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Just received by S.S. "Newfoundland"
another shipment of

English Ladies & Gents Bicycles

Selling at our usual low price.

G. Knowling
Limited

June 27, 31, eod

*Delicious
Golden Pheasant
Tea*

It is by far the most popular TEA in Newfoundland.
It has been pleasing thousands of customers for the
past fifty years. If YOU have not tried a pot—
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FERGUSON, HOLNESS & CO., LIMITED.

J. B. Mitchell & Son
Limited
SELLING AGENTS.

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Painting to
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gives the oppor-
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For Uniformity,
Working Qualities
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The Paint of Quality



Save the surface and
you save all

June 27, 31, eod

Does Hard Work Hurt?

THE OLD SAW THAT "WORK NEV-
ER KILLED ANYONE" IS NOW
CHALLENGED BY THE
DOCTORS.

Is the strenuous life a short one?
The doctors seem to think so. Sir
Thomas Horder, the Prince of Wales
physician, recently declared that the
speed of our modern civilisation and
the strain which it imposed on the
busy man were killing off the flower
of our race.

Speaking to an audience of doctors,
he said: We ought to induce our pa-
tients to return to a simpler life. The
hustle of modern life, the pace at
which we go, the nerve strain involv-
ed, and the expense of spirit entailed
have become a large factor in the in-
cidence of disease.

This view was supported by Lord
Dawson of Penn, Physician-in-Ordin-
ary to the King. Mechanical pro-
gress, he said, had outstripped man's
power of adaptation. Coming to
cases, he selected a modern type, en-
dowed with sound physique, strong
digestion, good staying-power, a sen-
sitive conscience, and a little more
than his fair share of ambition.

Fit—but In Danger.

Such a man, he said, embarked on
a career and lost the power of rela-
xation and abandonment. His expres-
sion became fixed and his gaze con-
centrated. He became incapable of
"letting go," and his blood pressure
tended more and more to rise under
little provocation.

The serious thing about this state,
according to Lord Dawson, is that
Nature gives warning. A man in
this condition may not only declare
that he is well, but actually be well,
with good digestion and no illness.
Then, something suddenly gives way,
and the man dies while still in the
heyday of his achievement.

There you have the medical point of
view. But the doctors have not had
everything their own way. Sir Hugo
Hirst, director of the General Electric
Company, speaks for pretty much the
whole business community when he
says:

"Work kills no man. I never stop
working even when I have left the
office. It is better to overwork and
pay the price for it than to under-
work and nurse your health. If some
men did not work hard and long there
would be no great business in the
world."

Killed by Leisure.

There is another aspect of the ques-
tion. Hard work may impose a great
strain on a man, yet he may not be
happy without it. The man who takes
a holiday because he is "run down"
may worry about how the work is go-
ing in his absence, and so do more
harm to his health than if he had
stayed at his desk. Then too, the man
who has retired after a very busy life
is frequently one of the most mis-
erable of creatures. Sometimes the
divorce from work is the prelude to
his death. If he had stayed in harness
he might have enjoyed many more
years of useful activity.

The whole question is one on which
it is very difficult to dogmatise. Those
who believe that hard work is harmful
can point to many cases of men of out-
standing ability and achievement who
have died at a comparatively early
age. If these men had taken things
more easily, they might have been
alive to-day.

That is quite true. On the other
hand, if they had done this no one out-
side their own immediate circle might
ever have heard of them, and the
world, now the poorer for their pass-
ing, might have been no richer for
their lives.

What the Doctors Forget.

We must also remember that many
of the world's hardest workers live
to a ripe old age. What do the doctors
make of John D. Rockefeller and
Thomas Alva Edison?

Perhaps, however, we are taking
our medical men too seriously. None
of us works harder than the hospital
surgeon, or the general practitioner
with a large practice, and if hard
work killed there would be no doctors
left to warn us of the danger.

Still, it is comforting to be told that
we work too hard; it gives us rather
more cause for self-congratulation
than the statement made, curiously
enough, on the same day as Sir Tho-
mas Horder's warning was reported
by Dr. Arthur Shadwell, the authority
on economies:

"There is really something wrong
with the present generation," he says,
"they neither work well nor play well.
They seem altogether lacking in
energy and serious purpose."

McMurdo's Store News

PRESCRIPTIONS.

When the doctor prescribes he ex-
pects the druggist to fill the pre-
scription with pure drugs. There is
no part of our business which does
not receive its full share of attention.
The quality of our drugs, medicines
and toilet goods is unsurpassed. Have
the doctor's prescription filled here
and the result will be satisfactory.

Kotex30c. package
Prostilla Lotion50c. bottle
Red Chain Kidney Plasters35c. each.

MINARD'S LIMENT FOR COLDS.

I. LEVITZ, 252 Water St. JULY DRIVE SALE!

Twenty Thousand Dollars worth of Goods to be sold at LESS
THAN HALF PRICE. COMMENCING JULY 2nd--
FOR ONE WEEK ONLY. This Sale will give you an
opportunity for purchasing your goods for much less than
you can buy elsewhere. COME EARLY!

LADIES' STREET DRESSES

in Gingham and Voiles, from \$1.90 up

LADIES' PRINCESS SLIPS

Sateen. Colours: Pink, Lavender, Grey, White, Navy and Black.
ONLY \$1.75 each.

LADIES' SUMMER UNDERWEAR

in Fancy Crepes \$1.50 per Suit.

LADIES' SUMMER UNDERWEAR

with Straps 15c. each. 2 for 25c.

MISSSES' AND LADIES' OVER-BLOUSES

with Peter Pan Collar and Cuffs, in Organdie and Broadcloth.
Colours: White and Cream, from \$1.25 up to \$2.00

LADIES' BRASSIERES

15c. 2 for 25c.

SUMMER NIGHTGOWNS

from \$1.25 to \$1.50

LADIES' SKIRTS

Baronet Satin, Black and White only \$4.90

MISSSES' and LADIES' SKIRTS

in Serges and Crepes. Colours: Fawn, Grey, Brick, Navy and
Black, \$4.50

HATS! HATS! HATS!

LADIES' and MISSSES'
SPORT and SUMMER DRESS HATS
from \$2.90 to \$6.50

All Our Party Dresses in Canton Crepes,
Crepe-de-Chenes and Serges; Costumes
and Spring Coats are Reduced accordingly

In Our Men's Department

ONE HUNDRED MEN'S TWEED SUITS

Colours: Dark and Brown Tweeds.
Regular Price, \$16.00 Sale Price \$8.90

NAVY BLUE SERGE SUITS

from \$16.50 up to \$23.50 No. 1 Quality.

MEN'S PANTS

English Tweeds, from \$1.90 up to \$3.90

MEN'S OVERALLS

in plain Blue and Striped; heavy quality \$1.25 per pair

MEN'S RAIN COATS

Regular Price, \$8.00 Sale Price \$4.50

MEN'S SUMMER SOX

Colour: Khaki. Only 15c. pair. 2 pairs for 25c.
SOX—Assorted Colours, 20c. pair. 3 pairs for 50c.

MEN'S RUBBER BELTS

with Fancy Buckle 20c. each

MEN'S SUMMER BALBRIGGAN UNDERWEAR

60c. Garment.

MEN'S WORK SHIRTS

from 90c. up. NEGLIGEE SHIRTS, from \$1.30 up.

CAPS! CAPS! CAPS!

in Fawn and Grey. Very latest style and best of quality.
Regular \$3.50 Sale Price \$2.20

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I. LEVITZ, 252 WATER ST.

Opposite Dicks & Co.

June 30, 31, eod