

AMERICA WANTS MEN OF BRAVN.

Mr. Robert Watchorn Says that the Man Who Can Labor Fills the Need.

Montreal, Sept. 16.—Mr. Robert Watchorn, formerly U. S. Immigration Commission in Montreal and now Commissioner of Immigration for the United States at Ellis Island, New York, gave utterance last night to several interesting and pertinent remarks on the subject of the class of immigrants most needed in the United States and Canada. He firmly believes that the needs of both countries are identical, and that the man most wanted is not the man with money or even the skilled laborer, but rather the man who can handle pick and shovel effectively, who possesses a good constitution, a heart for work and a saving disposition. The evidence of a man's wealth, thinks Mr. Watchorn, is not found in his pocket, but in his body, and although the man who has money, yet the man with vigor and intelligence will always turn out well.

Mr. Watchorn has still further proof as regards the United States at least, that the pickhandler is the man most needed, for said he, "We now have 13,000,000 persons in the United States schools studying for skilled work. Men who come over here without much education and wish to succeed should take hold of the laborer's tools." Believing as he does, that the needs of Canada and

the United States are identical in this regard Mr. Watchorn thinks that similar legislation with respect to immigration should exist in both countries.

In the matter of actual figures 1,270,000 immigrants came to the United States through all her ports during the past fiscal year ending June 30th. These brought \$26,000,000 with them, a proof that it is not the destitute who come to America. The number refused entrance into the United States was much smaller than ever before, though the number turned back who tried to ship at European ports was much larger. This is positive proof, thinks Mr. Watchorn, that undesirable are not allowed to come to America.

Russia and Austria contributed the largest proportion of the number of immigrants the United States last year, with Italy in the third place. The British Isles sent less than in former years. Russia sent more than double the number of any other country. Ireland, contrary to general opinion, sent less than in former years.

Mr. Watchorn completed his remarks with the expression of his belief that Canada and the United States would soon think alike and legislate alike on the immigration question.

WEIGHT AS A FACTOR IN PHYSICAL HEALTH

Some Important Deductions Drawn from Comparisons With Height.

"Weight in Relation to Health," is the subject of a special article by Dr. Eustace Miles in the London Mail in which he says:

Now there are important deductions to be made from statistics of weight. When we find whole classes obviously underfed or starved, and at the same time unusually short and light, we draw useful conclusion. But what I do strongly protest against is the assumption that sheer weight (or height) is any fair test of the excellence of a person, or a plateful of food or a book any test of usefulness, of successful "adaptation to conditions."

In the first place, there are the above-mentioned individuals, the lithe and thin-bodied, who live long and usefully and do undoubtedly adapt themselves to their conditions. Some are born to be spare, as are some trees and birds, and fishes. With these, fatness, if it were possible, would mean unfitness. How many people there are who have not realized that they were born to be spare till they became spare and also fit. This does not mean starvation; it means abstinence from, or moderation in, the foods or elements that do not feed but rather clog. Exactly which elements these will be, cannot prophesy; they may be fluid or starch, or sugar, or fat, or fibre, or stimulant, or irritant, or narcotic.

QUALITY—NOT QUANTITY.

And there are, I know, large numbers of individuals who had better be decidedly below their really normal and proper weight than keeping, or try to keep up, that weight by wrong foods. Granted that they would be healthier as their proper weight, if they took precisely the right foods and drinks—that is, the kinds that would build them up with the minimum of waste; yet as things are, they do not take these kinds; that are not well digested and assimilated perhaps one takes abundance of eggs and milk and bread and

potatoes. What he gains in weight he loses in energy spent on the work of digestion, etc. By sacrificing some weight, he might save this energy.

In the second place the scales do not discriminate. If scales could only analyze us and say, "So much fluid, so much fat, so much sound flesh, so much bone, and so much purity and so much power in reserve," then we could rely on them. But scales are indiscriminating. Alike they show mere "eleven stone" for the man who ought to be eleven stone, and who is a man having the right elements in their proper proportions for him, with just the best amount of fluid, of fat, of sound flesh, and "eleven stone" for the man who ought to be eleven stone, and who is a man having the elements in their wrong proportions, for him, with x too much fluid, y too much of fat, z too little of sound flesh.

EFFECT OF WORRY.

In all the cases I have been able to examine I have scarcely ever found one in which thinness was due to too small a bulk of food. There are such cases, legions of them, among the poorer classes.

But among my statistics the fault has nearly always been wrong food, excess of food, or excess of certain elements, and—worry. Some of the worry is mental, a cowardly or ignorant distrust of Providence, but quite as much is physical; within the individual the faithful little cell-lives are working themselves to death over tasks that with all they cannot satisfactorily perform. They are as uncomfortable as is the clerk who should have been a farmer, the clergyman who should have been a lawyer, the husband who should have been a bachelor, the bachelor who should have been a husband. And if we could see them we should find that they are either as thin or as unwholesomely fat (or of "normal" weight), as their lord and master. As within, so without; as the integral part, so the whole.

DULY RESPECTED.

Two cowboys once met on a Texas plain and rode along together. They were strangers to each other, and their notions as to the merits of right and wrong were as loose as possible.

Suddenly one of the "boys" made a suspicious movement towards his pocket. Instantly the other drew his revolver and shot him dead.

The "live boy" then dismounted, gazed steadily at his victim and said to himself:

"Now, I wonder if he was really going to shoot me. The evidence was against him, but I will see for myself."

Turning the body over, he discovered that the only murderous weapon that the dead man bore was a whiskey flask, and then in sorrowful tones he said:

"Such a blessed idiot I am! I've killed an innocent man and a perfect gentleman. He wasn't going to shoot me; he merely intended to invite me to have a drink."

As he drew his sleeve across his mouth he continued:

"The last wishes of the dead shall be duly respected."

Then he emptied the flask and went on his way.

WILL RETAIN KEEWATIN CONTROL.

Hon. Mr. Scott Deals With Manitoba's Claims on Keewatin.

Ottawa, Sept. 16.—The complaint of Hon. Robert Rogers that Manitoba

is being robbed of Keewatin seems to have little foundation. Secretary of State Scott said this morning that, though the Lieutenant-Governor of Manitoba was the nominal administrator of that territory, he had always reported to the Interior Department at Ottawa and the administration was really carried on by the federal authorities through the Mounted Police. The Manitoba Government had never exercised any control over Keewatin. The territory will be administered in future, as in the past, from Ottawa, until it is apportioned between Ontario, Manitoba and Saskatchewan. The only change will be that hereafter the Lieutenant-Governor will not draw a thousand dollars a year for acting as administrator of Keewatin.

Young Reporter: "The storm king hurled his torn and tumbling torrents over the ruins of the broken and dismembered edifice."

Old Editor: "What's that? What do you mean, young fellow?"

Young Reporter: "I—or the flood washed away Patrick McDougal's old cow-shed."

Mike (Twin) Sullivan of Boston and Joe Gans of Baltimore, boxed 15 rounds to a draw at the latter city Friday night. Many of the spectators disagreed with the referee. Sullivan showed scarcely a mark, while Gans was badly battered up.

Remember when you run away from punishment that punishment has a great habit of waiting around till you come back.

DEATH WAS AT THE HELM.

Dead Steersman Guided Ship Through a Hurricane.

Honolulu, Sept. 14.—A dead man held the wheel of the schooner Charles Levy Woodbury during several hours of the night of August eight, on her trip here from Laysan Island. He was a Japanese member of the crew, and died clutching the wheel. He was found still holding the wheel and the vessel, though greatly damaged by a hurricane, which is supposed to have caused his death from over-exertion, reached port in safety. Ex-Queen Elizabeth celebrated her seventieth birthday on September 2. A reception, attended by natives, was held at her home.

YOUR BLOOD VESSELS.

Keep Them Sound, and You Have the Ellixir of Life.

Every age sees its earnest scientists still seeking how they may discover the elixir or the force which shall give us the energy, the vitality and the appearance of youth. A German who has been struggling with the subject is convinced that the secret lies in keeping sound our blood vessels. We are just as old as our hearts, he declares, and this is no pretty poetical sentiment, but a cold, scientific fact. As years creep on our arteries and the heart lose vigor, and we then begin to "age." Now, we can train this organ, it appears, to work better than it does. Like an old clock, if treated judiciously it will go on as well as a new one, but it does not do to give it any of the liberties of the latter. We must carefully regulate the exercise we take, the food we eat, the mental efforts we make, the muscular work we do. We should neither walk too much nor too little. We should get as much air as possible and never oversleep. We should never coddle, still less should we be rash about colds, fatigue, and so on.—London World.

Where Time Changes.

The line where "time changes"—where a ship loses a day going west and gains one going east—is drawn irregularly down the Pacific coast of New Zealand, whose time is nineteen and a half hours "faster" than San Francisco's.

MAILS CLOSING.

6 a.m.—For St. John, etc., St. Stephen and Charlotte Co., Carleton, Victoria and Madawaska Counties, and United States.

6.30 a.m.—Woodstock and Gibson Branch Stations.

WAY MAILS—East Side St. John River.

6.30 a.m.—For Keswick Ridge, Southampton, etc., Mondays and Thursdays.

West Side St. John River.

6.30 a.m.—For Springhill, Kingsclear, Prince William, etc., Mondays, Wednesdays and Fridays.

7.30 a.m.—St. John River via Steamer.—For Oromocto, Sheffield, Gagetown, etc.

8.45 a.m.—St. John, etc. C. P. Railway Stations, East: Nova Scotia and P. E. Island.

10 a.m.—For St. Marys Ferry, Gibson and Marysville.

WAY MAILS.

2 p.m.—For Nashwaaksis and St. Marys Ferry, daily. Nasonworth, New Maryland, Hanwell, Lower St. Marys and Royal Road. Wednesdays and Saturdays.

3.30 p.m.—For Gibson, Marysville, Boiestown, Doaktown, Blackville, etc., Chatham and I. C. Railway Stations north and south.

4.30 p.m.—For St. Stephen, Woodstock, United States, Montreal, Toronto, Ottawa and North West Provinces.

4.15 p.m.—For St. John, etc., Nova Scotia and P. E. Island.

4.15 p.m.—British mail via New York. Mondays and Thursdays.

MAILS RECEIVED.

9.10 a.m.—From St. John, etc., and Nova Scotia.

10.30 a.m.—From Nasonworth and New Maryland. Wednesdays and Saturdays.

11.30 a.m.—From Montreal, Ottawa, North West Provinces, etc., and United States.

12.15 p.m.—From I. C. Railway Stations, North Shore and Quebec.

St. John River via Steamer.

5 p.m.—From Oromocto, Sheffield, Gagetown, etc.

9.15 p.m.—From Woodstock and Gibson Branch Stations.

8.45 p.m.—From Nova Scotia and P. E. Island.

WAY MAILS.

6 p.m.—West Side River St. John.—From Meductic and Way Offices. Tuesdays, Thursdays and Saturdays.

9.15 p.m.—East Side River St. John.—From Woodstock and Way Offices. Tuesdays and Fridays.

5.30 p.m.—From Lower St. Marys. Wednesdays and Saturdays.

4.30 p.m.—From Nashwaaksis and St. Marys Ferry.

7.30 p.m.—From Gibson and Marysville.

10.50 p.m.—From United States. Letters for Registration should be posted half an hour previously.

A TRULY IDEAL WIFE

HER HUSBAND'S BEST HELPER

Vigorous Health Is the Great Source of the Power to Inspire and Encourage—All Women Should Seek It.

One of the most noted, successful and richest men of this century, in a recent article, has said, "Whatever I am and whatever success I have attained in this world I owe all to my wife. From the day I first knew her she has been an inspiration, and the greatest helpmate of my life."



Mrs. Bessie Ainsley

To be such a successful wife, to retain the love and admiration of her husband, to inspire him to make the most of himself, should be a woman's constant study.

If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has headache, dizziness, bearing-down pains, nervousness, whites, irregularities or the blues, she should start at once to build up her system by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

Following we publish by request a letter from a young wife:

Dear Mrs. Pinkham: "Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so I could not enjoy my meals, and half my time was spent in bed."

Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality. "Mrs. Bessie Ainsley, 611 South 10th Street, Tacoma, Wash. What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every sick and ailing woman."

If you have symptoms you don't understand write to Mrs. Pinkham, at Lynn, Mass. Her advice is free and always helpful.

COUGH NO MORE

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THE REMEDY OF THE DAY

A definite preparation of Spruce Gum, Wild Cherry, Hoarhound and Tar.

Scientifically combined in the form of agreeable and palatable Syrup.

One of the most reliable preparations yet introduced to the public for the immediate Relief and Cure of Coughs, Colds, Bronchitis, Hoarseness, Whooping Cough, Croup, Asthma, and all diseases of the Throat and Lungs.

Taken with Cod Liver Oil in the first stages of Consumption, it will be found invaluable.

For sale everywhere. Price 25 cts. or by mail on receipt of price.

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Territory open for one or two Agents.

JUST HIS WAY.

A well known cleric, who was noted for his absent-mindedness, was engaged to preach in a church in a neighboring city. He had purchased a new hat for the occasion. The young man who was to escort him to the church met him at the railway station.

Upon meeting him he said, after what the parson thought a rude stare, "I beg your pardon, sir, but your hat—"

"Oh yes, never mind the hat," the clergyman interrupted, and proceeded to ask some questions. The people they met stared and smiled.

"Strange how many people notice when one has got a new hat," thought the parson. The church was

reached, and the worshippers approaching naturally turned to observe the noted preacher. His host met him at the vestry door to welcome him, but, hesitating, said: "Pardon me, but pray why do you wear your hat so?"

The tile was doffed and the outside found to be still covered with the white paper, which the absent-minded divine had forgotten to remove.

They are boasting in the West that there has been no frost this season to hurt the grain crops or destroy the pumpkin vines, but the frost will come later for the Tories in the new provinces. Provincial elections are due in Alberta and Saskatchewan within the next few weeks.

G. T. WHELPLEY.

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STANGER & HARRISON,

MERCHANT TAILORS,

Would like to remind you that the Fredericton Exhibition will soon be on and to warn you that if you wish to appear at your BEST, overcoat. Our Cutter has just graduated from the New York Cutting School.

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If held tightly
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WILL BURN BRIGHTLY.

Ask your grocer for a box. Try them.

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