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Warm fall and winter Coats for School Girls—Youthful modes both charming and attractive

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Heavy Tweeds, both Plain and Fancy Effects, decidedly the Latest Styles, the price, \$7.95

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Sheet Zinc, Sheet Lead, Ingot Tin,

Bar Lead, Bar Iron—

Flat, Square and Round.

Black and Galvanized Sheet Iron,

Rigging Wire, Rigging Turnbuckles,

Mast Hoops, all sizes.

**JOB'S STORES, Ltd.**

### China's Great Canal.

It is interesting to know that China's Great Canal at one time one of the world's great engineering wonders, is now put in order and used again as a route between the north and south.

The parts now blocked with mud and silt are to be excavated, and a million and a half man-days are to be spent in the work. The work will be carried out under the direction of American engineers, and it is hoped that in a comparatively short period a section of the canal will be made ready for navigation.

This canal, the most famous in the world, was completed in 1315, and is six hundred years old. It stretches for two thousand miles long. The canal proper, however, is only about one hundred miles in length, but as the English writer has said: "In the past of magnitude our most extensive inland navigation in England can be compared to the grand canal of China." The canal is a great river, on which large boats could ply. The water was raised by means of sluices, and was lowered by means of locks.

It has always done, and does, the work by draining an enormous stretch of swampy ter-

## Physical Development

And its Bearing on Health and Strength.

By GEE.

### POWER OF THE WILL—(Continued)

Effect of Faith.—The influence of faith in the cure of disease is well illustrated by a fact mentioned in Paris's Life of Sir Humphrey Davy. In the early period of his scientific career, Davy was assisting Dr. Beddoes in his experiment on the inhalation of nitrous oxide. Dr. Beddoes thinking the oxide must be a specific for paralysis a patient was selected for trial and placed under the care of Sir Humphrey. Before administering the gas, wishing to ascertain the temperature of the patient's blood, a small thermometer was inserted under the tongue. The paralytic, wholly ignorant of the process to which he was to be subjected, but deeply impressed by Dr. Beddoes with the certainty of its success, no sooner felt the thermometer between his teeth than he concluded that the talismanic influence was at work, and in a burst of enthusiasm declared he felt its healing power through his whole body.

Carrying on the Experiment.—Here was an opportunity to test the influence of the mind in the cure of paralysis that was not to be lost. The gas was not used, but on the following day the thermometer was again employed with equally marked effects, and at the end of two weeks the patient was discharged cured, no remedy of any kind having ever been used except the thermometer. His faith made him whole, not by accident, nor by a miracle, but by an inviolable law of our being.

The Power of Faith.—Faith is a spiritual force that has accomplished wonders. It is an actual psychological or spiritual force. To believe that we can do a thing, especially if that faith is the result of an understanding of nature's laws, empowers us to do it. To believe that we are well, or that we are becoming so, excites a spiritual force within us, that goes far toward making us so.

Faith in Remedies.—If we firmly believe that a certain remedy will cure us of a diseased condition, though it has no chemical adaptation to the removal of the disorder, we shall be benefited by it. Disease has often been cured by faith alone in the patient.

Requisites in Mind-Cure.—There are two things in a patient necessary to the mind cure. One is a desire to get well. The other is a faith in the efficiency of the remedial agency.

How Mind-Cure Acts.—Through the grand system of sympathetic nerves each organ in the body is connected with every other, and the whole with the mind. There is no part or function which cannot be affected just as certainly, though perhaps not so sensibly, by the will-force, as the muscles of the arm.

The Nerve Conductor.—The pneumo-gastric nerve, according to Evans, which distributes to all the organs within the cavity of the trunk, is the appointed conductor through which the mental force is communicated to them and influences their action. We have only to concentrate the mind's force upon any of the internal organs, as the stomach, liver or intestinal canal, and through the pneumo-gastric nerve its working will be influenced.

Mind Cure in Indigestion.—If the stomach has become exhausted of its nerve force so that it fails to do its work and the food in it is motionless and fermenting mass, according to the same authority, it can be made to obey the command of the sovereign mind. Concentrating the mind upon it, brings out spiritual force to a focus, and we may calmly and powerfully will it to proceed to business and attend to its proper work, and it will obey us as readily and as promptly as a good servant yields to the orders of his employer. The same ef-

fect may be produced upon the action of the intestinal canal.

Mind Cure for Cold Extremities.—Mental curists claim that if the blood and vital heat do not circulate through the extremities, which feel a deadly coldness, it is because the spiritual life does not permeate the tissues. We may send the spiritual principle there, by the will-force, to distribute to the negative parts their share of the vital flame.

Every Man His Own Physician.—A little practice according to Evan, will render the mind cure easy and natural, and we can become our own physician and healer without the use of actual medicine.

In my next I will give a system of Concentration Exercises in order that the reader can develop the Power of the Will.

MERCANTILE FOOTBALL.—In last evening's football match between Bishop & Sons and the Post Office teams, the former won by a score of one to nil. Mr. Chas. Quick acted as referee. These matches, which are being played between the various mercantile firms, have proved very interesting.

### New Season's Goods.

**ELLIS & CO.**

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Fresh New York Turkeys.  
Fresh New York Chicken.  
Fresh New York Ducks.

Whole Chicken in  
Aspic.

Green Pickling Tomatoes.  
Pickling Spices.  
Chow Chow Spices.  
Spanish Onions.  
Green Peppers.  
Pickling Vinegar.  
Bleached Ginger.  
Whole Pimento.  
Dried Chillies.  
Whole Black and White Pepper.  
Red Chillies.  
Whole Mace.

Honey in the Comb.

New Cauliflower.  
Ripe Tomatoes.  
New Cucumbers.  
Sweet Potatoes.  
Vegetable Marrows.  
New Beetroot.  
Fresh Green Peas.  
Fresh String Beans.  
New Carrots.

Red Cherries in Mar-  
aschino.

Green Cherries in  
Creme de Menthe.

"Bent's" Water Biscuits.  
"Fort's" Bath Oliver Biscuits.

H. & P. Breakfast Biscuits.  
H. & P. Dinner Biscuits.

**Ellis & Co.**

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The best on the market--you will surely find your coat-length here--Any color you could desire.

**Truly A Magnificent Showing.**

Materials which are the right sort that will stand under steady wear and the uneven weather.

We warn you, you'll have a hard time deciding which is the nicest.

All Ready Now for your Inspection.

**ANDERSON'S,**  
Water Street, St. John's

### The Final Game.

The final game of the 1921 League football fixtures will be played tonight, when the Star and Highlanders will clash in a game, the result of which will affect the Championship. A win or draw for the kilties will give the B.L.S. first place in this year's series, whilst a win for the Star will necessitate a play off between this team and the Irish. A large gathering of spectators will probably be present to witness the game.

Great value in following goods: Pound Sheet, Pound Shirting, Pound Fletts, Pound Percales, Pound Chintz, Pound Tweeds. Our prices are lower than elsewhere.

THE WEST END BAZAAR, 51 Water St. West.



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There is no time like the present and no present like the time.

**R. H. TRAPNELL, Ltd.**

Jewellers and Opticians, 197 Water Street.

### To Householders--Eggs!

Ask your Grocer for "Bull" Brand Eggs, specially selected, therefore the most reliable on the market. Every egg in the case guaranteed. Insist on seeing the registered brand, a bull's head stencilled on either end of the case. A shipment due on the "Manor" September 11th.

### MUTT AND JEFF



JINRIKSHA DOES SOUND LIKE A SHOT OF HOOTCH AT THAT.

—By Bud Fisher