society girl of Toronto, spending her holidays at a well known summer resort, ran away with a young man whom she had not known for more than ten days and got married. She was immediately taken home by her parents. The next day her husband appeared in the police court and the bride's father was preparing to institute proceedings in an attempt to have the marriage annulled.

This is one of many incidents reflecting a sort of daredevilishness that is exhibiting itself in Canadian society, but which only in a modified form and rarely see the light of day in the newspapers. Thanks to an obliging Canadian press, it is not difficult to keep such stories out of print, this being one of the outstanding distinguishing characteristics of the newspapers of this country as compared to those of our neighbors to the south.

The fact is that according to private gossip there are any number of incidents occurring in Toronto and Montreal which do not reflect any credit on the stamina and soundness of Canadian character. One frequently hears the prediction that some day, if things go on as they are, there will be a tragedy in Canadian society, so called, which may attract the attention of the world. These conditions apply only to a certain small set.

One wonders sometimes if it would not be a good thing if Canada had one real "yellow" newspaper which would go after these proceedings and bring them to public attention. Perhaps the fear of publicity and the light of day would be a vastly more repressing influence than have been the laws of the land or respect for morals.

The U. S. and Mexico.

A good many people in Canada view with suspicion the conduct of the United States toward Mexico. It is not evident that there is any ground for this suspicion excepting the feeling that the United States has not always been most considerate in its attitude toward Canada, and that perhaps if she saw a good chance to absorb Mexico she would not be averse to taking it. Such critics point out that the United States obtained the Panama Canal zone by tactics that were not altogether free from criticism, that she has more recently obtained a protectorate over Nicaragua by the same methods and that she would not be averse now to cleaning up the map from the 49th parallel to the Isthmus of Panama by securing a status in Mexico.

It ought to be said that so far as outward acts go there does not seem to be the slightest ground for any such aspersion with respect to her activities in Mexico. Indeed, in England and in Europe generally, the feeling is that the United States is shirking her responsibility in not having interfered long ago with the revolution ridden country of Madero and Huerta, particularly when the lives and property of many foreign citizens are in danger.

The Republican party is generally credited with being in the United States the Imperialist party, that is the party which wants to branch out and become a figure in world affairs. True, it was responsible for the taking over of that waif of the Pacific Ocean, the Phillipine Islands. But it has to be remembered that it was the Democrat party that caused the Venezuela explosion. It would be history repeating itself if the Democrats, on their first return to power, got into a mix up in Mexico. They play jingo politics in the United States as well as other places.

A Big Municipal Enterprise.

If the City of Toronto's negotiations with Sir William Mackenzie for the purchase of the Toronto Street Railway and the Toronto Electric Light Company go through, it will inaugurate one of the largest experiments in public ownership which have been tried in Canada. The deal involves approximately $30,000,000, of which about $22,000,000 is for the Street Railway and about $8,000,000 for the Electric Light Company.

Mayor Hocken and Sir William Mackenzie have now come to terms which they have agreed to submit to their principals. What the exact terms of this agreement are is not known yet. Sir William on his part will submit the proposal to his shareholders. The Mayor before leaving for a holiday trip in Newfoundland, also passed the agreement over to expert valuators who will check up the figures, after which it is to be considered by the Provincial Hydro Electric Commission.

Just what Hon. Adam Beck and his colleagues will say to it is somewhat difficult to guess. They may come to the conclusion that the deal prejudices the rights of the other municipalities outside Toronto now being served by the Hydro Electric Commission. If they come to such a decision they may arouse the hostility of Toronto's Mayor, who apparently believes that the deal will be a good thing for everybody, and that if Toronto wants to spend her money buying up these local concerns it is nobody's business but her own.

If the Hydro Electric Commission give their approval it will help the reception which the proposal will receive from the citizens, for of course the whole proposition has to be voted on by the ratepayers before it can go into effect. It is expected the vote will be reached about the last of September, or perhaps some time in October, that is, providing the Hydro Electric Commission give the arrangement the stamp of its approval.

Will be Opposition.

Undoubtedly there will be vigorous opposition to the proposal. The Toronto Telegram early showed its colors and is opposing the whole business with characteristic vehemence.

The chief criticism from a Toronto view point is that the price quoted by Sir William Mackenzie is excessive. The Toronto Street Railway franchise has but eight more years to run, and though the company is making surplus profits at the rate of about $1,500,000 a year, $22,000,000 is a big price to pay for an eight-year franchise. In 1921, when the franchise comes to an end, the City will get for nothing what it is asked to pay something for now, though at the same time it has to be remembered that there is the possibility in 1921 of a big argument over what the city will be obliged to pay for the plant and equipment of the railway even after its franchise is exhausted.

From a provincial point of view the situation is complicated by reason of the fact that the Street Railway and the Electric Light Company both have long term contracts with the Electrical Development Company, the chief competitor of the Provinical Hydro Electric Commission.

Before the matter is finally settled there will no doubt be some warm discussion and perhaps interesting developments. Less courageous mayors would not have tackled such a big problem, but Mayor Hocken from the beginning of his term has seemed determined to make his regime mean something.

Visiting Englishmen.

A party of some twenty English M. P.'s, with their wives and daughters, have been passing through Canada en route to Australia, where they are to be the guests of the Commonwealth. They had no mission to Canada other than any other tourists, being members of the Imperial Parliamentary Union, a purely social organization.

The remarkable thing about the party was the extreme difficulty in getting any of them to express an opinion on any political subject whatsoever. The explanation of this curious fact no doubt lay in the fact that even their small numbers represented almost every shade of political opinion, including alike Lords and workingmen, Liberals and Unionists, and it would have been almost impossible to have expressed any opinion on any political matter to which someone in the party would not have taken violent exception.

Conspicuous in the party were two former Canadians, Hamar Greenwood, a graduate of Toronto University, and Donald McMaster, a graduate of McGill University. Both of these men have made distinct successes in law and politics in England, the former as a Liberal and the latter as a Unionist. Both are comparatively young men and may be in line for still further honors. Greenwood is a particularly aggressive type and his career is a veritable romance. While Canada is the land of opportunity for many a penniless immigrant, England proved to be the land of opportunity for young Greenwood who, on his arrival there, was as penniless as any immigrant who set foot upon these shores. Undoubtedly his skill on the platform has been a source of strength to his party. McMaster is more of the intellectual type and is confidently expected to be included in the next Unionist Cabinet whenever that shall be organized.

One of the most picturesque members of the party was Will Crooks, the Labor member for Woolwich. Peer or peasant, it is all one to Crooks. He is hail fellow well met with all.

Lord Emmott and Lord Sheffield were the leaders of the party. They are types of newly appointed Liberal lords who have grown wealthy in trade and who carry with them into the Upper Chamber certain more or less pronounced Radical proclivities.

Tom—But, Mabel, on what grounds does your father object to me? Mabel—On any grounds within a mile of our house!

SOME CAUSES OF DISEASES

CARELESS HABITS ARE LARGELY RESPONSIBLE.

Indiscretions in Early Life Are Felt By Middle-aged and Elderly People.

Notwithstanding that the thoughtless man or woman is generally the happiest, this way of taking life very often brings heavy penalties, sooner or later. Of all the middle-aged and elderly people who crowd the doctors' waiting rooms, probably one half are there through their own neglect. Rheumatism, gout, chronic indigestion, heart troubles are created very largely by our own indiscretions.

The machinery of the body gives very little trouble in the first half of life, and hence we treat it with little consideration. When middle-age comes, with the natural degeneration of all parts of the body, our early ill-treatment shows itself in dilated stomachs, fatty degeneration of the heart, shaky nerves, hardened livers, or stiff joints. There is scarcely any part which one person or another does not abuse and scarcely any organic trouble which is not in that way produced.

Take the stomach, for instance. In countless ways we ill-treat this patient organ. Some bolt their food, some eat too large meals, some go too long without eating.

Most people take tea and other liquids so hot that even the tough skin of the finger could not bear them. Think what mischief these must do down below to the delicate lining and glands of the stomach.

These indiscretions have many evil consequences. They weaken the digestive organs, produce inflammation and catarrh. Food then remains too long in the injured stomach, where it ferments and gives rise to great quantities of gas.

The catarrh, after coming and going a few times, becomes chronic. The gas and the mass of stagnant food dilates the stomach, and once this condition is established it is almost incurable.

At first people make little of an attack of indigestion, but by the age of 35 or 40 the great majority have permanently damaged the stomach, and it remains a source of trouble for the remainder of their life, causing drowsiness, giddiness, noises in the ears, sleeplessness, and a dozen more unpleasant symptoms.

Liver Ill-treated.

Then there is the liver. Who does not suffer from some affection of the liver? He eats rich food day after day, he drinks alcohol beyond the daily physiological allowance (a wineglass of whisky or its equivalent in wine or beer.) He takes the alcohol not at the proper time, which is during or immediately after a substantial meal. Or a woman may squeeze her figure out of all shape.

The result of this and other forms of ill-treatment is a congested or fatty or hardened liver, and perhaps gall-stones and colic. This damage also is generally permanent. The kidneys, likewise, are abominably treated. Nearly every well-to-do person eats so much meat that, working at full pressure night and day, the kidneys cannot always get rid of the waste. A great number of people do even more harm by drinking too much beer or spirits.

And probably no one ever considers that these organs are frequently damaged by chills. It is therefore no wonder that in middle life so many suffer from Bright's disease, dropsy, and other affections of the kidneys.

The heart, probably more than any other organ, is taxed beyond its power of endurance. Young men undertake great muscular feats, even men getting on in age climb mountains, cycle long distances, and in other ways put a strain upon the heart that dilates it and makes it incompetent to the end of life.

In the same manner diabetes is also sometimes caused. But the chief factor in this case is a sedentary life with prolonged intellectual work. Diabetes has been called the "lawyers" disease," being so often seen in solicitors because of their combinations of brain work and inaction of the muscles. Anyone who leads a sedentary life may be storing up this disease for his later years.

Cause of Gout.

Of gout we all know the reputed cause—too much meat, combined with too much alcohol. And of rheumatism the cause is no less well known—exposure to cold, wet and fatigue. But who ever thinks in time of what he is preparing for himself by these habits?

Corpulence we bring on by a sluggish, rest-loving life, with too much food for the amount of work done. We weaken the arteries of our brain and make ourselves liable to apoplexy by giving way to passion and other forms of mental excitement.

We strain our eyes reading in bad light, in shaking vehicles, in bed, and bring on blindness, or an approach to it, in our old age. We neglect our teeth, which become carious and poison the stomach or drop out and leave us chronic dyspeptics.

We expose ourselves to the risk of colds, which, repeated often enough, develop into chronic bronchitis, the commonest and most crippling trouble of the later end of life.

In many other ways even the most sensible persons actually manufacture their own diseases. And this is certainly not sensible.

DOWN BY THE SOUNDING SEA

BITS OF NEWS FROM THE MARITIME PROVINCES.

Items of Interest From Places Lapped by Waves of the Atlantic.

There are 350 thoroughfares in Halifax, as enumerated in the new directory just issued.

Farmers of New Brunswick say they never remember hay growing so fast as it has this summer.

A company known as Maritime Oilfields, Limited, is going to bore for oil and gas in the vicinity of Sussex, N.B.

A St. John's, Newfoundland, man threatened his wife with a revolver, and a magistrate sent him to jail for three months.

In the Province of New Brunswick over three inches of rain fell during the month of July. It was the heaviest July rainfall for many years.

Near Yarmouth, Nova Scotia, the hulks of three stranded steamers are being stripped of their fittings, including iron, copper and brass from the hull and engines.

At Stanley, N.B., lightning entered the house of Thomas Needles, throwing him and his wife right out of bed, but injuring neither of them nor doing any harm to either bed or clothes.

The Empress of Ireland, on her recent trip, made the fastest passage ever made from Liverpool. The actual time from Liverpool to the breakwater at Quebec was six days and sixteen hours.

The first swordfish of the season has appeared in Nova Scotian waters. A boatman got a dart into the big fellow but couldn't hold him. This is the forerunner of the annual visitation of the "swords."

The last rail on the Gibson and Minto Railway has been laid. It is expected the new line will be an important addition to the Fredericton and Grand Lake Railway which operates in New Brunswick.

J. S. Brown left Burton, N.B., 48 years ago. Last week he went back home from the west and paid a visit to his brothers, the first time he had seen or communicated with them in all that time.

Dr. George K. Butler, a native of Yarmouth, N.S., who had been absent in London, England, for 37 years, was returning to his native land on a visit, caught cold on the voyage over, and developed pneumonia, which caused his death.

A young farmer, named Peter Murray, who lived on the Freshwater Road, near St. John's, Newfoundland, stepped on an iron rake, the teeth of which penetrated his foot. Blood poisoning and lockjaw set in, and he died in the General Hospital.

Sydney Fulton, a 14-year-old boy of St. John, N.B., was drowned trying to save the life of a boy chum who was drowning. Young Fulton was a grandson of Robert Fulton, one of the famous Paris crew, which made New Brunswick famous 40 years ago.

It is expected that a new sawmill will be ready for operation in Fredericton, N.B., in the near future. It will have a capacity of 80,000 feet per day; will cut 6,000,000 feet this year, and will be one of the finest bandsaw mills in Eastern Canada.

Members of Halifax Automobile Association spent a whole day repairing a stretch of 18 miles of road between the head of the Northwest Arm and French Village. Some fifty members of the association took part in the good work.

Prof. McCarthy, of King's College, a noted Nova Scotia biologist, will study the possibilities of Hudson Bay as a new Canadian fishing ground. It is the opinion of Maritime provinces fishermen that the Hudson Bay will prove a valuable addition to the fishing grounds of Canada.

The worst cod fishery in 50 years is reported from the north-east coast of Newfoundland. Ice and rough weather kept the fishermen back, and when they did arrive at the fishing grounds the fish were either scarce or would not take the bait. There is, however, every promise for good fishery along the Labrador coast.

REMARKABLE DISCOVERY.

Immunity From Severe Attacks of Mumps.

A despatch from Paris says: Dr. Pierre Roux, director of the Pasteur Institute, reports that the experiments of Doctors Nicolo and Conseil in inoculating monkeys with the serum for mumps resulted in producing a mild form of the disease which gives them immunity from the more severe attacks.