

NEW GOODS! NEW GOODS!

All English Manufacture

CARPETS and CARPET SQUARES, HEARTH RUGS and STAIR CARPETS

All New and Rich Designs.
Excellent Value.

ENGLISH ALL WOOL BLANKETS

Assorted Sizes. Splendid Quality.
PRICES UNEQUALLED FOR VALUE.

Eiderdown QUILTS

Silk and Satin Finish.
All New Designs and Shades.

A Job Line COSTUME TWEEDS

Note the Price—
Only \$1.15 yard

54-in. PLAID SKIRTING

All Wool
\$2.75 yard

PLAID COATINGS

Worth Double the Money.
\$3.80

50-in. Sealette, 8.50 & 11.00

Black & Colored Velveteen

Winter Curtains

Curtain Reps

Curtain Velours

Lace Curtains

Curtain Nets

Madras Muslins

Casement Cloths

Etc., Etc.

Balance of Ladies', Misses
and Children's Coats still
Clearing at Half Price

BOWRING BROTHERS, LIMITED

Physical Development

And its Bearing on Health and Strength.

By GEE.

I am really glad to be back again, and am sorry that a break has been made in this series of articles. However, this was unavoidable and I trust will not occur again. There is one word before taking up this work and that is: "There is no place like home."

THE PASSIONS.

Their Influence on Health.—There is no more interesting study than that of the passions. Of nothing do we think we know so much while in reality we know so little. We love, we fear, we hate. We experience every passion and emotion. But have we ever stopped to think what are these passions that we are feeling every day?

The Influence of the Mind on the Body.—We not only feel our passions, we act them. Every emotion has its outward manifestation. A muscle may become stiff or lie limp. Our blood-vessels may constrict and make us pale or they may dilate and make us red. The heart often beats more quickly or more slowly. And sometimes even stops for a time. Our breathing may be short and quick or long drawn out with great pauses. The glands in the mouth may stop secreting and our mouth and throat become dry. The glands in the eye may secrete too much and the tears run down our cheeks.

Any time you've an
appetite to trade for
delight, just call for

Post Toasties
—best corn flakes

No need to accept any but the best in corn flakes
If you speak the name, "Post Toasties."

our emotions and their manifestations.

Emotion.—The view we naturally take of our passions is the following. We are made conscious of some fact. This knowledge excites in us a feeling called the emotion, and this state of mind causes all the actions and expressions that go with the passion. We lose a parent, are sorry and weep. We meet a wild animal, are frightened and run. We are insulted by a rival, are angry and strike.

Expression.—Another way of looking at the matter is this. What immediately follows the knowledge of the fact causing our emotions are the action and the expression. The passion is the feeling of the action. The death of our mother makes us cry. We feel sorry because we cry. In like manner we are angry because we strike. This latter view seems at first very foolish, but is held by a great many investigators.

The Bodily Feeling that Accompanies Every Passion.—Every one of the actions is felt the same moment the emotion occurs. If the reader has never paid any attention to the matter he will be both interested and astonished to learn how many different bodily feelings he can detect in himself as present with every passion. He will be surprised to find out how for each emotion there is a different action or expression. Of course a man can not stop in the middle of any passion to study what movements are taking place. But he can observe the more quiet states. When worried by any slight trouble one will usually find that his brows are knitted. When a person is embarrassed for the moment he feels something in his throat that makes him either swallow, clear his throat or give a slight cough. When anyone is very much amused he will find it almost impossible to keep his features straight.

Two Views in Regard to Passions.—There are two ways of looking at

that there was no wind to prevent the "Prospero" doing her work on this occasion, and taking us seven passengers who were waiting to go North. If the "Prospero" had waited long enough for us to walk from Hr. Deep to Dugan's Cove, a distance of one and half miles, it would not have greatly inconvenienced the present Government, whereas by the negligence of the "Prospero" officials, we, the intended passengers, are thus delayed until the next trip, or have put us to the unnecessary expense of hiring a motor boat by which to go north. It cannot be said that the "Prospero" did not know that there were passengers at Hr. Deep to go north, as that information was given by a man from Dugan's Cove. You will see by this, Mr. Editor, that we the people of the French shore, do not get justice by the Government any more than in previous years. Much may be said in favour of the Coastal boats, but the fact remains that there is very little consideration given to those who in this case must sign their names.

STRANDED.
Hr. Deep, Treaty Shore,
Oct. 3, 1921.

"Cascarets" for Headaches, Colds, Liver, Bowels

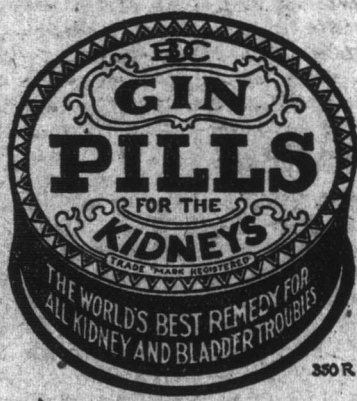
Get a 10-cent box now.
You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold. Are you keeping your bowels clean with Cascarets, or merely forcing a passage every few days with salts, cathartic pills or castor oil. Cascarets work while you sleep; cleanse the stomach of sour, fermenting food and foul gases; take the excess bile from liver and carry out of the system all the constipated poison in the bowels. A Cascaret physic to-night will straighten you out by morning.

From Cape Race.

Complaint From Harbor Deep.

Editor Evening Telegram.
Dear Sir,—Please allow me space through your esteemed paper to express the inconvenience caused through an irregular mail service on this coast. It has always been thought that Great Hr. Deep was a port of call for the S.S. "Prospero," therefore we are somewhat puzzled by the "Prospero" calling at Dugan's Cove. Instead, the wind was blowing somewhat hard, but the fact remains

CAPE RACE, To-day.
Wind West, light, weather fine preceded by fog and rain last evening. The three-masted schooner Margery Mahaffey, Capt. Janes, went ashore on Mistaken Point at 2.30 a.m. yesterday and became total wreck; crew all saved; nothing sighted to-day; Bar. 30.10; Ther. 44.



Obituary.

They died on Sunday, after a long illness of that dread disease, Consumption, Miss O'Neill. She was of a charming disposition and was very well liked by all who knew her. She served at Knowling's Dressmaking Department for upwards of two years, afterwards entering the employ of Maund's Tailoring Department. May her soul rest in peace.



YARMOUTH, N.S.
Fishermen and Campers,
Quick Relief.
PUT A BOTTLE IN YOUR OUTFIT.

Insure with the QUEEN,

the Company having the largest
number of Policy Holders in
Newfoundland.

Every satisfaction given in
settling losses.

Office: 167 Water Street,
Adrain Bldg. P. O. Box 782.
Telephone 658.

QUEEN INS. CO.

GEORGE H. HALLEY,
Agent.

DR. LEHR, Dentist,
329 WATER STREET.



YOUR-TEETH-

PYORRHEA AGAIN.

Pyorrhea is so insidious that we want to repeat again and again our former warnings against it. It is not painful as a rule, and that very fact makes it all the more dangerous. Watch for those bleeding gums, they are your warnings. Do not give your body a chance to absorb poisons that come from bad teeth or diseased gums. Anything from a headache to a serious illness may result from your neglect. Pyorrhea is a dreadful disease.

White Paint.

Seventy-Seven Cents
Per Quart Can.

\$1.50 per Half Gallon.
\$3.00 per Gallon Can.

Color at same
Low Prices.

COLIN CAMPBELL, Ltd.

J. J. St. John

Some of our prices:

5 Roses Flour . . . 90c. stone
Ham Butt Pork . . . 20c. lb.
Sliced Fat Pork . . . 14c. lb.
Spare Ribs—Fresh ship-
ment 15c. lb.
Boneless Beef . . . 13c. lb.
Cabbage 5c. lb.
Beans 5c. lb.
Soda Biscuits—Tip-Top, 20c. lb.
Codroy Butter in 1lb. blocks

Also just received:

10 kegs Green Grapes.
10 cases Valencia Onions.

J. J. St. John

Duckworth St. and Le-
Marchant Road.

Lumber! Lumber!

OF ALL KINDS.

Quality of Lumber counts as well as price. The quality of our stock is superior, the price is reasonable too. See our P. & T. Board made from the celebrated West Coast fir. Clean, clear and well manufactured. Houses built and repaired on the easy payment system. Consult us about terms, etc.

COLLISHAW, MILLS, LTD.

J. ST. GEORGE, Sec.

Opp. the Promenade.

CASE POSTPONED.—The case of a man charged with having a vicious and unlicensed dog was postponed at the request of the Inspector General this morning. Mr. G. B. Ayre represents the accused.

MINARD'S LINIMENT USED BY PHYSICIANS.

Grapes and Onions.

100 Kegs
Heavy Green
GRAPES.

100 Cases
SPANISH
ONIONS.

Soper & Moore

N.B.—Please note our Main
Lane Phone numbers: 480 and
902.

Headstones —AND— Monuments.

"Waits the marble in the quarry.
In the mountain's rugged breast
Waits to tell of fame and glory—
Waits to tell where loved ones rest."

We have ready for quick delivery a splendid selection of Headstones and Monuments at reasonable prices. We will forward our catalogue, photographic designs and styles any address on request; also price list and our mail order form which makes ordering by mail easy. Write now and avoid disappointment.

"There's a reason."

Skinner's Monumental Works,

333 Duckworth Street,
St. John's, Nfld.

Brick's Tasteless can be purchased at T. McMurdo & Co., Water Street. Price \$1.20 lb. Postage 20c. extra.—sep14.21
Minard's Liniment for Burns, etc.