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**VETERAN CHAUNCEY DEPEW
GIVES ADVICE TO YOUTHS**

(By Chauncey M. Depew.)

Of all things youth must learn, moderation is the first and foremost. Moderation in ambition, work, play, eating and drinking—moderation in everything except laughter. You must laugh a lot. It unkinks you, rests, relaxes.

The second rule for health and success is don't worry. Worry kills. Worry is devastating. Worry is poison to the brain and soul.

All families have certain tendencies, heredities. Mine, on my father's side especially, had a tendency to worry. Worry ended my father's life; and my grandfather's. I felt myself drifting into this condition. I brooded over my shortcomings, my business, my outlook. I feared the future. I began to think fate was against me and that I would be a failure. Twice in my life I have actually been penniless and at my wits-end what to do.

I took myself firmly in hand and forced worry out of my thoughts. In order to do this I took up public speaking. I accepted every invitation to meetings, banquets, gatherings of all sorts, and blindly agreed to "say something", not knowing what I would say or how or if I could say it.

Speechmaking means concentration. I read the papers, found my subject—any subject—and went to work on it out of office hours. This wrenched my mind off my professional troubles.

I used to write out my speech and read it. I have no memory—no ability to memorize, that is, although I remember events, people and places. I dug up stories and told them over and over to myself until I could do them well.

After a while this public speaking became a habit. Now it's almost second nature. They can't stop me.

You can make almost anything a

habit, and therein lies salvation if the habit is good. Take a man addicted to melancholia: At first he must force himself out among people; force himself to talk and laugh and take part in social doings. Presently it "catches" on, gets to be easy, natural, habitual. And the man is saved.

The third rule of life is religion. I have always felt a real dependence upon God. My idea of God is personal rather than as a force. Not a personality such as we are, of course, but a glorified, divine and infinite heart, brain and spirit—all comprehending, all powerful, never-failing.

I think of God as being interested in mortals and mortal affairs. Christ was His earthly manifestation. Christ who understood, lived, toiled and suffered upon earth as men and women do, Christ who died as we must do before we live again. Christ is God's pledge of love and understanding.

If people would only depend on the power of prayer! If men would only know that when things get too much for them, too heavy, too complex, help will come! Help always comes if we open our minds to it and trust. Always my own prayers have been answered. Not always in the way I wanted. But a way has always opened out, and when I followed it, I found it was the right way.

Love people; that is the fourth rule of life. Get interested in them. Persist in being friendly with your fellow creatures. You will be surprised. You will find that most of them are really worthwhile, really good.

I don't believe much in chance. You have to make things come your way. And they will come under your way if you follow the rules of moderation, of not worrying, of diversifying your interests, of trusting God and loving your fellow beings.

NO ADMISSION CHARGE.

Molly came home from her first visit to Sunday school carrying a small bag of chocolates.

"Why, Molly, where did you get the chocolates?" asked her mother. Molly looked up in surprise.

"I bought them with the ten cents you gave me" she said. "The minister met me at the door and got me in for nothing."

**LAUDS AUSTRALIA AND ITS
CITIZENRY; LORD BURNHAM
SAYS IT IS A FINE COUNTRY**

Australia is not only "good enough"—as the Australians themselves so often put it—but, on the whole, the best country for its size, for its climate and for its immunities from most of the ills to which humanity is heir. Viscount Burnham declared before the Royal Colonial Institute in London, after his visit as Chairman of the Imperial Press Conference held in Australia.

This opinion was offered after an eleven weeks' stay on the Continent, which Viscount Burnham admitted was too short a period in which to form a summary judgment on a whole nation, rather like an attempt "to write a history of the United States after half an hour's talk with a negro waiter in a Chicago hotel."

Nevertheless, he stated, he did carry away the definite impression that it was an excellent country, greatly underrated heretofore by visitors as well as by the Australians.

Would Advertise

"For some reason or another," he said, "Australia has always been unduly deprecated in world opinion, partly because Australians have never learned the art of advertisement, as it has been perfected in America. No Australian town has ever been christened an Eden City, for what are now called publicity purposes."

Most of those who have written about Australia have done so in the capacity of superior Continentals who were shocked at much of the newness and crudeness that is inevitable in a young country, he said. The attitude of mind of Europe to the Commonwealth, he stated, is really one of paternity and eldership to youth, and if youth has its intonations, old age has its deep-seated prejudices which will not be relinquished except by necessity. Many of the same critics who have written most enthusiastically of the age-long ingenuities of Japanese art have never mentioned the natural beauties of Australia—the marvels of the bush, the charm of her wild flowers, the grandeur of her forests.

People Speak Alike

Among the things which made a particularly striking impression on him was, first, the homogeneity of the population. Nowhere is the uniformity of language so great in articulation, intonation and in substance. Although natives may be able to distinguish subtle differences in the speech among

people from the various States to a stranger all sound quite the same. Nor is there much difference in Australian speech from that of the mother country; such as does exist corresponds to the varying accents to be found in the particular localities of the old country from which the immigrants have come.

The brouge of the Scotsman and Irishman tends to disappear after the first generation. It has been said that the cockney accent is predominant. It may seem so to the purist, but the old cockneyism of Charles Dickens is no more prevalent in Australia than in London today. Their language, both spoken and written, is the English of the great middle-class all over England. In manners and deportment they are British to the core, which is not difficult to explain when it is remembered that 97.7 per cent of the total population has been born either in Australasia or the British Isles.

The fine physique and general good health of the people is clearly in evidence. It is well known that during the past war the Anzacs, who were dubbed the "Cornstalks", were among the finest specimens of manhood among the entire soldiery, built on a considerably larger scale than the English. This is in a sense amusing in view of the predictions that created quite a good bit of comment some sixty years ago when Sir Charles Dilke after his return from a trip about the world wrote in his book, "The Problems of Great Britain," that the people of South Australia were bound, by the similarities of climate, to grow into a strong likeness to the Pitcairn Islanders, dried up, parched and wizened.

Praises Women

Viscount Burnham found the women in the southern part of the continent not only not dried up and wizened, but remarkably good looking and of markedly full contour. Statistics indicate that the rate of infantile mortality there is the lowest in the British Empire and second in the world to that of Norway. The crude death rate is the lowest of all countries, being only 9.5 per 1000 population. In short, as judged by the tests of figures, Australia is a very healthy land. Observation substantiated the facts for Viscount Burnham, who visited many of the schools and found the children exceedingly robust and far better housed in their roomy and well-built schoolrooms than the British children.

**Heart Palpitation
Dizzy, Sinking Spells**

Mrs. M. A. Gagnon, Donatville, Alta., writes:—"Some time ago I was very nervous, could not sleep at night, often had dizzy, sinking spells and palpitation of the heart, and was so run down. I could not do my housework, but just leave everything and sit down."

I spent a lot of money using medicine from the doctor, but it did not do me any good.

At last a friend told me to use MILBURN'S HEART NERVE PILLS and after using a couple of boxes I was not the same woman. I began to feel so much better, and after a few more boxes I was in perfect health. I always recommend them to all those I know who are suffering from heart trouble."

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- 46 Charlotte and St. John Sts.
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- 52 George and Church Sts.
- 53 Union and Church Sts.
- 54 Shore St. and University Ave.
- 55 Brunswick St. and University Ave.
- 56 Lansdowne St. and Waterloo Row.
- 57 Grey St. and University Ave.
- 112 Smythe and Aberdeen Sts.
- 113 Argyle and Northumberland Sts.

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A LITTLE THING

THE power called habit is a little thing * * * *
but it can pull your eyes open at a certain hour every morning, determine whether you dress the right or left foot first, drop a fixed amount of sugar into your breakfast coffee—free your mind for thoughts that demand actual choice.

The little habit of glancing over these advertising columns daily, checking this and that which appeal to you, frees your mind from any guesswork about the merits of a product; helps you choose wisely when you buy. If you are familiar with newspaper advertisements, you can discriminate merits, weigh one product against another, these truths against those. And the habit of buying only advertised goods takes the hazard out of shopping; puts in a good, sturdy sure.

Start a Friendly Little Habit That Will Pay.

Read the Advertisements in These

Columns today.

**HYDRO DEVELOPMENT IN NEW
BRUNSWICK; WORK AT GRAND
FALLS OF GREAT IMPORTANCE**

(From Natural Resources.)

A decided stimulus was given to hydro-electric development in New Brunswick with the inauguration, on August 10 last, of construction work at the Grand Falls power site on the St. John river.

The St. John is the largest river in the Maritime Provinces and at Grand Falls where its drainage area is 8,700 square miles it flows over a sheer drop of 70 feet and then rushes through a rocky gorge 4,000 feet long, falling an additional 49 feet in a series of cascades and describing a bend around the town of Grand Falls.

The high head and large flow of water, the accessibility of the site by means of three railways, its favourable situation with regard to timber resources and its easy transmission distance to all parts of New Brunswick, combine to make of Grand Falls a water-power site of first class magnitude and importance. Its development has been a live question in New Brunswick for many years. Active construction is now being carried out by the St. John River Power Company incorporated by Act of the Legislature of New Brunswick in April, 1926.

The development as planned will consist of a dam at the head of the falls, a tunnel through the rock underneath the town of Grand Falls and a generating station at the lower basin, below the gorge. The installation will consist initially of three 20,000 horse-power units (under a head of 130 feet) which can be added to as the regulated flow of the river is improved by storage development in the upper watershed.

The greater part of the power from Grand Falls is to be used in newsprint mills to be erected by the New Brunswick International Paper Company, while 20,000 horse-power is to be reserved for sale to the Fraser Companies, Limited, and 6,000 horse-power will be held for the use of the New Brunswick Electric Power Commission.

While the development of Grand Falls is of outstanding interest there have been other activities on a smaller scale in the hydro-electric field and two important projects are in active prospect. In connection with the Musquash plant of the New Brunswick Electric Power Commission, a concrete storage dam is under construction at Loch Alva, to replace the temporary timber dam initially constructed, and will be completed before the end of the year. Two extensions to the transmission system are also under way and are intended to serve the small communities of Lepreau, Blacks Harbour, and Shediac. This hydro-electric plant at Musquash, of 11,000 horse-power installed capacity, has become an important factor in the community life of the southern portion of the province. It is supplying energy to the industrial centres of St. John and Moncton, and to an increasing number of small towns and villages between Blacks Harbour and Shediac. For the year ending October 31, 1926, it delivered to the Musquash transmission lines over twenty-two million kilowatt hours of electric energy.

In view of the increasing demands on the Musquash system the New Brunswick Electric Power Commission is on the lookout to secure a further supply of power. At the present time it is actively engaged upon an investigation of the Meductic Falls site on the St. John river about forty miles above Fredericton, which may involve the building of a 50,000 horse-power generating station with transmission lines to the territory served by the Musquash system and to other portions of the province.

On the Nipiguit river investigations have been completed looking to an increased supply of power to the pulp and paper operations of the Bathurst Company, Limited, and a tentative program of development has been planned by the company which will if carried out probably furnish 40,000 horse-power.