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LARRY SAYS—
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LARRY SEMON—

DIGGING GRAVES WITH TEETH

An American medical man says that the people of his country continue "to dig their graves with their teeth at an increasing rate." They eat too fast, eat indigestible things, wash it down at a soda fountain and dash back to work. He goes on to say:

At night we rush home under crowded conditions. Not enough exercise and hurried and overeating are causing increased heart and kidney diseases."

Highly prepared and predigested foods plus a heavy meat diet cause poor teeth, said Dr. Upham. No meat

is good, and Americans gradually should eliminate it from the diet, he said. Chicken and fish are as had as meat, with their high proteins. White bread lacks salts and vitamins and causes starvation of things necessary to body building.

There remains hope, however, according to Dr. Burrett. "From the very beginning the individual must be taught to realize his is a body without spare parts. He must be educated to care for his body machine if he wants to enjoy the seven to twelve extra years which scientific medicine truthfully holds out to him."

A VENICE IN HOLLAND

Amsterdam, no less than Venice, is a city of the waters. Giesbrecht III, founded it some seven hundred years ago by building the "dam of the Amstel," from which the city takes its name, at the spot where that city joins the IJ, a broad arm of the Zuider Zee that is now the port of Amsterdam; and even today its great buildings stand upon piles driven deep into the marsh beneath the city. Several times during the centuries the citizens have built a canal to run from the IJ beside the city ramparts to join the IJ again on the other side. But always the city has expanded beyond the canal until in time they have built another one parallel to the last, so that now there are several rings of waterways in the city, with shady trees and dignified old houses looking down upon them, and other canals running outward from the centre to join them. A chain of huge islands has been built out into the IJ to carry the railway station and the docks; three ship canals have been cut to join it with the North Sea and the Rhine; and through the centre of the city runs the Broad Amstel. Upon it, all day long, passes the endless traffic of the city. Here you see gayly painted sailing barges from all parts of Holland and all the varied shapes and rigs that nurse of sailing craft has produced.

COW MOOSE ATTACK HUNTERS

(Bonnycatle Dale in Rod and Gun)

There is no doubt about some of the cow moose with young beside them attacking. Two Americans with their guides in two canoes made the long trip across from Tuskett to Shelburne, coming down the Roseway River this summer of 1925.

"What's that?" asked the bow man of his guide.

"Cow moose sucking her calf," he whispered.

"Run her ashore!" yelled the fisherman. The bow grated on the shore, the other canoe landed and the four men rushed into the woods. In the meantime the cow moose, as soon as her poor sight had enabled her to make out her enemies, walked slowly off into the bush. Along came the men yelling and waving paddles. The great awkward looking cow turned, every hair in her mane stood erect, her long head went forward, her little savage looking eyes gleamed out hate and fear and back she came in lurching runs.

The first man stumbled and fell into the bush. The cow, evidently thinking he had gone, made for the next, who promptly pulled himself up a tree, the two guides were scrambling up the crackling branches of the spruces and the first man leaped to his feet and frantically drew himself up out of reach—just as the cow's long snout reached up nearly to his dangling feet.

Rambling and snorting out her rage she ran from tree to tree, butting at the roots, stamping out her rage on the ground. Not a grunt or a whinny came from the calf which lay in a hollow just as she had placed it, just as she had pushed it down with her big muzzle. At times she glanced off where she had left her gangling, awkward calf and then again she would leap and stamp and stare up at that strange enemy in those spruce trees, who like birds, roosted on the branches.

At last with many a backward

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glance and angry low muttering, she walked off into the bush. Did those men leap down and follow her? They leaped down all right but each of them made a bee-line for those two safe canoes that lay on the shore. In they went and off they paddled—just another lesson by a mother moose to leave her calf alone.

It was Peggy, a thoroughbred mare, ridden by Corporal Anthony Quatsis, that won the recent 300-mile Eastern endurance ride held at Brandon, Vt. All winners covered the distance in flat time, nine hours per day or 45 hours in all. Ridden 60 miles per day for five consecutive days, Peggy covered the distance in most satisfactory manner, and at the finish was in better condition than any of the other entrants. This is the second time she won this race. The purpose of these endurance rides is to determine by actual test what kind and type of horse is best suited to long endurance work under saddle, and to develop horsemanship.

What makes life dreary is the want of motive. It is noble to grant life to the vanquished!

PERILS OF UNDERSEA DIVERS

The pearl fisheries were among the first of the undersea industries to be developed by the ancients.

The Indian Ocean, Persian Gulf and Red Sea were the early sources of commercial pearls. The pearl fisheries today are centred around Ceylon, the Australian coast, the Island of Margarita, off Venezuela, Massawa, Panama, and the Dutch East Indies. The pearl oyster is technically called *Avicula margaritifera*, and the mother of pearl oyster is called *malegrina margaritifera*.

The sponge fisheries also have had a strong attraction for divers. These fisheries are centred in the Mediterranean and the West Indies. The divers for sponges are weighted by stones like the early Greek divers. They cut the growing sponge clumps with a knife and put them into a basket which, when full, is hauled to the surface of a schooner's deck.

Coral reefs supply the gem and bead corals. The chief fisheries are round Corsica, Sardinia, Algeria and in the South Sea Islands. Amber is secured in the Baltic Sea bed in the same manner. The role played by the native diver has been a great one. He has contributed pearls, gem stones, coral, sponges, fish and many other commercial articles of immense value to the world's supplies, undergone immense exertions in developing the resources of the seas, meeting with extraordinary adventures and suffering astonishing pains. The combined weight of the air and water on the body constantly troubles the open sea diver. This pressure is felt in the ears, which may be compared with a one-sided drum. When the air pressure acts on the drum it forces it into the ear tube or middle ear, and causes the diver great distress. He may relieve the congestion temporarily by stopping his descent for a moment and swallowing saliva, but if this does not relieve the inverted eardrum he must return to the surface. These men work in tropical seas infested with sharks and other dangerous fish. They are frequently attacked by these and by the giant octopus.

In order to facilitate the work of the pearl, oyster, clam, sponge and coral divers, dredges, harpoon grapplings, diving helmets, diving bells and caissons have been devised, and dredging in places has been substituted for naked diving; but there are many thousands of men still daily engaged in this primitive form of industry.

"EAT MORE FRUIT"

The enterprising business man who introduced the song "Eat More Fruit" to the English music halls, hardly can have anticipated the remarkable results of his propaganda. Since the song became popular the consumption of fruit in the United Kingdom has been almost trebled and, according to the latest figures, the British people now are eating more than 25,000,000 pounds worth of fresh fruit each year. The native production of fruit, of course, could not hope to satisfy even a fraction of this great demand. The orchards of the world have been pressed into Britain's service, and the desert dish of middle class provincialism carries a truly cosmopolitan load. Oranges and grapes from Spain cost Britain an annual sum of 5,000,000 pounds. Some 2,000,000 pounds go to Canada and 1,000,000 pounds to America for apples; while the Canary Islands receive the comfortable sum of 1,500,000 pounds for bananas. Britain herself produces little beyond apples, of which her total production last year for sale was 8,210,000 bushels. Only one-eighth of these were of the eating variety. One-half were used for cooking and the remainder for the brewing of cider. Ireland is not a fruit-eating country—chiefly, one imagines, because fruit is so dear in these parts. It is difficult to understand why there should be a difference sometimes of so much as fifty per cent. between the price of fruit in Dublin and any of the large English towns. Good pears, which cost no less than eightpence a piece in Dublin a month ago, could be bought for fourpence in England; and other fruit is correspondingly cheaper across the channel. In this country, fruit is regarded as a luxury instead of an essential part of ordinary diet, and there is little doubt that the people's health would benefit considerably through an increase in its consumption.—From an English paper.

MARRIES BATCHES ON ANNUAL ROUND

On his annual trip up to Deer Lake in Northern Manitoba, Rev. J. W. Niddrie, of the United Church, baptized fifteen babies at the morning service, married four couples in the afternoon, and administered communion to over 200 Cree Indians in the evening. Visiting a remote settlement, called Pekangecum, he found 280 people "not one of whom has as yet been baptized into the Christian faith, for lack of a missionary teacher." These bands have summer encampments along branches of the great Berens River, which runs west into Lake Winnipeg. The population is still engaged in hunting and fishing and for most of the year live as nomads, rendering mission work irregular and difficult.

The biggest sample of hen fruit seen here in a long while has arrived from Highland Village. It measured ten and a half inches by seven and a half inches and weighs six and a quarter ounces. This giant egg was laid by a hen owned by Miss May Hennessey. The enormous size of this egg may be realized when it is known that in egg laying contests at the College of Agriculture here the eggs must average two ounces each in order for a pen to qualify for a prize, and there have been cases where the eggs did no average that great a weight.—Colchester Sun, Truro, N. S.

TOO CRUEL!

The motorist had been fined and his right to drive suspended for a year for reckless driving.

"Your honor," shouted his attorney, "I will appeal this case."

"On what ground?" asked his honor.

"On the ground that to sentence a man to become a pedestrian is cruel and unusual punishment," replied the lawyer.



After the Game

hot "Oxo"—re-builds tired muscles—warms the body through and through, and wards off the after-chill of violent exercise.

Famous athletes, airmen, explorers depend on "Oxo" Cubes for the sustaining drink in times of strain and stress.

The rich beef nutriment in "Oxo" Cubes renews the wasted tissues and promotes endurance.

Make a habit of having a cup of hot "Oxo" after being out in the cold.

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10 " - 30c.

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SPECIAL FOR THE WEEK END

Grapes, per lb. 25c
Lemons, per dozen 35c
Bulk Tea, per lb. 60c
10 lbs. Onions 35c

Will cut Fresh Pork and Fresh Beef during winter months.

Fresh Herring, Fillets and Finnan Haddie.

Golden Grove Yarn, per hank 22c

10% Discount for Cash Off Men's Underwear.

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SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon, on Friday, the 12th March, for the conveyance of His Majesty's Mails, on a proposed Contract for a period not exceeding four years, 30 times per week on the route—Sussex and C. N. Railway Station from the 1st July, next.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office at Sussex and at the office of the District Superintendent of Postal Service, Saint John.

H. W. WOOD,
District Superintendent of Postal Service,
January 28, 1926.

STOCK UP AT THESE PRICES!

We offer a list of Grocery Bargains specially priced as the attraction for this week. Be sure and get your share. Sale will continue for one full week. Cash only.

4 STRING BROOM 49c

24 lb. bag Flour \$1.35
20 lb. bag Rolled Oats \$1.00
15½ lbs. Brown Sugar \$1.00
Pulverized Sugar, 2 lbs. 23c
4 lbs. Rice 30c
2 lbs. bulk Macaroni 25c
2 lbs. Alphabet Macaroni 25c
3 lbs. bulk Cocoa 25c
3 lbs. Split Peas 25c
10 lbs. Bulk Rolled Oats 49c
10 lbs. Sulphur 40c
5 lbs. Cow Salts 40c
1 lb. bulk Orange Pekoe 58c
1 lb. Fresh Ground Coffee 58c
10 lbs. Baking Soda 49c
5 lbs. Choice Prunes 58c

1 lb. Ceylon Bulk Tea ... 52c

5 gallons OIL \$1.40

2 lbs. Apricots 45c
2 lbs. Oro Brand Raisins 29c
Puffed Sun Maid Raisins 15c
1 lb. Cream Tartar 25c
3 pkgs Corn Flakes 35c

4 pkgs McLaren's Jelly Powder 25c

3 pkgs. Chipso 25c
3 pkgs Gold Dust 25c
3 pkgs. Pearline 25c
3 pkgs. Soapade 25c
3 pkgs. Snowflake Ammonia 25c
3 pkgs. Union Hand Cleaner 25c

1 gal. MOLASSES 65c

14 lbs. Gran. SUGAR \$1.00

3 pkgs Classic Cleanser 25c
3 pkgs Drudge Cleanser 25c
3 pkgs. Solvine 25c
3 bottles Sun Ammonia 25c
20 lb. pail Shortening \$3.35
10 lb. pail Shortening \$1.70
5 lb. pail Shortening 90c
3 lb. pail Shortening 55c
9 lbs. Onions 25c
6 cans Tomatoes 85c
6 cans Corn 85c
6 cans Peas 85c
6 cans Sweet Pea Salmon \$1.25
6 cans Connors' Sardines 45c
6 cans Condensed Milk 45c
6 cans Alymers Tomato Soup 70c

21 rolls Toilet Paper \$1.00

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