

Dripping With Iodine

Sketch Of The Lobster Industry By J. A. LeFurgey M.D. Alberton.

The importance and value of the lobster industry in the economic life of the people of Canada's eastern seaboard was never more strikingly demonstrated to the people of those provinces by the sea, than throughout the last few years of successful material depression, and the handsome dividends which the catch has continued to yield, in spite of collapsing markets and financial uncertainty in other lines has focused attention on this shell-fish enterprise to a degree probably never known before. Lobstering has always been an important business in this country and even in normal times has ranked as one of the major branches of the fishing industry. An examination of statistical reports got out by the Department of Marine and Fisheries indicates that for the last fifteen years, returns from the sale of salmon are greater than that of any other fish, and bring to the pockets of those engaged in that pursuit an annual sum in the neighborhood of \$100,000 that returns from the sale of codfish and lobsters take second place—though poor seconds—at around \$50,000 each; and that halibut with a marketed value around \$4,000,000 and herring around \$3,000,000 complete a list of the leading fish products of the country. In the year 1932 returns from the cod, halibut, and herring so divided that the lobster catch by maintaining its regular dividend of \$500,000 yielded an amount of money greater than the sum total from those three fish, and came indeed within striking distance of overhauling in point of value the salmon which had dropped to \$7,500,000. Similar conditions prevailed during 1931 and 1933 though perhaps not to so great a degree. Such a remarkable showing as this, at a period which is recognized as the worst depression of modern times, must indicate that the lobster is a food product much in demand, and that the markets to which it has access are unusually firm and stable.

Unique Features

There are some unique and distinctive features which distinguish about the Canadian lobster industry. The true lobster—*Homarus*—is found only on the shores of the Atlantic and the half dozen or so attempts that have been made by the Canadian and United States governments to propagate him on the waters of the Pacific have not been successful. His nearest rival in a commercial way is the Japanese crabfish which in the opinion of connoisseurs is inferior to the lobster. Canada possesses the most extensive and valuable lobster fishery in the world and with the exception of Newfoundland is the only country with an exportable surplus. As a food, the lobster is established as a luxury. This may be seen by comparing the lobster that obtained last fall for the lobster with other foodstuffs. At that time a box containing a half case of quarter pound tins, that a school boy could carry under his arm was wholesaling in the fishing villages for twelve dollars, an amount of money the equivalent of four cart codfish, or four barrels of herring, or to consider some agricultural products, fifty bushels of potatoes, or two hundred and fifty lbs. of beef. The lobster is one of the few products of Canada that enters that most desirable of markets, that of the United States, duty free, and to that country is hauled by truck, express, and special boats, all of the Dominion's exportable surplus of the live product "lobster in the shell." Unlike other fish such as the cod or the ubiquitous herring the lobster grounds are not inexhaustible, and are reckoned to be unable to withstand high pressure fishing, and it is no doubt correct that the task of regulating and supervising the lobster industry by the Department of Marine and Fisheries has caused that body more concern and expense than that in connection with any other similar phase of its activities. It is significant to note that the matter of the protection of the lobster from over-fishing has been the subject of investigation by Royal Commissions on less than five different occasions.

Productive Areas

In Canada, lobsters occur all along the shores of the Maritime, the Gaspe coast and the Magdalen Islands. The most productive area of all is near Cape Sable in the southern tip of Nova Scotia where a narrow frontage of forty-five miles yields twenty-five per cent of the annual catch. Lobsters are also plentiful along the rest of the Atlantic coast of Nova Scotia, the shores of the Northumberland Strait, and in the Gulf of St. Lawrence in the waters surrounding Prince Edward Island and the Magdalen Islands. In the bay of Fundy, though the lobsters are not plentiful those found there are quite large. Along the Gaspe coast the water is too cold for optimum growing conditions and production there is not great.

Lobsters are found from the shore line, in a few feet of water, out to a depth as great as twenty fathoms, ten or more miles from land in some localities. They are caught in lath traps tied together and dropped to the floor of the sea. The traps are constructed somewhat after the pattern of the old fashioned net trap, and usually have three points of entrance to the hunted fish to gain access to the bait, one at one end, and one each side. Codsheads or pieces of mackerel or herring are used as bait. An idea of what a lobster trap is like may be seen by refer-

ring to the picture which shows a truck load of them being taken to the fishing grounds. Any who have travelled along the shores of the Maritimes has no doubt often seen such traps piled mountain high along banks near the canning factories. Sometimes in shallow water as many as seventy-five traps are attached to one line, but in very deep water traps are usually set single. Lobster, nine inches or over in size are usually sent to market alive where facilities for rapid transportation are available; otherwise they are canned along with the small ones in which shape they find their way to markets of the world. England is the largest buyer of the canned product, but the United States, France, Sweden, Denmark and Belgium import large quantities, and as many as twenty four countries are importers of the Canadian canned lobster.

Lobster Characteristics

In his mode of growth and characteristics the lobster compared to most denizens of the sea is in a class by himself. In his early days after being shed as a tiny egg from the body of the mother lobster, usually in some warm shallow inlet of water, he takes to the deep sea where like a real fish he paddles about a few feet under the waves avoiding their rough action which might harm his minute jelly-like body. Here for about six months he lives thriving on the rich "Plancton"—the name that is given collectively to the minute oceanic animalcules, small organisms almost invisible to the naked eye which abound in the surface waters of the open sea—till he attains a length of about three quarters of an inch, by which time he has developed a shell, and sinks to his future habitat, the floor of the sea. Here he lives on different invertebrates which inhabit the sea bottom, and small fish which when he has attained sufficient size he can seize with his quick acting claws. Lobsters are also cannibalistic. A striking feature about the growth of the lobster is that it is not gradual as in most animals but suddenly increases from one size to the next by a rapid expansion in bulk; thus a six inch lobster at one step becomes a seven and a half inch lobster. The molting act occurs about once a year, though the young lobster it is much oftener, and the first year of its life it molts as often as 12 times. By the time a lobster has reached a length of nine inches it is about four years old, and weighs one lb. By thirty, lobsters have reached a weight in the vicinity of 20 lbs. Though capable of travelling great distances lobsters are non-migratory; and it has been noted that once a particular area is cleaned out of its lobsters they are not soon replaced.

Zestful Flavour

The lobster owes its great popularity as an item of diet to its peculiarly rich stimulating zestful flavour. It often finds a place in the menus of pretentious banquets and elaborate spreads, and the well established fact that it proves most palatable when taken in conjunction with mild or distilled beverages, popularly might be regarded as a party. There are now reasons to believe that people who have been following the dictates of their appetite in helping themselves to the palatable lobster meat, were all the time obeying a very legitimate and natural craving, because according to information that has recently been worked out at laboratories the lobster furnished food elements of an uncommon nature and of the Biological Board of Canada have tested the lobster and found that his flesh was a very effective agent in stimulating the glands of the stomach to secrete and of the digestive fluids and enzymes, and the lobster was supreme in this respect; even beef coming off a poor second. Their conclusion was that this fact "should be of great value to people suffering from a functional disturbance of the gastric juices." Nor is this the only reason why the lobster is rich in iodine, literally saturated with it as compared to other edibles. Researches carried out by Dr. Donald K. Tressler and Arthur W. Walls of the United States Department of Fisheries revealed that lobsters contain about two hundred times as much iodine as milk, eggs, or beefsteak. It was also found that fresh water fish contain little iodine. The following table is illuminating in this respect. It indicates the iodine content of lobsters, two common inland fish, the Lake Trout, and Whitefish, and the codfish:

Milligrams Iodine per kilogram	
Lobsters	1.38
Cod	.01
Lake Trout	.01
Whitefish	.03

The significance of these facts can be appreciated when it is realized that iodine is a necessary item in diet and that many individuals suffer from lack of this particular halogen. Iodine deficiency seldom occurs in people living near the sea. It is common in Switzerland, Central Asia, and many other arid, usually mountainous, districts. Iodine deficiency leads to a swelling of the neck, which is called goitre. McCrea's revised edition of Osler's book on medicine which contains only well established opinions, defines Simple Goitre as "A chronic enlargement of the thyroid gland due to lack of iodine, occurring

Timothy Seed

We want a few thousand pounds of Island grown for which we are paying cash. Send sample and state how much for sale.

Carter & Co. Ltd.

sporadically or epidemically," and in regard to treatment for the condition states, "Iodine in some form is used extensively, and often is curative." It must be borne in mind that for one person who has such a degree of iodine deficiency as to develop thyroid trouble, there are many others, or so it is reasonable to assume, who even though they do not develop disease, are threatened with it, and suffer from minor disorders that would be benefited by taking more iodine-containing food. Nearly all the lobsters caught in Canadian waters are shipped to outside countries. It is more than probable a great deal more of the product could be consumed in the homeland with benefit to the health of the people. No one disputes the wisdom in the epigram: "A nation's Health is a nation's Wealth."

Canada's Production

It has been computed that Canada produces 80 per cent of the world's supply of lobsters, the bulk of the balance coming from the United States and Newfoundland. There is only a negligible supply coming from the shores of Western Europe, chiefly the British Isles, and the Scandinavian peninsula. As a matter of history the shores in which the lobster might be found have not always been so limited or depleted. He was once plentiful in the warm waters of the blue Mediterranean, and Roman historians were wont to refer to him in their Epicurean feasts, but he has long since vanished from that sea. The supplies on the littoral of Morocco and Norway once furnished vast quantities, but by the end of the seventeenth century the stock in the area had greatly dwindled by too much fishing. In the United States in this continent they were once abundant and it is related that in 1771 when Kalm the Swedish traveller referred to the great abundance of lobsters off Long Island the people of America could not imagine the possibility of such depletions as were said to have occurred since then. Recognizing the inability on the part of other countries to protect their lobster resources from impoverishment the question comes up as to why Canada has been able to conserve her supply so that today she has what amounts to a corner on the world's markets.

Protective Factors

It is not overdrawn to ascribe the main reason to the fact of being a new country her resources in this line have only been tapped within a relatively recent period, and that it is only during the past few generations that intensive fishing has been prosecuted. Certain geographical features have helped. For one thing her fishing grounds being in the extreme East are far removed from the concentrated areas of population as New England and Upper Canada, and thus the distance from market has more or less kept down the amount of fishing. In many localities heavy tides, rocky sea bottoms and exposed coast lines make fishing far from easy, and in the northern part of the fields, the long winter and Spring and Autumn seasons shorten the season of fishing operations to a few summer months. In addition to these natural protective factors and circumstances, have of course been the restricting regulations laid down and enforced by the Dominion Government, and these regulations being the only controlling influence man has on the industry, hence loom in importance. It must be recognized that even a superficial examination of the factors involved in protecting such a natural resource as the lobster industry is, will indicate that the problem of control and conservation is a difficult one. There is a two thousand mile coast line to check up, and inducements to trap the lobster are many. Fishermen are not obliged to go far from home like in most other fishing pursuits, there is ready money for the produce and mostly a much greater financial return than for other sea products, no one stands to reap any immediate gain by following the laws, fishermen, canners, and buyers and merchants all profit when lobsters are caught; it is the next generation that suffers, in other words the danger of killing the goose that lays the golden egg has not in many cases any great re-

striction engineers, at the cost of \$1,000.00, which has been given a demonstration to the public in Cleveland. The new car, which has seating accommodations for 50 persons, weighs 31,000 pounds. Below left is the horse car used by Philadelphia in the '20's, while at the lower right is the "walking car" used in New Orleans.

Arrival Of Princess Marina Inspires All London To "Flattery"

Brides-to-be Eavesdrop on Trousseau Plans—Sapphires Become Vogue and Hairdressers Invent "Marina Curls"

LONDON, Oct. 11.—Princess Marina of Greece, who is to marry Prince George, could claim to be the happiest Princess in the world. Her one fear has been banished. It was hardly a feat—it was an earnest desire that English people would welcome her as wholeheartedly as Prince George had promised they would.

When she passed through London where Prince George met her on her arrival from Paris, on her way to Balmoral, Scotland, where the King and Queen are staying, hundreds of thousands of men, women and children cheered her wildly. They threw flowers in the path of her car and broke police cordons to get closer to her. Prince George was obviously delighted with his fiancée's welcome. He held her hand as they motored through London, and ordered the car to be driven slowly so that the crowds could see his princess.

Princess Indeed

She looked radiant. She was wearing a loose-fitting russet coat and skirt with a blouse to match. A little russet velvet cap with a stitched brim that turned up all round, fitted closely over her golden-brown curls. Her stockings were pale beige, and she wore brown leather shoes and gloves and carried a brown leather handbag to match. She was wearing magnificent jewelry. It consisted of two short ropes of pearls—a present from Prince George—pearl stud earrings, and a small diamond brooch which kept her jaunty red feathers in place in her hat.

Wedding Dress by Molyneux

An Englishman—Captain Molyneux, who is one of the most famous dress designers in Paris—will strain force and this point is particularly true when it is considered that each year, tremendous quantities of miniature lobsters are canned.

Fisheries Control


The principal element in the controlling regulations of the Government is to permit fishing for a period of two months, outside of which prescribed time fishing and canning are unlawful, and fishing gear found in the water during that period is destroyed. The Department of Fisheries maintains a fisheries patrol service of around sixteen boats and a shore force of wardens to work with the off-land units at an annual cost of around \$200,000. As might be expected there is a considerable amount of illegal fishing done in spite of the law. Certainly, few children the areas where lobstering is anywhere extensive have to consult the dictionaries to find the meaning of the word "poaching" the law that is applied, and quite logically so, to the crime of encroaching unlawfully on this great resource, the property of the people of the Dominion. Poached lobsters are canned privately in the fishermen's homes and once canned are sold to dealers without molestation on the part of the law.

Analysis of Catch

Year	Quantity	Value
1897-99	69,000,000 lbs.	\$2,941,000
1900-02	69,000,000 lbs.	\$2,118,000
1903-05	69,000,000 lbs.	3,050,000
1906-08	69,000,000 lbs.	3,785,000
1909-11	69,000,000 lbs.	5,080,000
1912-14	69,000,000 lbs.	5,012,000

In spite of the gradual drop in the catch the marketed value has continued to increase, as shown by the following approximate figures, which obtained during ten year intervals:

Although the returns for 1931 are less than for 1932, considering the cost of living for the two different years it will be realized that the income of over \$5,000,000 for 1931 is really remarkable. It must be borne in mind that since the advent of motor boats and the introduction of traps of more destructive character, fishing operations have become more effective than years ago; and when this fact is taken into consideration, the gradual decline in the catch, becomes more significant and cannot otherwise be considered as disquieting. The increase in the catch for the four year period just closed would be more reassuring were it not for the fact that dullness in other pursuits have driven additional men into the lobster industry so that fishing has been pushed with a vigor never before experienced. The returns for the balance of this decade should tell the tale and show the downward tendency continues. It is inevitable that radical control measures will have to be taken; otherwise history will again repeat itself, this unique fishery will go to the wall as others have done in the past, and the fishing trade of Canada will have lost one of its most valuable and renowned assets.



MEN!

Come in and see

New Fall Styles
New Fall Colors
New Fall Patterns
New Fall Weaves

BRITISH WOOLLENS

MADE TO MEASURE

by

Tip Top Tailors Limited

Fit and Tailoring Guaranteed

Sold by

W. P. BRUCE

TIP TOP STORE BRACE BLOCK

Your Unrestricted Choice AT ONE PRICE

\$23.50

All Union Labor Employed

TRAINED HORSE FOR HURDLE WIN

(By The Canadian Press) SOUTHEAST, England, Oct. 8.—The engagement is announced of Miss Gladys Gwendoline (Jackie) McAlpine, elder daughter of Sir Alfred and Lady McAlpine of Marchwood Hall, Westham, and Charles-Philippe Brutton, and Miss McAlpine is a rider who has won many prizes at horse shows. She once trained a hurdle-race winner named Chatham, owned by her father. The horse had broken down and was to be destroyed, but Miss McAlpine saved him, took the horse out every day and eventually he was fit again.

POINT PLEASANT SCHOOL

Honor roll for August and September. Grade VIII—1 Florence Jenkins. Grade VIII—1 Gordon Livingston. Grade VII—1 Lester Jenkins. Grade VI—1 Olive Jenkins. Grade V—1 Olive Livingston. Dolena Leeco, 3 Preston Jenkins. Grade IV—1 Christina Gillis, 2 Irma Fraser. Grade III—1 Edward Livingston. Grade II—1 Hiram Miller and George Jenkins. Grade I (a) 1 Betty Leeco, 2 Muriel Gillis and Thelda Gillis. Grade I (b) 1 Myrtle Leeco. Grade I (c) 1 Ewen Livingston, 2 Louise Jenkins, 3 Omer Gillis. Most stars, Edward Livingston. Perfect attendance, Olive Jenkins Dolena Leeco, Hiram Miller, Muriel Gillis, Thelda Gillis.

NEWTON SCHOOL

The following is the standing of Newton School for the month of September. Grade IX—1 George McKenna, 2 Adele Greenan. Grade VIII—1 Margaret McKenna, 2 Annie McCarville, 3 Dorothy Greenan. Grade VII—1 Raymond Smith, 2 Wilfred Smith, 3 Eva McIvor. Grade IV—1 Evangeline Greenan, 2 Tena McIvor, 3 Mary McKenna. Grade III—1 Joseph Murtagh, 2 Georgina Greenan and Ivan McKenna. Grade II—1 Mary Murtagh, 2 Justin Smith. Grade I (Sr.) 1 Madeline Greenan. Grade I (Gr.) 1 Phyllis McKenna. Eileen McIvor—Teacher.

NEW 'ENOCH ARDEN'S' HAPPINESS SHORT

NORTH ADAMS, Mass., Oct. 10.—The new-found happiness of Harold D. Rider, local "Enoch Arden," did not last long. After searching for his missing wife for 13 years, he recently found her married to another man in Hartford whom she wed, she explained, because she thought Rider was dead. Rider was joyful when she left her second husband and returned to live with him here, but now she has disappeared again, and with her have gone their son and a small white dog. Today, sad but still generous, Rider said that if he preferred to live with her second husband he would be willing to let her get a divorce from him.

CENTENARY AIR RACE TO HOBBART

Alderman W.J. Rennie, of Hobart, who originated a suggestion for the holding of an air race from Melbourne to Hobart on the occasion of the Melbourne Centenary, recently visited Melbourne and secured an under-taking from Sir MacPherson Robertson that he would provide £500 as a prize for the race. It is hoped that leading overseas aviators will participate.



The new, modern, streamlined model.

Similar to all other forms of conveyances, the street car, or trolley, finally has been written by the streamline bug. The above layout shows a modern street car, built by Professor C. F. Hirschfield, construction engineer, at the cost of \$1,000.00, which has been given a demonstration to the public in Cleveland. The new car, which has seating accommodations for 50 persons, weighs 31,000 pounds. Below left is the horse car used by Philadelphia in the '20's, while at the lower right is the "walking car" used in New Orleans.

Pair of Eyeglasses

When you need them is one of the best investments you could make.

Many who procure satisfactory glasses from us will back up this statement.

E. W. TAYLOR
J. S. TAYLOR
Optometrists
Charlottetown and Alberton