

Stylish Soft Felt Hats for Men

For 2.00 and **\$1.50** 2.50 Values

We are displaying in the Eastern Window of Our New Store—nearly opposite the General Post Office—special lines of Men's Soft Felt Hats that were purchased at a clearing price—a third and more off the manufacturer's price, and we are offering them now at a Bargain—amongst them you'll find many excellent samples.

These Hats are made of Extra Fine, Fur-Felt, of a superior quality, and are finished with high-class silk ribbon bands and a deep leather sweat-band.

Your choice of side or back bow, in Grey, Brown and Black. We have some special values in Men's Black Stiff Hats too.

All these Hats are certainly correct in style—this season's shapes. Come in and examine them—we'll carve your name on the leather sweat-band Free of charge. Come to-day while the sizes are complete.

Anderson's, Water Street, St. John's

Received To-Day, July 16th, At W. E. BEARNES Haymarket Provision Store

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10 Barrels NEW TURNIPS.
20 Cases BANANAS.
20 Cases CALIFORNIA ORANGES.
10 Large Ripe WATER MELONS.
2 Crates TOMATOES.
10 Large New CANADIAN CHEESE
20 TWIN CHEESE.

20, 30 lb. Tubs NEW GRASS BUTTER.
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BECAUSE:—We have Expert cutters and give careful attention to Linings, Trimmings, and inner Constructions.

BECAUSE:—British suits are the ones with the best fit and longest life of any suits sold in Newfoundland.

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THE BRITISH CLOTHING Co., Ltd.
Sinnott's Building, St. John's.

MACHADA IS PORTUGUESE PRESIDENT

Man Elected by Congress is Popular

Lisbon, August 12 (via Paris, Aug. 12).—Bernardino Machada was elected by congress to-day president of the republic of Portugal.

Senior Machada, who was supported by the two principal parties, was chosen on the third ballot by a majority of 124 of the 379 members present.

The new president is popular with all classes, having been premier, provisional minister of foreign affairs,

minister of the interior and minister to Brazil. He has been considered the foremost man in the republican party, and before the overthrow of the monarchy was regarded as the logical choice of that party for the presidency. In January, 1908, he was accused of conspiracy against the crown, but the charges never were proved.

The new president, who is 65, formerly was professor of philosophy in Coimbra University, but was ousted from his chair because he joined the anti-clerical movement.

School Mistress—Well, Freddie, dear, what did you learn yesterday.
New Boy (after deep thought)—You ought to know—you taught me.

A SOUND MIND IN A SOUND BODY

By JAMES J. WALSH, M.D., Ph. D., Sc. D.

The ancients often had a way of expressing a great truth very succinctly. Unfortunately that good custom of using few words to express one's meaning forcibly has been lost to a great extent and our generation is inclined to talk, talk until words, words, words have become almost the pest of our time. One of the memorable expressions that have come to us from the olden times is that the most important elements for human happiness are a sound mind and a sound body. It is not the possession of many things nor the satisfaction of many desires, nor the possibility of readily obtaining whatever one might want, but a healthy set of mental faculties in a body that not only does not hamper, but even stimulates mental activity which they predicted as the basis of true contentment in life. After all these many hundreds of years we are still quite convinced that the ancients were right.

The important question then is how to keep a sound mind and a sound body. Of course in making rabbit stew the first and all important direction for the recipe is catch your rabbit, so, too, with regard to health and happiness, the first thing is to have secured a reasonably healthy mind and body to begin with. This does not necessarily mean an extremely vigorous body nor a genius mind. What is meant is that mind and body shall have a reasonable strength and be mutually suited to each other. The other famous expression of the ancients, "it is safest to be in the mean rather than the extremes," applies nowhere better than here. The great majority of mankind, I should say quite deliberately from the standpoint of the physician at least ninety-nine out of every hundred of them, are possessed of this reasonably healthy body and mind and only need reasonable care to maintain them so or even to make them eminently fitted for happiness in life by right living.

There is a great fad in our day for the outdoor sports with the idea of securing that healthy body and at least such diversion of mind that makes for wholesome mentality. A great many people are quite sure that we are thus greatly lengthening life. They point to the fact that statistics indicate that human life is longer now than it ever was and that doubtless one important factor for this significant advance is the greater attention to outdoor sports.

It must not be forgotten, however, that statistics are always fallacious things to deal with unless they are carefully analyzed and properly understood. There is no doubt at all that the average age of mankind is much longer than it used to be. An little more than thirty years used to be the length of the generation a century ago, now it is probably well above forty. More than ten years therefore have been added to human life. It is well recognized by those familiar with the subject, however, that this increase in the average length of life is due mainly to the lessened mortality among very young children. Many fewer infants of less than a year die now than used to and the mortality rate under five and indeed in all the ages below forty is distinctly less than it was before. Unfortunately, however, above forty the death rate is higher than it used to be. The degenerative diseases in the heart, kidneys, blood vessels and the brain as well as the cancerous diseases, are more frequent than they used to be. Instead of being taken out of life in their early years a great many people are now taken out about the time that they have reached their maturity and just when they have assumed obligations and are engaged in doing their work in life.

It is doubtful whether our outdoor sports have really been a factor for good or ill with regard to the length of human life. The Surgeon General of the Navy shocked us all not long since by declaring that the athletes of the navy, that is, those who had represented Annapolis on the football gridiron or in competitive athletics generally, were not as might confidently be expected the healthy specimens of manhood that ordinary impressions with regard to the effect of the outdoor life led people to presume. All the students of the Naval Academy are picked men so far as regards their physical qualities. Out of these chosen ones further selection is made as representatives for the teams. They are given four years of physical training and are envied by all their academy mates. Subsequent records are kept of all the students of the academy because of their service to the government. The athletes instead of being thoroughly dependable for health and strength have records of being a little oftener absent from duty because of illness and of a mortality at average lower ages than their fellows of the academy mates.

Subsequent records are kept of all the students of the academy because of their service to the government. This is a startling announcement, but it has not been unexpected for without the absolute data of such records as they have in the navy, physicians have for years been pointing out that the strain of competitive athletics was "probably seriously injuring large numbers of our strongest and apparently healthiest young men."

To have a sound mind in a sound body they does not mean to build up a muscular structure, thoroughly under the command of the mind, though that may be. Not the severe strain of exercise that brings out every possible ounce of energy, but the use of muscles in such a way as to secure good circulation and thorough oxidation of the blood by a certain increase in the heart beat and the respirations is what is needed. Not competition, but sport which occupies the mind, diverts it from whatever it has been engaged at before and gives that healthy tiredness that is one of the requisites of happiness in life. It has been well said that there is really only one genuine distinction between work and play. We do both with the purpose conscious or unconscious of getting tired enough to sleep well at night, for quite needless to say without sleep at night there is no happiness and health very soon breaks down. If what we do for the purpose of securing that pleasant tiredness and sleep is paid for it is work. If we pay for the pleasure and privilege of doing it then it is play. If a man drives a coach on Fifth Avenue such as they used to have and is paid \$2 a day for doing it that is of course work. If he tools a coach to Ardsley, taking the day to do it, and paying \$100 for the privilege, then it is play.

The most important thing for that healthy tiredness we have found in recent years is not so much exercise, as air. In the same way we have found that appetite depends not so much on exercise and the using up of material in the muscles as on the amount of air, perfectly fresh air, a little cool if possible, to which the individual is subjected. Both these truths are very well illustrated by the good effects of an ocean voyage. A man whose appetite has been flabby, whose sleep has been disturbed and who is drifting into a condition where work requiring concentration

of mind is difficult, gets aboard a steamer bound for Europe or elsewhere and without any exercise to speak of, but simply from sitting outside while the cool, moist, ocean air goes driving past him, as soon eats heartily, and looks for his food six times a day, sleeps between breakfast and lunch by inadvertence between lunch and dinner by deliberation and having dozed a little on deck in the evening, goes to bed to sleep soundly all night, having taken all sorts of food during the day which before this he thought would surely disagree with him.

Even the consumptive, losing weight because of loss of appetite, regains his desire for food by being placed out on the porch all the day. Manifestly then, it is not severe exercise but fresh air that makes for health. There must be exercise of muscles so as to empty them thoroughly of venous blood and help on the circulation, but that is all. The men who live long are those who take life rather quietly, not over-doing the physical side and not worrying over their duties, for it is worry and not work that kills, but above all those who take every opportunity that they can to get out of the shut-up spaces of houses and spend time in the open air.

A very curious contradiction of a very old impression with regard to ventilation has come in recent years. We used to think that respiration was a chemical process. When a certain amount of rebreathed air got into a room it became very deleterious and headache and incapacity for mental work developed. Experiments have shown, however, that the real problem of ventilation is not chemical but physical. If a man lives in a perfectly still air of even temperature, no matter how pure it is, it will not be long before he feels uncomfortable and headache and restlessness and incapacity for concentration of mind comes over him. These used to be thought symptoms of chemical disturbance. If the air near a man is kept in motion, however, he will feel quite comfortable in it even when it contains large quantities of what used to be thought very noxious gases. Above all rebreathing air seems to have very little depressing effect provided the air is kept in motion.

Ventilation is then a problem of heat dissipation. We human machines are constantly manufacturing heat and yet our temperature is maintained at 98.2 degrees F. all the year round. Unless in the Summer time we can dissipate a good deal of this heat, it makes us very uncomfortable by tending to accumulate within us. Hence water, which is the best conductor of heat that we have, and air in motion are the best possible comforters in hot weather. To get out on the hills, where the breeze is blowing while golfing or walking, or to plunge into ocean or lake, these help us to dispose of our surplus heat. This more than anything else, is the secret of a healthy mind and a healthy body. Fresh air in abundant amounts, probably does more for nervous conditions and the fussy restlessness that leads to neurasthenia than anything else. It is God's own remedy and it is all outdoors around us. We need it particularly in the Summer time, but there would not be so much need of it then if we took more care to get a reasonable amount of it all during the Winter also.

The Local Greeks Expect Call To War

One hundred and fifty Greeks in the city expect to be called upon within the next few weeks to pack up and start for home, in view of the expected participation of their country in the war. In the shoe-shining parlors, where a great many of them are employed, the predominant subject of discussion is war, and although, of course, they dread the prospect of shouldering the gun again so soon after the Balkan conflict, they are determined to uphold the traditions of their forefathers, the ancient Greeks, and inspired by the same cause for which Great Britain is now fighting, they will have no reluctance in returning.

No official call has been directly received here yet, but from advices from relatives, the Greeks believe the days are short before they will have to go home. The country is in a state of preparedness, according to letters, and all the men are in training ready to join the allies. There are a great many reservists in Canada, who will be the first obliged to go home. Many of them fought in the Balkan war, and in Ottawa there is at least one, Golt Mager, a prominent shoeshiner, whose wound, sustained three years ago, still leaves a very prominent scar on his arm. He thinks all Greeks in the city will be asked to return home before the elapse of another two weeks. The greatest enemy of Greece, according to him, seems to be the Turk, but she owes nothing to Germany, and has old scores to settle with Austria. One local effect the departure of the Greeks will have will be the closing down of many shoe-shining parlors.

J.J. St. John

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