

BUSINESS NOTICE.

The "Miramichi Advance" is published at Chatham, Miramichi, N.B., every Thursday morning in time for receipt by the earliest mails of that day.

Advertisements, other than yearly or by the season are inserted at eight cents per line nonpareil, for first insertion, and three cents per line for each continuation.

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MIRAMICHI ADVANCE

Vol. 28. No. 26

CHATHAM, NEW BRUNSWICK, MAY 7, 1903

D. G. SMITH, PROPRIETOR. TERMS—\$1.50 a Year, if paid in advance, \$1.00.

Northwest Mounted Police

Duties and Dangers of This Splendid Force of Men

Toward the evening of a day in the late spring of 1898 two men pushed their saddled horses into the shifting sand of the Dalton trail crossing the Kicking Horse river, just above the point where the larger empties into the Chilkat and marks a point on the international boundary line between Alaska and British Columbia.

On regaining the trail, the latter was horrified to see his companion, the grim resignation of the heavily loaded already showing in his face, settling into the treacherous quicksands, scarce fifty feet from the bank, from where it picked its way to the bank, the rider still in the saddle.

All this time the quiet came from the man in the thousands. The icy fingers of the river crept up his heating form, as the sand pulled restlessly from below. Now the water lapped about his waist, now his current carried away a few tons of sand somewhere below, and he felt the chill line of the water on his chest.

He had struggled while there was hope, but that hope was gone. He almost smiled as the horse balked on the bank, so far beyond human help he knew that the brave fellow companion rushed into the river and began to wade to his rescue.

He looked back at the man who was above the roar of the river. "Get out of this, Jack, you fool; you can't help me a bit and you'll only get stuck yourself." Still Jack pressed another step, and he, too, would be in the grip of the sand devil.

A sudden inspiration came to the doomed man. One of his submerged hands fumbled for the river fork and water and then appeared above the water with its numbing fingers grasping the handle of his big revolver, and the two men frantically reached for the cartridges in the water-proof case another step, and he, too, would be in the grip of the sand devil.

For an instant the surging undulations of the river tore away another huge mass in the bowels of the sand bed, and Jack pulled back and steadied himself just in time to see his comrade in the middle of the swirling, gurgling vortex, his features relaxed in a smile of farewell, sink out of sight under a spinning

PATCH OF YELLOW FOAM. The following day this brief event was made in the record book of the Northwest Mounted Police at Pleasant camp, under date of May 19, 1898.

"Constable Frederick Hillier met death by drowning at the ford of the Kicking Horse river while returning from border patrol duty at 5 p. m. yesterday. Record reached here too late to go in report of 18th. Immediate application made to Sergeant Barlow, acting div., for substitute on account of miners' troubles at Porcupine."

This entry and the incident which it records reveal the combined facts of the mounted police of the northwest, the most efficient body of men of its kind in the world to-day, if not in history. The former is a man of spirit, duty and death in the same sentence, assuming that duty done is ample reward for life lost; the latter shows

chances of an Indian outbreak, for the lawless elements are partaking more of the nature of individual "crooks" than tribal warriors, and a single policeman is not safe in making arrests among toughs even in the most orderly city of the United States. A recent attempt to "shoot the moon" by a party of seven men before the three Indians in a sheltered rifle-pit were killed with a shell.

The spirit of an individual of the service, who, with the certainty of a lingering death staring him in the face, still had presence of mind to devise means to save the life of another, though he brushed aside his last chance of rescue in the doing of it. And the records contain many more just such brief, business-like entries, sole memorials of deeds no less heroic than the one detailed.

After the Hudson Bay territory was transferred to the Canadian Government it became necessary to prepare for the protection of those who might form settlements there. Accordingly, the British Parliament in 1873 gave the Canadian Government authority to organize a force to be called the northwest mounted police, who were to act for the better preservation of law and order in the Northwest Territories, the number of men being limited to 300. In the autumn of 1873 a small force of 190 men was organized. Subsequent laws have amended the original provisions in various ways, and the number of men is now limited to 1,000.

The Northwest Territories are divided into eight divisions and these are subdivided into a total of over 100 stations. The force consists of one commissioner, one acting commissioner, eight superintendents, 25 inspectors, 5 assistant surgeons, 5 veterinary surgeons, 50 staff sergeants, 51 sergeants, 51 corporals, 471 constables and 72 scouts, making in all a total of 1,112 men with 728 horses and 15 ponies. These patrol the frontier for a

DISTANCE OF 800 MILES, keeping down cattle raiding, stealing and smuggling, in the latter case paying particular attention to the illicit traffic of intoxicants. They watch the Indians, enforce the ordinance against prairie fires, have charge of the boundary quarantine in the interior, and keep order generally over an area of 300,000 square miles. The inspectors try criminal cases, more than half of the convictions secured in the Northwest in the last decade having been in their hands.

To maintain order and to preserve confidence in the security of life and property, 1,200,000 square miles of territory, with an open boundary of 600 miles on a forested and unsettled territory as yet but sparsely settled, and that in part by alien races, while native tribes with primitive ideas of rights and property were still numerous, was an ambitious undertaking for a young nation, but the success that everywhere attended it is as great a matter of pride to Canadians as it is of credit to the rest of the world.

The nature of the duties devolving on the police is gradually changing and the force is adapting itself to the changes. The inspector, who is police, jury, judge, parliament and plenipotentiary combined is past, but the new duties are none the less onerous. The officers of the force are so valuable that they are no longer safe for a single policeman to go into an Indian reservation to take a man wanted for some other reason, or to take a man wanted for some other reason, or to take a man wanted for some other reason.

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TRIFLES THAT EFFECT HEALTH. How to Keep Well and Strong. TRIFLE ONE: AS THINGS ARE. With the potentialities of "little drops of water" and "a little grain of sand" most of us have been familiar from childhood upwards, and experience teaches that life itself is made up of trifles. It is not, however, sufficient to realize that premature death is often the cumulative result of trifles that tell on health, little habits that appear of little consequence at the moment, but which, if repeated, influence for evil the most robust constitutions, and may wear out the hardest of tissues, even as drops of water wear away a stone. It is not the one grand habit of regular exercise, or the laws of hygiene that undermines health so much as the little sins of omission and commission against the nature of every man's business life, which are often regarded as trifles, that hinder health or engender positive ill health or those associated with such common every day occurrences as eating and drinking, smoking, bathing, dressing, walking, and so forth.

TRIFLE TWO: DRINKING. Let us begin (as we too often do) with drinking. I only refer to the views of my medical brethren when I say, as emphatically as I can, that people drink a great deal more alcoholic liquor than is good for them. "Small Scotchies" seem a small matter, and so it may be; but in a multitude of "small Scotchies" there is physiological disaster and final ruin. If men knew what they were doing, they would not take so much of it. Bright's disease, heart disease, cerebral troubles, and other deviations from health too numerous to mention, are produced by the alcohol. It is the habit of tipping that does the mischief, and not the quantity of liquor. A cigar weighing sixty grains contains about one grain of nicotine, of which less than half is inhaled with the smoke, and of this only a minute portion remains in the body. Perhaps about one-sixteenth of a grain enters the system of the smoker. It cannot therefore, be the nicotine that does the mischief in those who smoke to excess.

TRIFLE THREE: EATING. Many people regard the nature of the food they are eating as quite a trifling matter and pay more attention to the quantity than to the quality of their food. Thus the brain worker makes a habit of eating a chop, a steak and kidney pie, with half a pint of stout, and some sweet to follow, then wonders why he feels so sleepy, and why brilliant flashes of wit and flights of imagination no longer emanate copiously from his brain. He forgets that when the animal organs are a business, the mental organs are most sluggish; he hears that his brilliant mental powers are on the wane; he becomes fearful, irritable, and sleepless, and his distress reacts on his business, his cerebral organs, and so the vicious cycle goes on, until perhaps his health, either of body or mind, breaks down. This catastrophe might have been averted by a trifling alteration in the victuals of the luncheon menu, for he would have satisfied the demands of his stomach and the requirements of his brain by eating a trifle more of the following: cream, roll, and butter, and a little of one of the much advertised cereals which are to be had everywhere.

TRIFLE FOUR: SMOKING. Now, with regard to smoking, a cigarette is a small matter, indeed, and the effect of smoking one is so trifling as to be almost beneath notice. And so one cigarette after another is smoked, until by the end of the day quite a considerable amount of tobacco and paper has been consumed by the indifferent and unthinking smoker.

TRIFLE FIVE: FRESH AIR. The little inch, or perhaps, two inches, of open window in the bedroom at night is a small matter, but it means that instead of breathing poison for one-third of your life you are breathing fresh air. Thus, great results from tiny causes spring, and too many persons, by neglecting to provide this inch or two of fresh air inlet in their sleeping rooms, succumb to one or other of those respiratory diseases, of which the greatest is consumption of the lungs.

TRIFLE SIX: CLEANLINESS. More lives are sacrificed annually to foul air than to foul water or putrid food. And yet fresh air is to be had literally for the asking. People who ought to know better go on day after day, and night after night breathing air that has already been breathed either by themselves or by others.

TRIFLE SEVEN: EXERCISE. Why the bare thought of it is enough for most of us! A few inches of open window at night makes all the difference between a premature, miserable death and a green old age.

TRIFLE EIGHT: REGULARITY. The happy mean in eating, and for the man of 40 in particular to remember that he must eat only sufficient food to repair the waste of the body's needs, even though it be trifling in amount, must be stored away wherever space will permit, in the joints, for example, or within the lax abdominal cavity, or in what may be described as an annex—an addition to the body bluntly described by surgeons as a tumor, benign or malignant, as the case may be. Thus cancer is believed by some authorities to be predisposed to by overstimulation and over-nourishment of the tissues by an excess of food.

TRIFLE NINE: REGULARITY. The happy mean in eating, and for the man of 40 in particular to remember that he must eat only sufficient food to repair the waste of the body's needs, even though it be trifling in amount, must be stored away wherever space will permit, in the joints, for example, or within the lax abdominal cavity, or in what may be described as an annex—an addition to the body bluntly described by surgeons as a tumor, benign or malignant, as the case may be.

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TRIFLES THAT EFFECT HEALTH. How to Keep Well and Strong. TRIFLE ONE: AS THINGS ARE. With the potentialities of "little drops of water" and "a little grain of sand" most of us have been familiar from childhood upwards, and experience teaches that life itself is made up of trifles. It is not, however, sufficient to realize that premature death is often the cumulative result of trifles that tell on health, little habits that appear of little consequence at the moment, but which, if repeated, influence for evil the most robust constitutions, and may wear out the hardest of tissues, even as drops of water wear away a stone.

TRIFLE TWO: DRINKING. Let us begin (as we too often do) with drinking. I only refer to the views of my medical brethren when I say, as emphatically as I can, that people drink a great deal more alcoholic liquor than is good for them.

TRIFLE THREE: EATING. Many people regard the nature of the food they are eating as quite a trifling matter and pay more attention to the quantity than to the quality of their food.

TRIFLE FOUR: SMOKING. Now, with regard to smoking, a cigarette is a small matter, indeed, and the effect of smoking one is so trifling as to be almost beneath notice.

TRIFLE FIVE: FRESH AIR. The little inch, or perhaps, two inches, of open window in the bedroom at night is a small matter, but it means that instead of breathing poison for one-third of your life you are breathing fresh air.

TRIFLE SIX: CLEANLINESS. More lives are sacrificed annually to foul air than to foul water or putrid food. And yet fresh air is to be had literally for the asking.

TRIFLE SEVEN: EXERCISE. Why the bare thought of it is enough for most of us! A few inches of open window at night makes all the difference between a premature, miserable death and a green old age.

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