

Physical Development

And its Bearing on Health and Strength.

INFLUENCE OF EXERCISE ON DIGESTION.

(Continued)

Will-Power.—It should never be forgotten that the results of exercise, or physical culture, are not by any means limited to the body. They embrace the will-power and also numerous moral qualities. These need to be called into requisition with every physical effort, and this constitutes their exercise and constant strengthening and growth. Exercise of will-power, in connection with bodily exercise soon gives the former such control that without active physical exertion, but simply by will-exertion—muscles can be used and developed to an unlimited extent. This strengthening of will-power not only means health of body, but success in life. With will-power fully strengthened goes the kindred quality of self-control, a prime helper toward the completion of the perfect man, not only as to physical proportion, but as to all the qualities classed as intellectual and moral.

Time Required.—Once developed strong limbs and a shapely frame, and a very little exercise comparatively will keep them so. Get the vigorous heart and ample lungs, set in a fair proportioned and ample chest and but a small fraction of the time spent in carefully regulated exercise will retain them in good condition. The portion of each day thus occupied need not be more than the busiest life can spare, nor in excess of that which the gravest mind would seek for recreation and recuperation. And that such results can be really attained, may be demonstrated by reference to the recorded experience of lading teachers of the gospel of physical exercise.

Increase of Lung Capacity.—Dr. Morgan cites an instance of a hollow-chested and weak-lunged man who, by persistent systematic exercise extending over six months, increased the air capacity of his lungs from 250 cubic inches to 300 cubic inches. The value of this augmented lung capacity is inestimable. Suppose a man to be attacked by pneumonia, pleurisy, or broncho-pneumonia, it may be readily conceived in such an emergency the possession of enough lung tissue to admit forty or fifty additional inches of air will suffice to turn the scales in favor of his recovery.

Lung Function.—Perhaps it is not generally known that only about one-third of the lungs is brought into play in ordinary breathing. Rest assured the other two-thirds will be called into requisition some day or some hour, and therefore should always be kept in condition by proper lung exercises. The most important lung function is the elimination of the deleterious carbon dioxide remaining after oxygen is extracted from the air. In active exercises one becomes breathless and exhausted. This is because the one-third of the lung power is not equal to the task of throwing off deleterious accumulation. Now it is that the other two-thirds are called into requisition. They must be in a position to act promptly and efficiently. Hence the importance of daily, systematic and full lung exercise. It is as essential to health as eating and sleeping. This fact will be soon learned after sufficient trail, for the whole man will soon respond, deep, easy and satisfactory breathing will ensue, and the revelation will be surprising.

Evils of Too Little Exercise.—The gradually increasing failure of muscular power observed when neglect of

proper exercise is persistent, is the result of microscopic changes in the structure of muscles involved, during which some of the materials of construction disappear and are substituted by powerless and inert fat. This change of texture weakens the muscular fibres, so that any sudden strain upon them might cause them to tear across. Such an accident, if it affected the heart, would prove suddenly fatal.

Fatty Degeneration.—After middle life, when the period of decay commences, it can readily happen that a muscle which has undergone fatty degeneration in consequence of long disuse, may give way when called upon to perform some unusual feat. Thus, for example, a man of fifty, who, after years of sedentary life, makes an effort to throw a ball for a long distance, may be seized with a sudden sharp pain like the cut from a whip, and find the arm thus affected drop to his side entirely helpless. On examination a surgeon discovers that the biceps, or large muscle on the front of the arm, has been torn across, in consequence of its weakened condition, the result of fatty degeneration.

(To be continued.)

No Soldiers Need Apply.

Contrary to the spirit which should actuate all possessed of patriotic minds, Hon. Dr. Barnes, who should be the first to set an example, has given the positions in connection with the census in his district to men who, never did any military service, and has ignored the claims of war veterans for the same jobs. Surely a better precedent than this should be established by a responsible minister, who was so eloquent at one time on behalf of Newfoundland's warriors.

Did you see the pretty dress she wore at the dance last Wednesday? Yes I did, and also heard several admiring it. She bought the VOILE at BOWRING'S, they are selling it for only \$1.00 yard.—aug.29.31.eod



Sea Superstitions.

(Daily Mail.)

"Bon voyage," I said to the friend who was going yachting round and about the isles of the west coast of Scotland. "I hope you have a good time. Good-bye, Farewell."

Just in time my tongue slipped the good-bye into the right parting salutation. Once you have lived among the fishers you learn to avoid with dread the saying of good-bye to those who depart on the seas. Farewell is always the parting benediction; it holds a sense of good luck, whereas the other word in the ears of those who dwell upon the coast is full of the ominous.

The man of the seaboard to whom good-bye is said may never return. Up on the Yorkshire and Northumberland coasts the women shrink back in fear if ever the word is inadvertently uttered.

Pig is the unluckiest thing a fisher can run across. A girl with a silver bracelet on her arm to which was attached a mascot silver pig aroused the terrified protestations of a crew of fishermen at Cullercoats, as she was about to step on their boat for a pleasure cruise.

It was not until the offending pig was removed that she was allowed aboard. So strong is the superstition that pork is a forbidden article of diet in some boats.

Upon the great trawlers which come into Grimsby there is the superstition that the youngest aboard—usually a lad—should be allowed to open the trawl net when it holds its sea harvest, for the sake of luck.

It is down in Cornwall, where the mackerel is seized, that you hear talk of the ill-luck which has come to a fishing village after a great glut of fish. Gluts mean waste, and ill-luck will always follow waste.

Again, there is the question of unreadiness. They will tell you in some Cornish villages of how at times in the past the pilchards have come and the men were not ready. Hence the "pilcher" have gone. As if in support of the superstition, at one port paid watchers are always on the cliff waiting for the return of the pilchards which have not been there in any quantity for the last ten years.

Oceanographers may have their own theories for the drifting away of the pilchards, but the fishers have theirs too.

It is in the fishing places of glorious Devon that no offer of help is ever refused as a fishing craft beaches. The beachcomber of the wastrel who puts leisurely hands to a rowlock or the end of a rope, for the sake of a few pence, is never pushed aside.

For the time may come when all help will be needed to save boats and men, and it is ill-luck to cast aside aid in the hour of safety.

FIRE ANNIVERSARY.—To-day (Sept. 2) is the thirty-second anniversary of the destruction by fire of the Roman Catholic Cathedral of the Immaculate Conception at Harbor Grace, one of the most beautiful and artistic specimens of ecclesiastical architecture in the British Provinces. It was modelled after the great Cathedral of St. Peter's in Rome.

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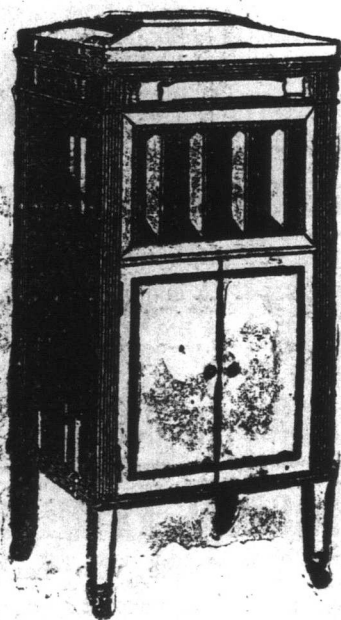
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MATT AND JEFF

A PUSH-CART WOULD BEAT THIS LAY-OUT FORTY WAYS.

—By Bud Fisher

