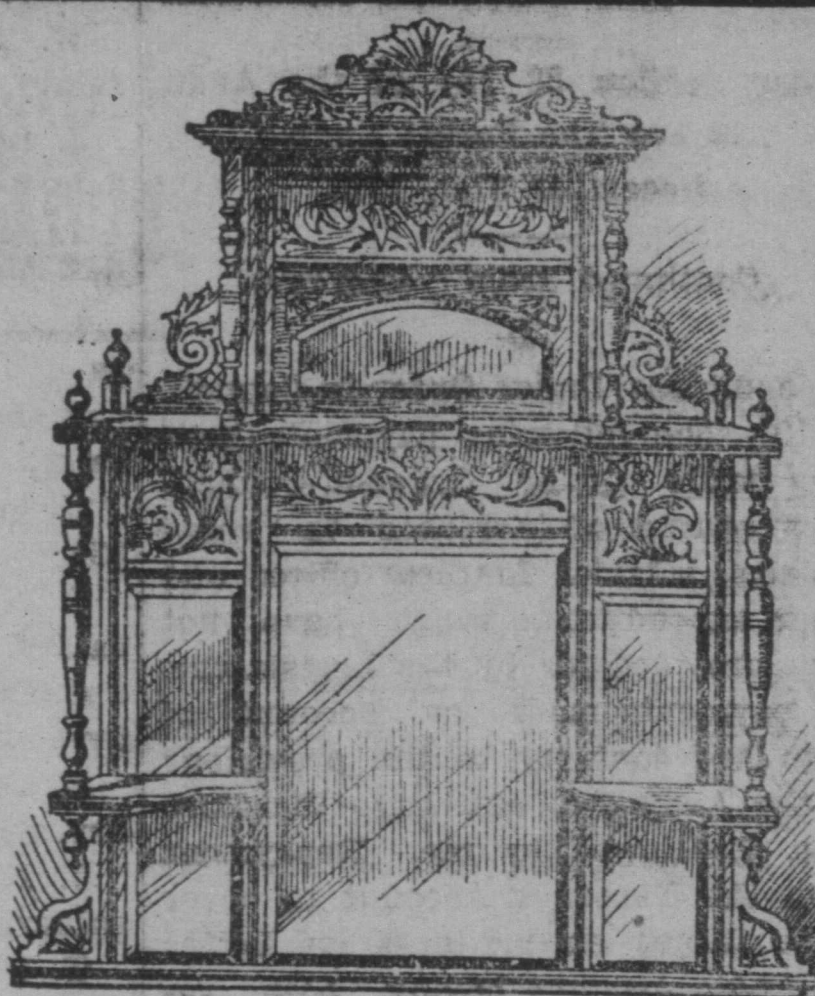


A GOOD NAME  
Why does yo' call yo' mule "Golf-ball," uncle?  
Cause yo' hab ter hit him so blame' hahd ter drive him enny distance, sah.

**New Overmantels and Mirrors of Every Description.**



Our special feature this week is Overmantels of all descriptions, of Mahogany and Walnut, with large centre, small side mirrors, and bric-a-brac shelves. Also in many other charming designs. These Overmantels add the final touch to any room. We have also a fine stock of Bevelled Mirrors in numerous designs, handsomely framed in Gilt, Rose-wood and Mahogany.

RELIABLE FURNITURE AT LOWEST PRICES.

**U. S. Picture & Portrait Co.**

Complete House Furnishers.

*Secrets of Health and Happiness*

**Sagging of One Eyelid Warns of Coming Ills**

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins).  
Copyright, 1914, by L. K. Hirschberg.

YOU have two pairs of twin screens over your most precious possession. The upper and lower eyelids protect your eyeballs mechanically, tenderly, chemically and physically.

When the Sand Man comes around the eyelids begin to droop. Do you know why? Sleep sits heavily upon the lids. It weighs them down. Then you have an exposition of sleep come upon you.

The eyelids begin to droop when the magic wand of sleep waves before your eyes, because the rhythm of lost attention, which induces sleep, paralyzes the lid muscles. Paralysis is not precisely what happens. The timely dew of sleep creeps into the "oculomotor," or nerves of the eyelid muscles. This squeezes the strength right out of the muscle, nerve and eyelid.

Then it droops and "feels heavy." A sensation of sleepiness is the upshot of this pseudo-paralysis. First the lids, then the rest of the body, then the eyes themselves and the "dreamy brain" last are lulled into slumber.

When sore, sick or soggy with lymph they lose the natural elasticity. Instead of shrinking from your sleepless eyes they fail to widen and remain an interference and a nuisance.

Diogenes, who was something of a cynic, besides being an experimental genius and a philosopher, when he fell into a slumber was roused out of it by his physician, and asked: "What ails you?"

"Nothing, sir," said he, "only one brother anticipates another; sleep before death."

**Sagging Early Sign.**  
As a matter of fact, whenever an eyelid sags or seems to be lower than usual something is wrong if sleep, habit and inheritance are excluded.

"Ptosis" is the terrifying, technical name given to the upper eyelid which almost meets its under one. "This said that even Homer nods, but when "ptosis" or a single droopy lid remains permanently down over the wakeful eyeball, deep-seated physical trouble must be sought.

The imitation paralysis found in eyelids that are droopy becomes an honest-to-goodness, really and rightly paralysis of the eyelid under certain but various circumstances.

An early sign of eye muscle trouble, swollen eyeballs, locomotor ataxia, paresis and true paralysis is a sagging of one eyelid.

When "goitres"—those saucery swellings near the Adam's apple—take on certain kinds of malicious activities, the eyeballs protrude and the eyelids are inclined almost to close.

When you go into a rage you are, as the novelists say, apt to "shoot a steady glitter of your eyes twixt well nigh closed eyelids."

**Like Window Shades.**  
When you wish to improve your gaze, the sight a distant object or clear a haze from the landscape, you are prone to squeeze your eyelids together. This is an intuitive method to cut off all unnecessary parts of the landscape from your retina.

When you are, after all, only double collapsing window shades. They fold up like an accordion. They are made of this office.



DR. HIRSHBERG

A sensation of sleepiness is the upshot of this pseudo-paralysis. First the lids, then the rest of the body, then the eyes themselves and the "dreamy brain" last are lulled into slumber.

When sore, sick or soggy with lymph they lose the natural elasticity. Instead of shrinking from your sleepless eyes they fail to widen and remain an interference and a nuisance.

For any man with hot as eye. What stands before him may say: But optics sharp it needs, I mean. To see what is not to be seen.

**Answers to Health Questions**

C. J. H.—What will increase the thickness of eyebrows?

If you will gently rub sulphur ointment in one night and ammoniated mercury ointment the next night—be careful that they do not go on the skin outside the eyebrows—they will grow darker and thicker.

M. O. Indianapolis—What is the cause of strings and spots before the eyes?

At times near-sighted eyes, eyes that are "astigmatic," and defects of the eye muscles cause this. You should wear glasses constantly. At times the spots are in the juices of the eye. A tonic also helps.

G. E. B., Toronto—I have heart palpitation, irregular pulse and dizziness. Are heart pills any good?

Do not take medicines for heart defects until your physician gives you a thorough, honest examination. A diagnosis is necessary before heart trouble can be ascertained.

Dr. Hirschberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg, care of this office.

**Headquarters —FOR— Motor Boat Supplies**

In Stock, a full supply of Batteries, Spark Plugs, Spark Coils, Magnetos, Trouble Lights, Propellers, ETC., ETC.

**Lowest Prices —ON— Gasoline, Kerosene —AND— Lubricating Oils.**

AGENTS for New FERRO Kerosene Engines, The Standard of the World.  
DISTRIBUTORS for Imperial Oil Co., Limited, Canada.  
OUR Stock is Complete—Prices Right. INSPECTION INVITED.  
**A. H. Murray**  
Bowring's Cove.

**MUIR'S MARBLE WORKS**

ESTABLISHED 1847.  
Cabot Building, Water Street.  
Monuments, Headstones, Memorials, Cemetery Decorations in Marble and Granite.  
Latest and most chaste designs. Largest stock to select from in the city.  
The distinctive features of our work are Superior Carving, Finish and Materials.  
Designs and price list mailed to any address.  
Mail orders have special attention.  
**F. CHISLETT,**  
Manager.  
F. J. Morris, K.C. E. Leo Carter.

**Morris & Carter**  
BARRISTERS, SOLICITORS, &c.

OFFICES:  
Bank of Montreal Building,  
ST. JOHN'S.

**THE MAIL AND ADVOCATE.**

The weekly edition of The Mail and Advocate will be sent to any address in Newfoundland and Canada for the balance of 1914 for the small sum of 30c., and the daily for the balance of 1914 for the sum of \$1.00. Send along your names and stamps to cover.

**FOR SALE!**

A Portion of Land, situated at the East Side of British Harbor. Very convenient for fishing room or for other business. Will sell on easy terms. For particulars apply to ALEXANDER GARDNER, Snook's Arm, T.B.

**U.T.C. ENGINE**

The Union Trading Co. received a large shipment of U.T.C. Engines today and all orders in will immediately be filled.

A shipment of F.P.U. Engines are due to-morrow. Friends who have ordered these Engines will receive them very shortly.

**We Have Many Charming Models**

**Children's Hats!**

Wholesale and Retail.  
A big stock at Rock-Bottom Prices.

**CHILDREN'S AMERICAN COTTON DRESSES!**

**Robt. Templeton**

**Trulite Lanterns**

The Best on the Market!

CAN'T BLOW OUT.

Wholesale Only by  
**The Direct Agencies, Ltd.**

**FOR SALE!**  
**NEW 18 H.P. ENGINE**

THIS MOTOR WHICH WAS NEVER INSTALLED, IS WORTH \$650.00 BUT WILL BE SOLD AT LESS THAN HALF PRICE IF PURCHASED SOON.

Good Bargain For Quick Sale.  
Apply **H. M. MOSDELL,**  
ADVOCATE OFFICE.

Mail and Advocate \$2.00 a Year.

**The Excuse Didn't Hold Good.-- By "Bud" Fisher**

