

A Word With Subscribers

It is a popular misconception that in times of War a newspaper makes money. As a matter of fact, any newspaper which tries to do its duty by its subscribers, loses money during war time. This is true of The Daily and Semi-Weekly Mail. Both of these papers, in spite of their tremendous increase in circulation, are not making any profit out of the war. This being the case, we have to ask our subscribers who are in arrears to be good enough to REMIT. If we are properly doing our duty toward you as a subscriber, we have to ask that you will carry out your duty to us by remitting promptly any amount that may be owing to us.

If you want to help us make our paper better, send us your subscription in advance. We assure you that we will spend it in improving our news service.

Accounts are now being sent out, and we will be very much indebted to you if you will give the same your prompt attention.

The Mail Printing Company

BEST STORIES OF THE WAR

Correspondents at the front or marooned in obscure places while the great European conflict rages manage daily to get through the wary censors some little grimly humorous or tragic sidelights of the war. Here are the best that have come over the cables today:

DIRGE A SIGNAL TO FIRE.

Cabling from Paris a correspondent says:

"In the fighting at Dieppe the Germans signalled for a masked battery to open fire on the French by having a military band play Chopin's Funeral March."

HUMAN SIEVE.

A correspondent in Ostend says that among the French wounded in recent fighting was a dragoon with six bullet and three bayonet wounds in the upper part of his body. He was expected to recover.

"PARLEZ VOUS FRANCAIS."

A London Correspondent says: "A half sheet typewritten dictionary of the most necessary words is carried by all soldiers of the British expeditionary force."

KAISER STILL BRITISH ADMIRAL

A London correspondent says: "According to the September Navy List just issued the Kaiser is still an honorary admiral of the British fleet, so it would seem that his resignation has not yet reached Whitehall."

LIGHT BRIGADE OUTDONE.

Private Whitaker of the Coldstream Guards writing to his fiancée, describes the fighting at Compiègne in the following words, cables a London correspondent:

BIG SURPRISE TO MANY IN FREDERICTON

Local people are surprised at the QUICK results received from simple buckthorn bark, glycerine, etc., as mixed in Adler-i-ka, the German remedy which became famous by curing appendicitis. Mr. George Y. Diblee states that this simple remedy draws off such a surprising amount of old foul matter from the body that A SINGLE DOSE relieves sour stomach gas on the stomach and constipation INSTANTLY.

"You could not miss the Germans. Our bullets ploughed into them, but still they came for us. I was well entrenched and my rifle got so hot I could hardly hold it. I was wondering if I should have enough cartridges, when a pal shouted, 'Up guards, and at 'em.' The next second he was rolled over with a nasty knock on the shoulder. He jumped up and roared, 'Let me get at 'em!'"

"They still came on and we really did get the order to get at them. We made no mistakes. They cringed at our bayonet, but those on our left tried to get around us."

"We yelled like demons, and after racing as hard as we could for quite 500 yards we cut up nearly every German who had not run away. Then we took up a new position."

"Here our cover was not so good. At our left were the cavalry. The enemy's guns were blazing away and they got to us nicely, but not for long. You have read of the charge of the Light Brigade, it was nothing to our charge."

KAISER SEES BOMBARDMENT.

"A report from Basel confirms earlier statements that the Kaiser watched the Germans bombarding Nancy," says a correspondent of the London Standard. "Attended at first by a small staff he took up a position on a hill overlooking the town, just outside the range of the French artillery."

"For several hours the Kaiser stood alone in an isolated spot in full glare of the sun, his eyes glued to a field glass through which he was following the operations of his army. Finally he walked back to a waiting automobile and was driven away unattended."

TRAPS 28 Germans.

From Paris comes the story of the arrival of twenty-eight Prussian prisoners, the first to be seen in the French capital in the present war. It seems they had become separated from their regiment and lost their way. They asked a peasant near Meaux if the Germans had taken Paris and how to get there. The peasant replied that he thought Paris had fallen and would conduct them to the right road. When it was too late the Prussians found he was leading them into the British lines.

ESCAPED WITH A LAUGH.

Telegraphing from Sydney, N. S. W., the Reuter correspondent says:

(Continued on page 3)

TRAMP STEAMERS

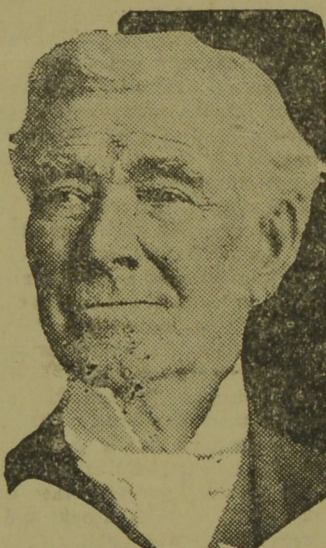
They Are So-called Because They Are the Wanderers of the Ocean

A "tramp" steamer is a "tramp" because she wanders the world over, carrying the most advantageous cargoes she can procure and proceeding to any port, no matter how unfamiliar and remote, to which her manifest takes her.

She is not a "tramp," explains Harper's Magazine, because she goes about in tatters and poverty. Quite the contrary is true. There are great tramp lines immensely wealthy and powerful, and the ships that fly these flags are modern in every respect, equipped with wireless, of vast tonnage, and most comfortably appointed in respect to officers' quarters. When his vessel lies in port the tramp captain appears to the envious longshore onlooker to live a life of the most agreeable sort.

As a general rule, however, the captain himself holds his occupation in no such high regard. Tramp captains may gratify their desire for romance, it is true, but only in a limited way, after all; and their prospect for material prosperity is of the smallest. The cash return is little enough; for all the responsibility assumed, the rich cargo and lives carried through months of anxious weather, of gales and fogs at sea, of lonely and monotonous wastes, the wage isn't much greater than a commonplace bookkeeper may earn ashore.

The pay of a junior officer aboard a tramp steamer would outrage the feelings of an alert office boy; the pay of a first mate would shock a bank clerk. But once a first-class officer becomes a captain, his pay is practically doubled. If his owners possess no other ship than his the chance for advancement is extremely slight; but if he is in the service of one of the great freight lines, his prospect at the best is that of the newest ship at a wage of \$1,500 a year. The next move in fortune of the tramp captain is to the command of a mail steamer. Having obtained this eminence in the service of one of the most considerable trans-Atlantic lines, he is paid no less than \$2,000 a year, and possibly as much as \$4,000 or \$5,000. It is the ultimately sought-for job.



PROF. I. E. ALLEN

of Pensacola, Florida, who after teaching school for fifty years and wearing a beard for the whole time, shaved for the first time in his life to celebrate the opening of a new railroad through his town.

DIETING AND EXERCISE CONDUCTIVE TO HEALTH

Old Athlete Tells Middle-aged Men How to Keep in Condition

Mike Donovan, who has been for thirty years boxing instructor of the New York Athletic Club is now 67 years old, and probably ninety-nine men out of a hundred between the ages of twenty and thirty would find him an extremely awkward customer at any form of physical encounter. He is willing to tell what he knows for he believes that the term "self defence" means more than the ability of a man to repel an attack. When Donovan uses the term he means the ability of a man to fight off old age or rather the common symptoms of it. He himself is grey haired to day, but he is an athlete who can box from 3 o'clock in the afternoon until late at night and hardly quicken his breathing. No one living of his year is in better condition for hard and continuous physical exertion. At a time of life when many men are tottering to the grave he is a trained athlete.

Original Ideas on Condition
Donovan has been too busy to be much of a reader, and it may be taken for granted that the ideas he has upon the subject of physical fitness are not those conveyed to him by some theorist. They are the fruit of a lifetime spent in keeping fit and in keeping other people fit. He believes that physical fitness for the middle-aged man and the man who is still further advanced in life is easily enough attainable. All that is required is some will power, and, of course, some intelligence. It is a matter of diet and exercise. He needs to eat less, and exercise more and practice deep breathing, and do without tobacco and alcohol.

Down on Alcohol
Donovan believes that the average business man whose work is done behind a desk or counter eats about three times as much as he should. Moreover, he probably drinks too much. Donovan's idea of too much drinking is any drinking. He says that alcohol should be regarded as a poison, and everyone knows that even a very little poison is a bad thing. He says that three quarts of water ought to be imbibed in the course of the day. Then at meal times there will not be the demand for liquids. He is also opposed to the drinking of tea and coffee, and after water he places warm milk. Those who insist upon drinking tea or coffee ought to drink plenty of milk with it, and the drinking ought not to be done at meal time.

For a Light Breakfast
We find his authority flatly opposed to the medical men who say that breakfast ought to be the best meal. He is against a heavy breakfast, and for that matter, too, a heavy lunch. Even at night he does not favor anything in the nature of a meal that will leave the consumer satiated. We ought to leave the table feeling that we could eat more. Mike is something of a vegetarian, but a discriminating one, for he does not endorse all vegetables. He divides them into two classes. In the first he places spinach, string beans, cauliflower and cabbage, and insists that cabbage ought to be well cooked. These vegetables ought to be eaten freely. On the black list, as far as he is concerned, go tomatoes, cucumbers, lettuce and radishes.

Get Plenty of Sleep
As far as meat is concerned, Donovan says that beef and mutton are in a class by themselves. He is a strong advocate of the Fletcher system, and cautions against any boiling of meats. To the man who smokes he says that the best thing to smoke is a pipe, the next best a cigar. The cigarette is condemned wholeheartedly because of the general practice of inhaling it. He differs with such authorities as Edison in the matter of sleeping hours. The old saying of "seven hours for a man, eight for a woman and nine for a fool" finds no champion in him. Everyone ought to sleep at least eight hours. His own preference is for nine. As for the choice of exercise, while Donovan is naturally partial to boxing, he believes that walking is the best for general purposes, since everyone can walk a little if he tries.

Moving Picture Kodak
A Polish scientist is the inventor of a motion picture camera which can be carried in the hand and which is operated by compressed air as long as a button is pressed.

To Keep Shoes From Slipping
Pumps often give trouble by slipping. To remedy the fault, stitch a piece of ribbon elastic tightly across inside the top of the heel. This will prevent the continual wear of the heel of the stocking.

A flatterer is one who plays the role of echo to one's own thoughts.

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A Cordial Invitation is extended to you to visit our
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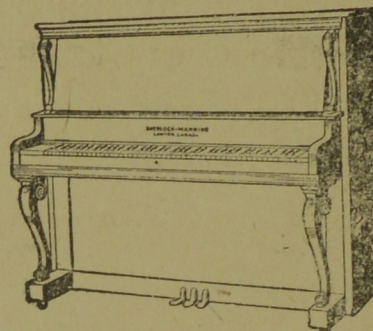
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The War

THE shutting off of imports from continental Europe into Canada, due to the war gives many home industries an unexampled opportunity for immense and immediate development.

Canada will prosper at the expense of Continental Europe. This is not a time in Canada for repining on the part of the business man. We must be careful, [even] frugal, but we must also be bold.

Victory is to him who has courage

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