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ny have pur but let him begin the practice of tak-Fort William for ing a fourth meal, say a late supper, k, marine railway and he will soon find that his appe-Soap removes all tite craves for it at the regular hour.

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### THE DAILY WHIG. "Opifer per Orbem Dicor."

Kingston Election Case.

Not in many years has such great

local interest attached to a case as t the coming election trial. It was stituted by vote, first of the executive committee of the Conservative Asso ciation, and secondly of the associa tion itself in convention assembled Therefore, though the mass of that party regrets that its action was tak en seriously it is primarily responsible. The gentlemen of the Tory ma chine enjoyed the summonsing of liber als as witnesses, but there was a lull in the sport when they in turn were subpoenned under the cross-petition The effects on both sides are almos member may lose his seat if bribery testing candidate suffers no ill-cons quence unless a charge can be brought home to him personally. Not so with the agents. In prosecuting a cross petition counsel first proves individu acts of bribery and places them guilty parties, and then seeks a connection with the defented suffer penal consequences. Liberal therefore, are not alone to be of judicial censure it may be for the would be most unfair, under the pr sent circumstances especially.

Commends Canada's Way. The Syracuse-Post Standard quotes from the London Mail, the care given to immigrants to Canada, in

"A great steamboat with 1,500 im migrants on board, moors, for ex ample, alongside the port at Quebec The immigrants are marched in twixt narrow railings they are thecked, classed and medically examine almost without being conscious of the process. Long trains with open doors are waiting along the platform, and, in a period of time incredibly brief the immigrants, in family groups, are packed into the train and move off, "When the destination is at last reach d there are government agents. with maps of the district and vehicles in which to drive the intending settler round to make his choice. At a cost of time and money incredibly small the immigrant is then planted on hihomestead block, or his quarter sec tion, of purchased land, and finds him self practicing the rudiments of farming; while the government continue to watch over him, supply him with paternal advice and encouragement. and, if necessary, seed corn-every-

thing, indeed, except cash." The Post-Standard calls it patern What the United States needs something, anything, that will transform the purposeless, unorganized throng of newcomers who are flocking to our shores in greater numbers every year and adding to the population of cities already too big, into an intelligently directed body of human beings, bound towards individual in dependence and the real interests of the United States.

Danger Of Overeating.

If the facts could be ascertained they would probably show that many people die of overenting as of strain overdrinking, though the evil effects of the abuse of liquor are unquestion. This is the important question beably greater. A gourmand punishes fore the insurance world to-day: The only himself, but a drunkard inflicts policy holder should be able to shame and misery on his family, tain his insurance at the lowest pos-That eating is governed to a large sible cost conformable with absolute extent by habit and custom is some- security, and this is what those at the thing that every person can verify for head of insurance companies should himself, if he is not disposed to be aim at. It is quite possible that the internally, acting directly upon the blood lieve what medical science tells him. If he is accustomed to three meals a surance companies in the United by building up the constitution and as-If he is accustomed to three meals a

one meal a day. No doubt it was this regimen, but probably the ensadaily meal hour. Many people have adopted the no-breakfast plan,

the October number of the Cen tury, Russell H. Chittenden, director Yale University, urges that dietetic requirements be founded not upon so called instinct and craving, but upon reason and intelligence. The United States Congress has provided in the last ten years nearly \$200,000 for study of human nutrition by the department of agriculture. Some 15,000 been suggested. According to these les standards the average man needs 120 chance. grams of proteid (nitrogen-containing) food, with sufficient carbohydrate (mostly starchy food) and fat to yield approximately 3,000 calories or heat units. In order to obtain this amount of nutrients he would require per day, three-fourths of a pound of ordinary roast beef, one pound boiled potato, one-half pound of white bread and one-fourth of a pound outter. A more elaborate diet, with same nutritivo value, might by substituting gegetables for

Mr. Chittenden's own experiments much too high. He chose six studied. They were under daily observation for periods of from six months or two years. One professor, first substantial building erected weighing 127 pounds, maintained his weight and strength for nine months, a daily intake of thirty-nine grams of proteids, with an average fuel value of 1,600 calories. A second professor, weighing 160 pounds, main tained his equilibrium on a daily in take of thirty-nine grams of proteid food with an average fuel value of 2,400 colories. The experiments established the fact that professional men whose daily work is primarily of a mental character, though by no means excluding a reasonable amount of physical activity are able to maintain their weight and full physical and mental vigor by an intake of fifty grams of proteid per day, with an additional amount of carbohydrate and fat sufficient to yield a total fuel value of 2,000 heat units per day. A detail of United States army

soldiers served as subjects for the physical workers. Their daily diet had been 118 grams of proteid more than 3,000 calories. They main tained their weight and vigor with a daily intake of fifty-five grams of proteid, with a total fuel value in their food of 2,500 calories. These soldiers well satisfied with their reduced and made noticeable gains

physical strength. "Diet, well ordered," said Lord Ba-"bears the greatest part in the prolongation of life." Mr. Chittenden has later scientific authority for this, and enlarges on the dangers of undue consumption of food. Excess means not only waste, but entails a useless expenditure of energy on the part of is really necessary is as wasteful in the nutrition of the body as in the running of the boiler and steam engine. The prudent engineer knows to a fraction the pressure of steam needs to carry, and he does not intend to waste fuel or endanger his boilers or engines in heedless man agement or reckless, disregard actual requirements. Man, on other hand, is rarely inclined to consider the application of these principles to his bodily machinery. He erto determine the character and quantity of his daily fuel, quite satisfied so long as the machinery endures the universally spoken of as lucky, says

the cost of insurance to the public Mackenzie & Mann have purchased the Nepigon railway, a portion of which, it was found would be dupli- Toledo, O. cated by their projected Sudbury to Sold by all Druggists, 75c. tarnish but won't The other day Lord Strathcona de- cated by their projected Sudbury clared that for years be had lived ou Port Arthur line.

Edi orial Notes.

If the North-West wheat crop does get seventy cents a bushel they will

In Canada the west may have a big

the fact that the average producer

Brantford people have been drinking well water that is both food and drink, the Courier declaring, the authority of one of the physicians that the water is crawling with pollywogs and hideous specimens of bacteria with names as long as your arm. No wonder the Brantford saloons do s

A successful business man, almost universally spoken of as lucky, says, "What, is luck? Luck is rising at six o'clock in the morning, spending not more than half your income, minding your own business, trusting to your

Historic Fort Sold

Johnstown, N.Y., Oct. 5 .- An interplaced on record in the county corder's office to-day. It involves sale of the lands belonging to the in estate, and embracing Fort John ston, the oldest baronial mansion the United States to Ethan and Louis Akin, of Grundy county, Iowa, for consideration of \$23,000. The estat was divided into twenty parcels. The first parcel sold to the two brothers included Fort Johnston, which for many years has been the Mecca of students of history. The fort was sold for

Various historical societies have at different times contemplated buying the old stone fort and mansion, but the Akin family would not part with Yale University, all of good health it at any price. It is now believed physique, upon whom the effect that the big estate will be divided into building lots, and that the old fort ground around it. The fort was of the state after he had received grant of 50,000 acres of land

Sir William Johnston in this King George H., of England, This fort the Indians and also of many peace conferences with the red

City Will Lose Playground. Pittsburg, Pa., Oct. 5.-There is serious trouble between Henry Phipps, the steel magnate and the tax officials of Allegheny, and the result will undoubtedly te that the city will lose the fine playground which Mr. Phipps has had fitted up at his own expense when Mr. Phipps turned over the playground to the city he did not deed the property, but informed the officials purpose as long as the city wanted it. The property was not assessed by the county, but this year the Alleghany city officials assessed it and sent tax bill amounting to \$2,155.78 to Mr. Phipps. When he refused the property study of the food requirements of was advertised to be sold for taxes. hen Mr. Phipps paid the taxes, but

The Designer For November. Advance illustrations of handsome ur garments are shown in The Designer for November, so, too, are Tailor-Made Costumes and Toilettes," some of those being especially designed for those in mourning, while others are for elderly women. "Fashionable Frivolities for Femine Fancies" pictures and describes new styles in belts and bags, and "Forewords Regarding Fashions and Fabrics" displays the picturesque bolero in many forms and materials. The millinery lesson tells how to make a mourning toque, and "Points on Dressmaking" gives instruction in finishing cloth skirts. The regular styles of the month embrace every desirable the various tissues and organs of the ment now in vogue, from the out-ofbody. The burning of more fuel than door wrap to underwear, Excellent short stories are among the miscel

ordered the playground closed.

People Approve Of King's Bride. Madrid, Oct. 5 .- The announcement of the betrothal of King Alfonso XIII. to Princess Ena of Battenberg, has met with general approval and the selves astic reception if ever she visits Spain. The Diario Illustrada, one of the lothe cal papers, has taken, a vote among thies or pedantic notions, or arb its readers on the question of the most | trary temper. Not a man of fads and popular prospective wife for the king. fancies. Power given to such a man for Princess Ena of Battenberg, 21,230 education. But if the government dinarily allows appetite and craving for Princess Patricia of Connaught, knows the kind of man and finds him and 3,002 for Princess Louise of Or- and gives him the chance a man

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leased to learn that there is at least one readed disease that science has been able in all its stages, and that is atarrh. Hall's Catarrh Cure is the only raternity. Catarrh being a constitution treatment. Hall's Catarrh Cure is taken proprietors have so much faith in its died in terrible agony. curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimoni-Address F. J. CHENEY & CO.

IS NEEDED

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Be the Lirector of the Education of Ontario-A System is Required to Meet the Conditions of the Future. Toronto Globe

By a crisis is meant a point where the next move may involve distinct far-reaching success or definite irreparable failure. That point has been reached in 'the development of education in Ontario. The lament ed death of the deputy minister of education raises a question which was bound to be raised before long; the question of the organization of educapresent needs and better adapted to present conditions. The system now in operation is outgrown. It has served its day. Its good features do conditions, and its defects stand out prominently and are growingly some to the better class of edu tionists and growingly injurious the educational interests of the vince. The educational policy of government, the qualities of educational statesmanship, will be revealed by the course adopted at the present juncture. The action taken as regards the important vacancy in the official staff of the education department will involve an educational cluded in these studies, as a result of own resources, keeping your own con- policy that will make either for dewhich certain dietary standards have fidence, making your opportunity, and generation or for regeneration in edusent point is an educational crisis.

said of the past. From the days when Egerton Ryerson began the bringing of order out of chaos there has been progress. Experiments have been ried. Ventures have been Fresh ideas have been added. educational programme has grown antil it now embraces almost everything desirable or possible either for culture or for utility. But with all this extension of the field of educaional operation there has not been a corresponding intensiveness and ordination. The time for that, may be, had not come. This is the It ought not to be longer delayed. It is there, at the very heart of the system, the work must begin It is vain to tinker with the extremi ties, to offer baits for men of ability to enter the teaching profession, to scale up the salaries, or to provide for pensions, if the organizing prin ciple is inadequate or mistaken. Amendments to the school law, new orders in council, new rulings of the department, be they never so wise, will not suffice. The stage of development has been reached in which something more radical, more vitalizing, is imperatively demanded. How can the present crisis be met

and turned to good account? Only by a man. The education department lift itself. The government cannot lead the way. The legislature is powerless. The Ontario Educational Association may feel the lack and know the cause, but its resolutions will not avail. A council, whether advisory or administrative, cannot meet spheres of organized and co-operative and power equal to the task. It

There is, at this moment, no other the Ontario government at all parable to that involved in dealing with the complicated and difficult situation presented by the education department. The head of the depart ment is, and under the present constitution, of the government must be politician. It need not be a handi cap that the present minister of education is not, and does not pretend to be, a practical educationist. His fitness, and the fitness of the gowernment, will be seen in the selection of an educational expert, a man of competent knowledge and personal power, to be the master-mind and leader in the large work that yet remains to be done in every grade from the kin dergarten to the university. Whether a deputy or a superintendent matters little. What matters is getting the man and giving him a chance.

Sir Oliver Mowat realized the need its demands, when he sought the services of Principal Grant. If there another Principal Grant anywherethe service, 'in the ranks of educa tionists, in the universities, in the professions, employed by the corporations-if a man of large educational aptitudes, with power in organization and administration, can be got any where, let the minister and the government look him out and secure his services for the public. That is what a great industrial, financial, or railway corporation would do Let the government be as wise for the public as the corporations are for t

Princess may count upon an enthasi- It is in no wise a question of money politics, but only of the rigit of the 62,500 votes cast 30,128 were would work only greater hurt to ought to have, free from fossilism on the one hand and from politics on the other, it will do more for its own good name and for the highest interests of the province than in any other undertakin; its administrative history will bring.

Ate Match Tops And Died. Buffalo, Oct. 5,-Genevieve Saeger, aged twelve years, is dead here result of eating heads of matches to escape going to school. She had pleaded to be permitted to remain away from school, and being told that she must go, she ate the match tops

The French aldermen of Montreal carried a motion to change the name of Craig street to St. Antoine in Take Hall's Family Pills for consti- spite of the opposition of the English speaking aldermen.

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