

## 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

The English papers contain many letters from soldiers at the front as well as interviews with those who have been invalided home, which help to throw a personal light on the fighting of the last month. The following extracts show the general tenor of the letters:

"The heaviest losses occurred in the following days, for it was then covering the retreat on the Monday that the Germans fought all they knew in a desperate effort to transform our retirement into a rout, 'writes a wounded lieutenant.' It was here that our guns were lost. Halted out in the open with weak infantry supports, and doing their best to stay the onward rush of the bluish-grey clouds of Germans, the artillerymen suffered terribly.

"German marksmen picked off the horses one by one, and when the German cavalry swooped down, the men could not get the guns away. So long as possible they stuck to their posts, but the officers realized then it was a useless sacrifice attempting to save the guns, and they ordered their abandonment. I only saw one battery lost in that way.

### SAVED BY THE IRISH

"In another case where the German lancers swooped down and killed the last men of one battery, the situation was saved by a couple of companies of an Irish Fusilier battalion—the Munsters, I think—who rushed at the Germans with fixed bayonets and put them to flight while the enemy's artillery poured a merciless fire on them. Many of the Germans around that battery were killed, and, of course, the losses of our men weren't light.

### LESS BOWEL TROUBLE IN FREDERICTON

Fredericton people have found out that A SINGLE DOSE of simple buckthorn bark, glycerine, etc., as compounded in Adler-i-ka, the German bowel and stomach remedy, relieves constipation, sour stomach or gas on the stomach INSTANTLY. This simple mixture became famous by curing appendicitis and it draws off a surprising amount of old foul matter from the body. It is wonderful how QUICKLY it helps. Geo. Y. Dibblee.

"The Fusiliers were furious when orders came that they were to abandon the guns as no horses were available. You could see them casting loving eyes on these guns all the rest of the day, and at night, when the time came to fall back, the poor devils were dragging the guns with them, having captured a few German horses and supplemented them by men who were willing to become beasts of burden for the time."

### BRAVERY OF THE SURGEONS

"As the wounded were brought to the rear," we heard of the deeds of heroism from the men of the Royal Army Medical Corps in the fighting line—how an officer stood over the body of a private who had previously saved his life until he had spent his last shot from his revolver, and then fell seriously wounded, to be avenged the next moment by a burly sergeant who plunged his bayonet in to the Prussian.

### THE VOW OF VENGEANCE

In a letter to his mother Private A. McGillivray, a Highlander says: "Of my company only ten were unhurt. I saw a handful of Irishmen throw themselves in front of a regiment of cavalry who were trying to cut off a battery of Horse Artillery. It was one of the finest deeds I ever saw."

"Not one of the poor lads got away alive, but they made the German devils pay in kind, and, anyhow, the Artillery got away to account for many more Germans."

"Every man of us made a vow to avenge the fallen Irishmen, and if the German cavalrymen concerned were made the targets of every British rifleman and gunner they had themselves to thank."

"Later they were finely avenged by their own comrades, who lay in wait for the German cavalrymen. The Irish lads went at them 'with the bayonet when the least expected it, and the Germans were a sorry sight."

### "BUSINESS AS USUAL."

"The battlefield is not the place to look for humor," said the Seaforth Highlander, "but you find it there, all the same."

"The Wiltshires occupied a dangerous position in one of our rearing actions, and at a critical moment their ammunition ran out. A party

of men volunteered to cross the open under heavy rifle and shell fire to borrow enough to go on with from some of our chaps who appeared to have more than they needed.

"When they came back, and the men began to reload, the wag of the regiment, a Cockney, who had just been reading in the papers that your motto at home was 'Business as Usual,' brought out an old biscuit tin on which he had put the notice, and turned it towards the Germans as a hint that our men were ready for them again. It wouldn't convey much meaning to them, but anyhow it was a nice target, at which they aimed, and when the joker was forced by his mates to take it in again he was hit twice in the arms—fortunately not very seriously."

### POCKETED BULLET

A trooper of the 4th Dragoon Guards, who arrived in London, said: "I managed to escape until the last stage of the retirement, when I was struck on the thigh. I remember a shrapnel shell exploding. I merely thought that somebody had hit me on the leg. I didn't think any more about it till the next day, when my leg felt queer, and I looked to see what was the matter with it."

"Then I found a piece of shrapnel had entered my right thigh and gone through until it reached the opposite side, which happened to be pressing against the horse. In some funny manner it had flown back, made another hole in my thigh, and lodged in my pocket. I found two holes in my pocket and two in my pants."

"Here it is," he added, holding out a round leaden pellet, the size of a raspberry.

"The Germans aren't fighters," he continued, "but whatever else people may say, their artillery is good. It's awful; but they can't use a rifle for nuts."

"We have bamboo lances. The Chinese carry iron lances, with three rings not far from the top, so that when they dig you they twist the lance round and tear the flesh. They also have a hook on the end of the lance. If they miss with the point they swing the lance around and hook you with the other end."

### TRENCHES SWEEPED

There is a consensus of opinion that the German artillery is deadly. A private of the Manchester Regiment said:

"Aeroplanes flew over us until we hated the sight of them. They would stay over us for a bit and then fly back, and not five minutes later the German artillery would start and get our position exactly. Their rifle fire we didn't mind a bit, it was the shell that chawed us up."

"The West Kents were made an awful mess of. They were entrenched in a valley, and somehow the enemy got around them and swept the trenches with shells."

He added to the evidence of German brutality.

"The Germans don't know how to fight decently," he stated. "They fire on the white flag, and when they see R.A.M.C. men with stretchers they bayoneted them in the wrists so that they cannot pick up the wounded."

### CHEERY UNDER FIRE

SAPPER BRADLEY—I have never seen our lads so cheery as they are under great trials. You ought to be being proud of them if you say them lying in the trenches cracking jokes or smoking while they take pot shots at the Germans.

We have very little spare time now but what we have we pass by smoking, concerts, sing songs and story telling. Sometimes we have football for a change, with a German helmet for a ball, and to pass the time in the trenches have invented the game of guessing where the next German

## IF CONSTIPATED OR BILIOUS "CASCARETS"

To-night! Clean Your Bowels and Stop Headache, Colds, and Sour Stomach

Get a 10-cent box.

Take a Cascaret to-night to cleanse your Liver, Stomach and Bowels, and you will surely feel great by morning. You men and women who have headache, coated tongue, a bad cold, are bilious, nervous, upset, bothered with a sick, gassy, disordered stomach or have backache and feel all worn out. Are you keeping your Bowels clean with Cascarets—or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

Cascarets immediately cleanse and regulate the stomach, remove the sour, un digested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels.

Remember, a Cascaret tonight will straighten you out by morning. A 10-cent box from your druggist means healthy bowel action; a clear head and cheerfulness for months. Don't forget the children.

## A BIT OF HUMOR

### REJOINDER

Star Boarder (after reaching vainly for the butter)—"You can see the high cost of living has struck this place."

Landlady (beaming)—"How's that?"

Star Boarder—"Why, every blamed thing is beyond your reach."

### WILLIE'S REVOLT

"What's the matter with Willie?"

"He's turned anarchist."

"Anarchist! Dear, dear! What's turned him?"

"He says he can't support any government that wilfully sends ships to bring home stranded school-teachers."

### HAD CAUSE

"He was always too proud."

"He has swallowed his pride."

"What has happened to him?"

"He might have known if he ever swallowed his pride it would bust him."

### MUSICAL ART

Mother—"What do you think you will make out of my daughter's talent?"

Professor (absentmindedly)—"About half a guinea a lesson, 'if the piano holds out."

### SOME TALKER

First Trooper, Imperial Yeomanry, (discussing a new officer)—"Swears a bit, don't he, sometimes?"

Second Trooper—"E's a master-piece, he is; just opens 'is mouth and let's it say wot it likes."

shell will drop. Sometimes we have bets on it, and the man who guesses correctly the greatest number of times takes the stakes.

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## DIETING AND EXERCISE CONDUCIVE 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 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 times.

### 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 slip. 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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Manager

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