

### The Health of Children and the Marriage Question Discussed.

At the annual session of the Maritime Medical Association held in St. John last week Dr. Atherton delivered an important address, the substance of which is as follows:

An inquiry into the causes of the degeneracy which seems to be taking place among the more highly civilized branches of the human race should be both interesting and profitable at this stage. I can only hope to touch upon the subject cursorily and briefly, and to suggest some remedies for this condition. I think it is too obvious for dispute that the civilized nations are undergoing some deterioration in their general physique and as well, perhaps, in their mental powers. The deterioration causes are divided into two heads: (1) Those arising from our manner of life; and (2) Those which are the result of bad breeding. In other words, we might say, we have the acquired and the hereditary influences which tend to degeneration. The inevitable tendency toward crowding into large cities comes under the first head, with its consequent insufficiency of fresh air. To get away from the polluted air of the cities is now recognized as the only method of combatting tuberculosis, but should we not recognize also that fresh air is the greatest preventive of the disease. Around the school rooms where it seems to be thought so necessary that our children should spend a large portion of their time, there should be ample room to afford the pupils plenty of whole, some air as well as room for enjoyment of the customary games, such as cricket, baseball, football and the like. If we cannot have schools so provided, we should go without the schools, for the health and vigor of the rising generation are more important even than a school training. In our parks, too, we should have open spaces for child play and exercise, even to the doing away with the beautiful in grass and shrubs. The frequency with which we medical men find cases of break-down of children of a nervous temperament or delicate constitution due to hard study, shows the care with which the child should be watched, the girls in particular. Indeed, we have for some time been of the opinion that the public schools should be closed to girls for one or even two years, at the critical age of approaching puberty, when an important physiological change is taking place in their constitution on account of which they should not be placed in competition with boys of the same age. Domestic duties, much neglected, might be paid attention to in the interval. A frequent instance of injurious effects is found in weakened eyesight. The proportion of defective eyes at the time of school entrance is only five per cent., but at the time of college entrance it reaches 50 per cent. It is to be feared that these acquired defects may become hereditary. Proper lighting of school rooms, large print in the text books, and a yearly examination of the pupils' eyes are provisions which must be made if eyesight is to be preserved. It is a fact that in manufacturing districts, where children are confined in stuffy and heated rooms, health and physique are on a lower plane than elsewhere. In Manchester, England, only 20 per cent. of those who apply for military service can pass the tests. To the great evils of the abuse of stimulants, and sexual immorality, it seems impossible to put an entire stop. We must rather strive to regulate than to check them completely.

In the matter of the better breeding of the race, we should at least take as much care as with the stock on our farms. Every child has the right to be born healthy and fit to fight the battle of life. We think the community has a right to demand that the diseased and defective ones should not transmit these characteristics to the rising generation. Marriage between such people should be discouraged or prevented. Have we not a right to demand that those who have been rescued from tuberculosis should not be the means of bringing children into the world who inherit a tendency to the same disease? Whether a child is born with tuberculosis, which may not be possible, or whether he is born with a tendency to contract, and then lives in the way of its germs, the result is the same. Tubercular subjects seem, too, to be more prolific than the rest of the community, and it is all the more important that they should not be allowed to marry. May we not demand these preventive provisions as well as we do that of vaccination? Persons who have been relieved of tubercular tendencies should submit to being sterilized. Again the marriage of near relatives is a source of danger to their progeny, who are apt to be born idiotic, weak-minded or chronic epileptics. I think it would be wise to prohibit such unions as those of first cousins.

There are said to be over one thousand two hundred feeble minded unmarried women in the Dominion. The danger of these women producing children affected in the same manner is great. These menaces should be segregated into public institutions, or better, perhaps, should be sterilized. It is monstrous to allow these unfortunates to hand down their mental defects to the coming generation. The chronic criminal might also be very well subjected to similar procedure.

Such a treatment in prospect might be a good deterrent from crime. I know of a case where a young man, released from a lunatic asylum, has since had six or seven children. The longer these evils are allowed to prevail the harder becomes their extermination. Now is the time for action, and I hope that this brief outline may be acceptable in the way of an urgent suggestion.

### Rice as a Food

Rice is, says the Commoner, a much more nourishing food than the potato, is more easily kept, and much less expensive, and agrees with even the most delicate digestion. It is as good for the invalid as for the laborer, and can be made into the daintiest of dishes for the fastidious. One reason that it is not more generally liked is that it is not properly cooked, and not agreeably seasoned. Here is a way that it is much liked: First, wash and free the grains from all foreign or objectionable matter, and put into a sauce pan (a double boiler is best), and cover with boiling water; keep boiling briskly for half an hour, but do not let burn. When the water is all gone, put the rice into a fine colander over a sauce pan filled with boiling water, and finish your cooking by steam. If properly cooked, each grain is separate, then it may be seasoned as one likes. Sugar, butter, eggs, cream, a little salt, are all used for seasoning rice, and many use finely flavored broths to cook it in. If one has a steam cooker, one pint of boiling water should be added to one cupful of rice, which should be salted to taste, and then set in the steamer and seamed one hour. It can be cooked in the dish in which it is to be served, as the steam heat will not hurt the dish. Or, milk may be used instead of water, which gives a richer flavor and more creamy body than water, and the seasoning, after the rice is done, may be two beaten eggs, one cupful of sugar, and a large spoonful of butter, with or without the addition of a cupful of chopped, seeded raisins or currants. After these ingredients are added, turn into a buttered dish and steam for half an hour longer, then it can be browned in the oven, if liked. If one has no steam cooker an old-fashioned steamer to be set into the top of an iron kettle over boiling water, and closely covered will do very well. Many things are better steamed than cooked over dry heat, or on top of the stove, and the danger of scorching or burning is done away with.

### American Newspaper Annual.

There is no end of information about newspapers in the American Newspaper Annual (published by N. W. Ayer & Son, Philadelphia, \$5.00 net), the 1907 edition of which is just out. Catalogued in simple tabulated form are the facts one needs in dealing with newspapers, with particular attention to circulations which are all given in plain figures.

There are supplementary lists of daily newspapers, magazines and class publications. A colored map of each State and province is bound in the book.

It is also exceedingly valuable as a gazetteer, for what more illuminating information can you have of a town than the number of its newspapers with their circulations.

### A Veteran.

(Chicago News.)

At the recent celebration of the 137th anniversary of the landing of Capt. Cook at Botany Bay, near Sydney, a remarkable link with the past was present in the person of a venerable mariner of 95, named Capt. Charles. He was able to identify the exact spot where the historic landing took place, it having been pointed out to him in early manhood by one of the blacks who witnessed the event. He actually conversed with a native of the Sandwich Islands who saw the massacre of Cook. According to this native, Cook and his companions were killed because they spread out some sails to dry on a certain sacred strip of the shore used for sacrificial purposes.

At last somebody has been found to say a word in defence of Harry Orchard. The Kansas City Journal points out that in spite of all the other infamous crimes which Orchard has committed, there is nothing to show that he ever took a weekly newspaper for five or six years and then refused to pay for it on the ground that he ordered it only for six months.

Dupont had just undergone a surgical operation, and was lying in his bed pondering over the expense that it would mean when the doctor entered.

"I will just take your temperature," he said.

"Quite right," said Dupont, mournfully, "for that really is about the only thing I've got left."

Mistress—Why don't you boil the eggs?  
Cook—Sure, I've no clock in the kitchen to go by!  
Mistress—Oh, yes; you have!  
Cook—What good is it? It's ten minutes fast.—Philadelphia Inquirer.

Since Mr. Frohman started a bus service to convey playgoers between the suburbs and his theatre people are calling him Mr. To-and-Froham.

### ANXIOUS MOMENTS.

Thousands of Little Ones Die During the Summer Months.

Every mother of small children knows how fatal are the summer months. Dysentery, diarrhoea, cholera infantum and stomach troubles are alarmingly frequent at this time and too often a precious little life is lost after only a few hours illness. The mother who keeps Baby's Own Tablets in the house feels safe. The occasional use of Baby's Own Tablets prevents stomach and bowel troubles, or if the trouble comes unawares the Tablets will bring the little one through safely. Mrs. Geo. Robb, Aubrey, Que., says:—"I have used Baby's Own Tablets for stomach and bowel troubles with the best results. I feel quite safe when I have the Tablets in the house." Sold by medicine dealers or by mail at 25c. a box from The Dr. Williams Medicine Co., Brockville, Ont.

### Chinese As Workmen.

Presiding at the annual meeting of the Burma Ruby Mines (Limited), in London, Sir Lepel H. Griffin, in reviewing the work of the year, thought that in these days of political misunderstanding and misapprehension of various points in England it was fair to say that the success achieved up to date on the Burma Ruby Mine was due in the largest degree to the work and the character of the Chinese workmen. Much was heard about Chinese labor in England, particularly when an election was in progress (laughter). A great many politicians who ought to know better denounced the Chinese as the most odious and reprehensible class of people. Having employed Chinese by the thousands for years, he wished to say there were no more admirable, more moral, more respectful, more hard-working, or more honest workmen in the world than Chinese; and he defied any person present who had any real knowledge of the Chinese to say anything to the contrary. A great friend of his, who had long directed the Hong Kong and Shanghai Bank, one of the largest institutions in the world, had said that a Chinaman's word was as good as his bond; yet these Chinese were the people who were calumniated or were not considered fit to live in the same place or breath the same air as all sorts of loafers—the scum of every nation in Europe. He wished to say once and for all that so far as the board were concerned, the Chinese were regarded as admirable workers, and compared favorably with the working man who extended a job of a few hours into a week, who lawled in drawing-rooms and flirted with servants, and who only did work which added to the difficulties of those who afterwards had to be called in.

For a lobster salad wash some lettuce and romaine and dry by shaking in a cloth. Put it in a dish and pour over dressing; throw in lightly some mustard and cress. Mix all well together with the pickings from the body of a lobster. Pick the meat from the shell, cut it into nice square pieces; put half with the salad, add some more dressing. Chop up finely the whites of two hard boiled eggs; rub the yolks through a sieve and the coral of the lobster. Garnish the salad with pieces of lobster, slices of cucumber, beetroot, the yolks and whites of the eggs and the coral arranged in little heaps, contrasting the colors well. Put the lobster claws sticking up in the centre of the salad. Dressing—Four tablespoonfuls of oil, two tablespoonfuls of vinegar, yolks of two eggs, quarter teaspoonful of anchovy sauce, pepper and salt to taste.

Smith—Fine time we had at the club last night, eh?

Jones—You bet! Did you get home all right?

Smith—No. I was arrested before I got there and spent the night in the police station.

Jones—Lucky dog! I reached home.

### BORN.

IRELAND.—At Woodstock, Friday July 19th to the wife of the Rev. G. D. Ireland, a daughter.

### DIED.

SHERWOOD.—At Jacksonville, on the 15th July, Mrs. Joseph Sherwood, aged 84 years.

### BOY WANTED.

Boy wanted to learn the printing business. A good chance for a steady boy. Apply at this office.

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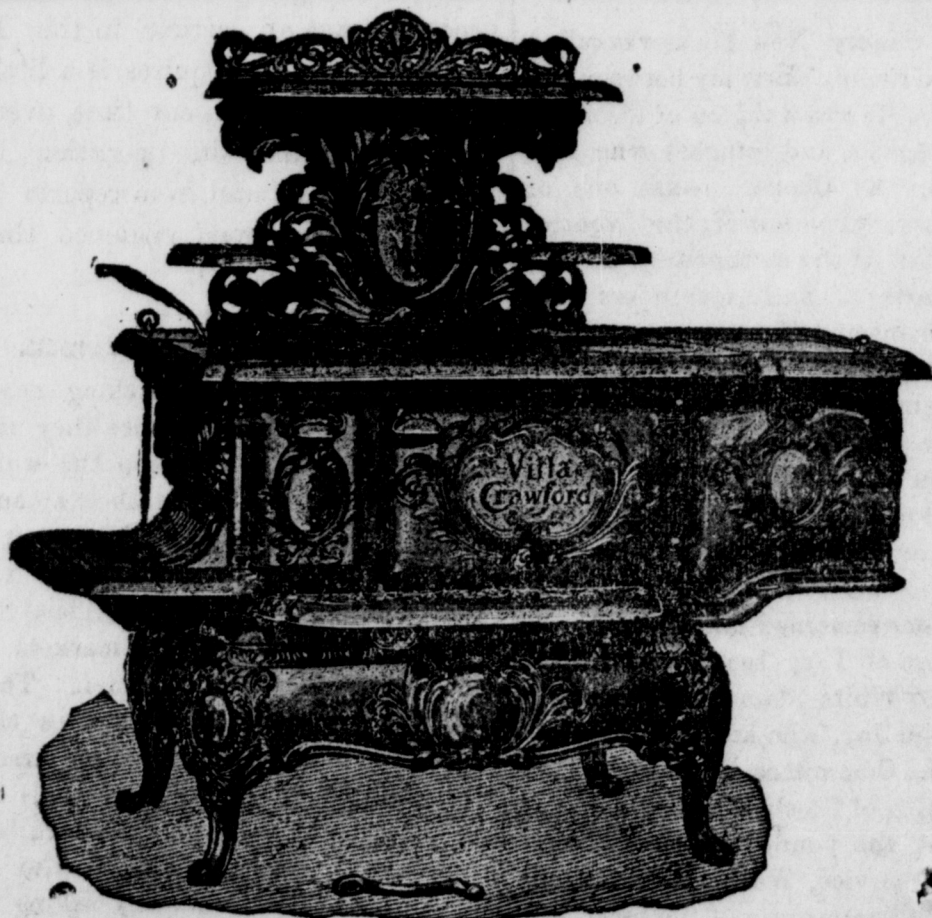
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