



## Do you suffer from Nerve Troubles

Our nerves are like an intricate network of telegraph wires. They are controlled and nourished by a portion of the brain known as the nerve centres. The condition of the nerve centres depends upon the condition of the bodily health. When the bodily health is lowered the nerves suffer in sympathy. Then it is that we are tormented with "nerves," headaches, neuralgia and nervous debility. In such cases there is nothing to equal "Wingarnis," the "Wine of Life." "Wingarnis" is a powerful nerve food which acts directly upon the nerve centres and gives them new life and new vitality. The result is wonderful.

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## THE THOUGHTS OF THEOBALD.

### A NEEDLESS SACRIFICE.

I was so sorry to see an item tell of a meeting in which a certain Sunday School had decided to give the funds hitherto spent on the annual treat, to the Aeroplane Fund. With all the necessity of the latter and I hardly think that such actions are at all necessary yet. A Sunday School Treat is a Red Letter Day to every child. His attendance during the summer is more regular and his interest is keener because of the day when the Pic Nic comes off and by train or carriage or furniture van, he is carried along with a cheering crowd whose lungs seem to get no rest throughout the whole journey. Surely the few hundreds of dollars that the picnic will cost can be spared from the Aeroplane Fund. To many a child it means the most complete holiday for the year, the day when everything is done for his pleasure and when he can come home laden with his prizes won at racing, and the "blessed bag" of sweets that mean so much to him.

Surely there are men of means to whom the cost of the picnic would hurt less than the disappointed hearts of two or three hundred children. I am inclined to think that the decision should be reconsidered and I hope no Sunday Schools will think of making their scholars suffer such a sacrifice—a sacrifice which is immeasurably greater than any felt by the poorest of the subscribers of the Aeroplane Fund.

All of us are continually looking forward to some event that we shall enjoy—to some time when we shall be such and such a position, and our hearts are kept up by the noisy spectacles through which we like to look and a good thing it is too that those ever beckons us on over in the darkest hour. The picnic is to many children the event of the summer and some of them see little enough of country life otherwise.

How can we bear to disappoint them? It is surely an issue that should not be put to them to decide.

### PROHIBITION.

Someone says to me, "What! more on that dry subject?" Even so. Prohibition is one of the means by which we can conserve resources of money, health and happiness against the future times when the burden of war will touch us far more heavily than now.

Prohibition will mean an ever increasing amount of money available each year for savings as well as for better conditions of life for many.

It is true that the saving of money now spent in liquor will affect principally those who now indulge and their families, yet it is also true that the prosperity of the City and the Colony will increase in proportion to its prosperous people.

The proof of this is demonstrated by the wonderful example of Russia. Details of which we were treated by the editor of the Telegram last Saturday.

Prohibition will mean that the cells of the Penitentiary will be idle for most of the year; it will mean that far less accommodation will be required at the Poor House than at present.

In a moral, physical and financial sense the sale of spirits can do and is doing incalculable injury. It is granted that the injury is done by the abuse of spirits. Rightly used they are perfectly safe and there would be no quarrel if they did not contain such powers of evil.

The man who sells liquor does not deliberately intend that his business shall make moral wrecks of his customers. He is in the business because there is money in it, and in one sense the Government has created a monopoly for him by restricting the number of licensed houses and forcing the profits to come to a comparatively few stores.

So the fight is not so much against the publican or liquor as a fight to raise men out of the pit into which they have fallen and into which they are only too apt to drag others. Is it worth while? I think so.

### ON GETTING CREDIT.

How is it that we are all so eager to get credit for what we do? Perhaps I should not say all—for some times one will see of an anonymous donor and hear of charities done in secret—but for the most part, in church life, in business life, we see men giving—not in the true sense of giving, expecting no return—but with the expectancy and sometimes with the stipulation that their names will appear in the newspapers.

This self-interest is encouraged and capital is made from it by such promises as "those giving a dollar or more will have their amounts acknowledged in the paper," and I notice what a lot of space that newspapers are expected to give in this way.

At any rate it is a scolding of the value of the widow's mite, which was held in such high estimation by the God-Man two thousand years ago.

I was surprised to hear not long ago from the lips of a clergyman that if he prepared a good sermon he wanted the credit for it.

He seemed to put his own interest above the good his sermon contained. What matter who perform a good deed so long as it is performed? "Take heed that ye do not your alms before men, to be seen of them; . . . that you may have glory of men . . ." (Matt. vi.)

### A NEW GOSPEL.

This war is not without its uses in bringing home to men that they are intended to work primarily for the community and not for themselves. Lloyd George practically tells the workman that their powers are not their own—that they hold them in trust for the common good. The workmen are perfectly satisfied to acknowledge this, but they cannot feel that the profit from their work benefits the State as much as it benefits the capitalists who employ them.

and who use this war to enrich their own pockets. That is the stumbling block, and to a great extent it justifies the demand of the workman for increased wages while his employer gets increased profits. Remove this stumbling block and the road will be open to the time when everyone's powers will be absorbed in service, the one condition of true human happiness. The rich man may say "Can I not do what I like with mine own?" But the higher law answers: "It is not yours; you hold it in trust for the common good."

So the New Gospel, (really as old as the first man,) is teaching men in this war that all their possessions, aye, even their lives, are to be yielded for the common good. It is not a palatable doctrine for the wealthy or those with possessions, but to many whose thoughts are of a regenerated world, it is almost the only bright spot in the chaos of this terrible war.

### THE CELEBRITIES OF WAR.

At a large dinner party given by Lord Stratford after the Crimean War, it was proposed that every one should write on a slip of paper the name which appeared most likely to descend to posterity with renown. When the papers were opened every one of them contained the name of Florence Nightingale.

And it is a fact that now after fifty years and more, not a general of the Crimean War on either side can be named by one person in ten. The one name that rises instantly is that of Florence Nightingale. A soldier said "Before she came there was such cussin' and swearin', but after that it was as holy as a church."

I wonder if in fifty years time, one in ten will easily remember the names of Kitchener, French, Joffre, George V., or the Kaiser Wilhelm. Maybe there is a name yet to come—a heaven-sent visitor who will have more to do with the eventual settling of differences than any of the military, and whose name, because of his action, will tower above all. And how difficult will the settling of differences be. One can imagine the enmity which is being produced every day, and surely it would seem that more than one generation will pass before German and English will be friends again. That peace will come quickly is surely a proper prayer.

### Select Medicine

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Purgatives are dangerous. They gripe, cause burning pains and make the constipated condition worse. Physicians say the most ideal laxative is Dr. Hamilton's Pills of Mandrake and Butternut; they are exceedingly mild, composed only of health-giving vegetable extracts. Dr. Hamilton's Pills restore activity to the bowels, strengthen the stomach, and purify the blood. For constipation, sick headache, biliousness and disordered digestion no medicine on earth makes such remarkable cures as Dr. Hamilton's Pills. Try a 25c. box yourself.

### Naval Recruits

in Training.

### VISIT TO THE CRYSTAL PALACE.

"Book here for the Dardanelles." The inspiring notice hits the optic as you pass 112, Strand, the London recruiting office of the Royal Naval Division. There, or at any of the other recruiting offices in the various towns throughout the country, you may take a ticket, entrain for the Crystal Palace, and begin a journey full of interest and healthful experience, with the promise of some good sport in very good company at the finish. It is a journey which has already attracted many thousands, of the best of Britain's young men—the clerk, workman, student, architect, accountant, the musician, artist, actor, and many men whose names you will find in Debrett.

At the Crystal Palace you may see 5,000 of them preparing, under ideal conditions, for the trip to the Dardanelles, where 27,000 of their comrades have already gone to cook the Sultan's Turkey.

### The Real Spirit.

As happily and jolly as sandboys, there is no mistaking the keenness of these lads of the Royal Naval Division. Lord Tredegar, one of the commanding officers at the Crystal Palace, relates how one young recruit came before him recently with the request that he should be sent to the front as quickly as possible. "Why?" he was asked. "Well, it's like this, sir, you see," he replied. "My four brothers have been killed at the front and I want to get a bit of my own back." It is but another illustration of the spirit which actuates the men of the Royal Naval Division.

The visitor to the Crystal Palace who thinks of the memorable events which have taken place there in peace time must marvel at the strangeness of the scene. There on the football field, where many a strenuous battle for the Cup has taken place to the accompaniment of roars and cheers from swaying crowds, will now be

seen lithe, sturdy youths climbing ropes and obstacles, running, jumping, wrestling, and indulging in all forms of physical exercise to fit themselves for the work ahead. There, inside the cycle track, are bodies of young officers forming "squares" and "shouldering arms, for every man, be he duke's son or cook's son, goes through every stage of the training.

Scattered throughout the grounds of the Palace under the trees are dozens of other bodies of men, each being instructed in some part of their training. You will pass a company listening to a lecture, and other groups learning the proper form of salute; the mechanism of the rifle; target practice, shooting, signalling, marching and counter-marching. Turn which way you will, and there on the beautiful green slopes and in the grounds holiday-makers and visitors to the Metropolis know so well you will meet with bodies of blue-uniformed young Britons earnestly working for their country.

### Ideal Conditions.

No men are trained under more ideal conditions, and there is ample room for another 5,000. The sectional buildings which represented our various Colonies in the Festival of Empire Exhibition have been transformed into sleeping quarters for the men, while inside the Palace are the various messes where the best of rations are served, and where comforts in the way of reading, writing and recreation rooms, presided over by kindly independent ladies, are provided.

For between two and three months the men are kept at the Crystal Palace, the final training taking place at Blandford, from which place they are drafted as required. To young men of fair intelligence and energy the Royal Naval Division offers excellent opportunities for obtaining special knowledge and securing promotion. There are chances for all types of men between the ages of eighteen and thirty-eight. Not only are they trained for service in the Royal Naval Brigades, but they may specialize for instance, as signalmen and wireless operators for the fleet. All recruits on entry are rated ordinary seamen, and are promoted to able seamen after three months if found efficient. Britain's supremacy lies on the seas, and the Royal Naval Division is determined that that supremacy shall be maintained.

### Fads and Fashions.

Slaxy, narrow leather belts are very much in evidence on linen suits. A girdle of diamond-shaped checks gives a distinct note to a white taffeta.

Very pointed and very flaring tunics are among the prettiest of the season.

Green linen jacket and white voile skirt make a charming and cool combination. The flat sailor has trimming of wings and band of grosgrain, muslin or linen.

The ruffled white organdie with little dark silk coat has always a charm of its own.

A sash helps to bring out the pretty curve of the hips and the slimmest of the figure.

For practical wear the flesh-colored crepe de chine blouses are as much liked as ever.

Linen is less seen than any other white material this summer, but it is always in good taste.

Tulle or lace is excellent introduced on a striped black-and-white silk gown to soften it.

A blue ribbon sash worn with a quaint white frock and a bonnet is very quaint and pretty.

Sleeves are sometimes made to match a waistcoat worn inside of taffeta country dresses.

It is said that this autumn will show the two extremes of the straight and the rounded figure.

Pleats are a feature in linen skirts, but circular skirts should be avoided in all wash fabrics.

Canvases, linen in pastel shades and white toile showing soutache embroidery are popularly used in Paris.

Azure blue, blue pink and beige are the colors oftener seen in Paris nowadays, besides black and white.

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