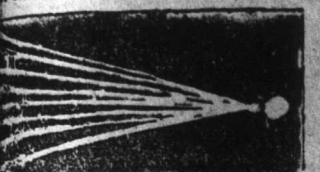


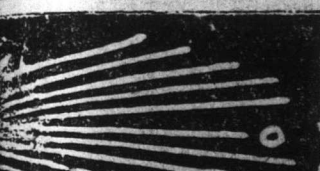
## Physical Development

and its Bearing on Health and Strength.

OF THE WILL.—The illustrations in this series are in a very simple manner (1) intense concentration, (2) poor concentration. We will assume a man desires to bring about a certain result. If strong-willed, in other words, possessed of intense concentration, he will train his mind to concentrate on the desired result (which we will call the objective). He has boundless confidence in himself, and never doubts for a moment that he will gain his objective. None of the energy of this mind is wasted. (See illustration.) This is the working of a well-trained, developed, and concentrated force. Result—he gets what he wants.



Weak-willed, in other words, with powers of concentration, he endeavors to train the invisible force to the desired result (objective). He has no confidence in himself, and doubts all the time that he will gain his desires. The force expended is not under control, and is therefore wasted. (See illustration). Result—failure.



From these facts several most important points are brought home to the mind, and simple though they are, they contain the secret of success.

(1) To succeed in all our endeavors, whether we are attempting to develop the physique, to get rid of some troublesome complaint, such as indigestion, nervousness, etc., or in ordinary business ventures, we must have confidence.

(2) We must have control over the thought force and nervous energy, of course, having first acquired or developed same.

(3) A very simple exercise in any department you wish is to exclude all ideas from your mind except those on which you are working. This of this strongly without allowing your mind to become engaged with any other thoughts (seek the objective) and breathe deeply, and repeat the while. If you follow this, you cannot fail.

When you are exercising, or attempting some feat of strength where the necessity of concentration is obvious, in order to give confidence you may remind yourself of your practice as above advised.

How to Succeed.

Before you can hope for success, you must imbue your mind with the thought that you are only about to attempt that which many others have succeeded in. It will be fatal to success to regard yourself as "expecting" in a new line of thought. The one always inclined to look for an experiment with just as much an anticipation as for success, is the weakest intellect generally succeeds in establishing a belief that what others have done may be

attempted with success by themselves. Also before the will can be brought to bear in helping one to attain any given end, the mind must first of all be properly made up.

By this I mean you must not have the slightest vagueness in your mind as to what you desire—but must know exactly what you want—be able to definitely define your exact wish. Taking Physical Culture as our subject: At the commencement of the course of training, the very first thing is to ask yourself what results you most desire. Which physical improvements you wish to most quickly make their appearance, and then to help confidence and concentration, you must see the results in your mind's eye. This is what is termed the expectant state of mind.

As the desired results begin to make their appearance, measurements, etc., alter as desired, whether increase or decrease, weak parts become strong, health improves, and minor ailments totally disappear, your confidence will be rewarded, your expectations partly realized will be one of the greatest aids in strengthening the will, for you will have had your methods confirmed and each success, however small, will lead you on to further endeavors, whilst the will must be steered to refuse to accept "failure" as being possible, and the mind not allowed to dwell on the word. Dismiss it from your vocabulary altogether.

A sense of power will now urge you forward, and although hard to understand, will power is a direct indication of health, whilst the constant exercise of the mental faculties exert a strengthening influence over the bodily functions. By endeavoring to cultivate firmness in all things, by exercising the mental faculties and testing the will, the organism is infused with power, the value of which cannot be estimated, for one suddenly finds himself practically impervious to disease.

Supposing you are going to pay a visit to a house where there is some dangerous disease, you may make a good use of your newly-acquired power in preventing contagion as under: Tell yourself that you are not a weak impressionable being, but strong in every way. You are not afraid, and are confident of your powers to throw off any attack on your system which may be made by any disease. You do not, for one moment, allow your mind to dwell on the disease in question, picturing the action of same, etc., and thus employ your mind to preserve your body. This has been successfully accomplished on several occasions by the writer.

By this system any exercises you undertake to improve the physique will at the same time bring into play the will, and once your will is strengthened, powers of concentration developed, etc., you will be able to apply your newly-acquired powers to any form of physical culture, exercising with apparatus, just as a marksman, once he has learned to hit the target, can go out to hunt any kind of game. He has control over his weapon and can turn it to whatever use he desires. Believe me there is no weapon in the wide world with which a man can be better armed than a strong will.

Be self-reliant; stand alone. The failures in this life are those who cannot take a step forward without having consulted another. The time they lean on someone else in this manner they become weaker still. Throw off this habit now, once and for all, and place confidence in yourself, and your own powers. Remember the saying of Napoleon to the effect that "he did not suit his actions



We make and temper our own steel which gives the teeth of Simonds Saws a toughness and hardness which ensures their keeping their sharp cutting edge under severe usage.

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to circumstances, but made circumstances to suit him." Never be half-hearted.

Next—METHOD ADVISED.

### Press Bureau Battles.

#### GREEKS OUTCLASS TURKS.

ANGORA, Turkey, Aug. 15.—Competition between the Greek and Turkish Nationalist official press bureaux is one of the phases of the war in which the Greeks outclass the Turks, due to Greek control of communications.

"Here's an Athens dispatch that we have just handed six Frenchmen in Angora," said to the correspondent Hussein Raghib Bey, director of the Turkish bureau, tossing the copy of a wireless across the table. "There's no truth in the yarn, of course, but by the time we are able to get out a denial, the news will be printed everywhere in the world, and nobody will believe our denial, anyway, or take the trouble to print it. The most astounding untruth are spread about us."

As the Nationalists have but one feeble wireless station, which receives news from the outside world, but sends only a few hundred miles and in a wave not known to American or Allied ships in the waters of the Black and Mediterranean seas, immediate news from Angora reaches the outside world several days old.

The Greeks have the advantage of being visited easily by foreign correspondents and the second advantage that they censor press telegrams. They recently took the added precaution to place a censor on cables originating at Constantinople, managing as the only cables from there pass Greek territory.

The Nationalists are arranging a more powerful wireless to talk to the Tiflis wireless station, which in turn transmits to Moscow. For internal propaganda, bulletins are distributed by the daily newspaper a Hakimiet-Millie (National Sovereignty), which is printed on presses brought on donkey back from Constantinople. Its editors are Constantinople journalists.

### The Week's Calendar.

SEPTEMBER—30th Month—30 Days.

19.—MONDAY. Battle of Polioraria. 1866. President Garfield (U.S.A.) died. 1881. Battle of Megiddo (Armageddon) 1918.

20.—TUESDAY. Battle of the Alma (Crimean War) 1854. Relief of Delhi (Indian Mutiny). 1857.

Ypres-Menin Road, 1917.

21.—WEDNESDAY. St. Matthew, A. E. and M. Ember Day. Sir Walter Scott died. 1832. Russian Retreat ended. 1915.

22.—THURSDAY. Battle of Zuthphen. 1866. H.M.S. Aboukir, Hogue and Cressy torpedoed. 1914.

23.—FRIDAY. Ember Day. Wellington's victory at Assaye. 1803. Marshal Bismarck died 1888. Capture of Acre and Haifa. 1918. First British Air Raid into Germany. 1914.

24.—SATURDAY. Ember Day. Moon in last quarter. S.S. Mariposa lost in Strait of Belle Isle. 1893.

25.—SUNDAY. 15th after Trinity. Lucknow Day (1857). Loos and Champagne, 1915. Bulgaria proposed Armistice. 1913.

Eat Mrs. Stewart's Home-Made Bread.—April 15, 1920.

Mr. Morgan, who was formerly su-

perintendent of the C.P.R. terminals at Winnipeg, was one of the big men connected with the Canadian Pacific, and his appointment to the important position of general manager of the Newfoundland system was the outcome of the recent negotiations between the Reids, Government officials and the C.P.R. management. He assumed office about the first of September, and one of his policies for putting the system on a better financial basis was a reduction in the working force, which he claimed was far too large. He objected to any reduction in wages, but believed by reducing the staff a much better showing could be made.

It is understood President Reid and other officials objected to this method and so hampered Mr. Morgan in his efforts that he left in disgust—North Sydney Herald, Sept. 15.

Arrived by last steamer, a new shipment of Ladies' Coats in assorted tweeds from \$6.50 up. Also a few manufacturer's samples of Ladies' Coats, worth \$40.00. Sale Price \$14.00 to \$19.50. I. LEVITZ, 252 Water St., opp. Dicks & Co.—Sept 16.

Eat MRS. STEWART'S HOME-MADE BREAD.—April 15, 1920

Mr. Morgan, who was formerly su-

## KNOWLING'S SHOWROOM BARGAINS.

We have just opened a small assortment of

### Ladies' Coloured Straw Sailors,

In shades of

Crimson, Sand, Nigger, Grey, Royal, Navy, Champagne and Black. We offer these at

**\$2.95, worth from \$6.00 to \$7.50.**

These Hats are worth buying at the price if only for occasional wear.

**G. KNOWLING, Limited.**

Sept 13, 15, 16



## SPORTING GOODS!

CARTRIDGES—Black Powder, 10 and 12 G, BB, 1, 2, 3, 4, 5, 6, 8.

CARTRIDGES—Smokeless, 10 and 12 G, BB, 1, 2, 3, 4, 5, 6, 8.

BRASS AND PAPER SHELLS, 10 and 12 G.

CARTRIDGES, 303, 30/30, 44, 45/70, 32, 22, Long and Short.

PRIMERS, CAPS, POWDER, SHOT, WADS—Felt and Cardboard.

RELOADING SETS, RE-CAPPERS, EXTRACTORS, WHISTLES.

22 C. RIFLES, BREECHLOADING GUNS, PUMP GUNS, AUTOMATIC RIFLES, 44 WINCHESTER RIFLES, REVOLVERS, ETC., ETC.

## BOWRING BROTHERS. LIMITED

Hardware Department

### Hampered by Directorate.

#### MORGAN LEFT IN DISGUST.

R. C. Morgan, late general manager of the Reid Newfoundland Company, was a passenger by the Kyle this morning. He left on the morning express for Montreal.

Mr. Morgan has severed his connection with the Reid Co., and has tendered his resignation. Friction, it is said, over the policy to be pursued in an effort to put the system on a better paying basis, was the reason for his throwing up the job.

Mr. Morgan, who was formerly su-

perintendent of the C.P.R. terminals at Winnipeg, was one of the big men connected with the Canadian Pacific, and his appointment to the important position of general manager of the Newfoundland system was the outcome of the recent negotiations between the Reids, Government officials and the C.P.R. management. He assumed office about the first of September, and one of his policies for putting the system on a better financial basis was a reduction in the working force, which he claimed was far too large. He objected to any reduction in wages, but believed by reducing the staff a much better showing could be made.

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You'll be Sure Glad to hear Prices Much Under Last Year's.

## Men's Stanfield Wool Underwear.

NEW SHIPMENT JUST OPENED.

It will Soon be Time.

We have a full range of sizes now and

Prices are Very Low.

Some lines we are afraid cannot be obtained later.

## Henry Blair's

### Express Passengers.

The following passengers arrived on the incoming express which left Port aux Basques at 7.15 a.m., yesterday:—G. W. Earle, Mrs. J. Potte, Miss P. Vandas, G. Taylor, Mrs. G. Taylor, Mrs. and J. Domic.

J. L. Noonan, J. Howlett, R. and Mrs. Walsh, Mrs. A. Chasen, Mrs. J. C. Joyce, Mrs. A. Clarke, H. Crawford, L. P. Oamond, L. A. McColish, D. C. Kennerd, J. and Mrs. Fisher, J. Grimes, Mrs. A. O. Quinn, Mrs. S. McArthur and J. Domic.

By Gene Byrnes

## "CHAMPION" SOAP!



GEORGE NEAL, Ltd.

### "REG'AR FELLERS"

