

Physical Development

And its Bearing on Health and Strength.

(By GEE.)
EFFICIENCY OF EXERCISE ON DIGESTION.
 Relation of Exercise to Digestion.—The relations of exercise to digestion are very important. A due amount of muscular exercise seems to be indispensable to healthy digestive organs and easy digestion. One of the most serious forms of dyspepsia is due to the feebleness of the muscular apparatus of the stomach, which impairs the churning motion so essential to digestion.

Weak Abdominal Muscles.—It is anatomically true that strong abdominal muscles are generally found in people with good digestion, and weakness of these muscles accompanies feeble digestion. Bodily exercise is the best means for food—Hunger aids a strong digestive apparatus.

Exercise and the Secretions.—Rapid complete throwing off of waste matter from the system is as important to health as an ample supply of food. Exercise increases the circulation of all arteries, causing augmented translocation of nutritive material into the inter-spaces of the surrounding tissues. It also diminishes the blood pressure in the small vessels, thus facilitating the absorption of the waste matter from the inter-spaces of the tissues. In the same way the decreased pressure of blood in the minute veins favors the absorption of a larger quantity of nutritive material, thus rendering the blood richer and more vitalizing.

Exercise and Organs of Movement.—Movement of muscles, even if it does increase their volume, showing that new substance has replaced worn out material, and corroborating the general statement that muscular action promotes increased growth by quickening the circulation, augmenting, and in turn, improving the appetite. Muscular action develops the bones at the expense of nutritive material, but that is the very reason the muscles gain in bulk and strength. Exercise also develops the bones and joints.

Abdominal Breathing.—One should begin the inflation of the lungs at their base, that is the abdominal portion. If the full benefit of lung exercise is to be obtained; to wit, a full, round chest and flat abdomen, which are the criteria of health. Notice this, that when you expand the chest you draw back the abdomen. Notice also, that when you draw in the abdomen

the chest rises and expands. Thus there is mutual breathing by lungs and abdomen, a most important exercise, and strengthening, one easily practised, and bound to give the body a correct position and proportion. If there be a heavy, distended abdomen, one out of proportion to the rest of the body, and often unsightly, this mutual breathing exercise will reduce the unsightliness and contribute to symmetry of parts.

Exercise and the Nerves.—Nervousness is very common among those who do not daily subject their muscles to a sufficient amount of exercise. They get headache, faceache, pains in the back, neuralgia, dyspepsia, suffer from heart palpitation, noises and changes of temperature, grow irritable, lack energy and perseverance. It is known that a nerve left in prolonged inactivity degenerates, becomes relaxed and feeble. Hence the necessity for such exercise as will make it demand nutrition and grow strong.

Exercise and Mind.—Proper exercise of the mind is just as necessary for its health as that of the body. But unfortunately, the mind is apt to be overexercised, especially with children and modern systems of education. Overwork of the mind, even if it be called education, and neglect of physical culture is vicious in every way. The nervous apparatus, and more especially the brain, is the organ of mental powers. Just as the perfection of physical life is dependent on proper exercise of the organs, so the mental capacities in a healthy body are kept efficient by proper employment.

Appreciation of Exercise.—Perhaps one reason that systematic exercise is not appreciated at its full value is that its special object and nature, its adaptation to individual requirements, and its effect upon the different structures of the human frame are imperfectly understood. This arises from the fact that its effects upon any part, but the muscles, are seldom taken into consideration, and hence its vast influence on the organs employed in the vital processes of respiration, circulation and nutrition is overlooked. The evils arising from this mistake are many, for so long as it is popularly thought that systematic exercise gives nothing but muscular power, few of those engaged in intellectual pursuits, to whom sheer muscular power is of little account, care to cultivate it.

(To be continued)



USE YOUR HEAD.

A woodpecker pecks out a great many specks of sawdust when building a hut.
 He works like a nigger to make the hole bigger—He's sore if his cutter won't cut.
 He don't bother with plans of cheap artisans. But there's one thing can rightly be said:
 The whole excavation has this explanation He builds it by using his head.
 So use your head when you require good tonic and nerve builder by taking Brick's Tasterless Cod Liver Oil. Price \$1.20 bottle; Postage 20c. extra.
 For sale by
DR. F. STAFFORD & SON,
 Wholesale and Retail Chemists and Druggists,
 St. John's, Newfoundland.

Gems of Thought.

The sure foundations of the State are laid in knowledge, not in ignorance, and every snare at education, at culture, and at book-learning which is the recorded wisdom of the experience of mankind, is the demagogue's snare at intelligent liberty, inviting national degeneracy and ruin.—G. W. Curtis.
 I have lived long enough to know what I did not at one time believe—that no society can be upheld in happiness and honor without the sentiment of religion.—Laplace.
 If there be any one habit which more than another is the dry-rot, of all that is high and generous in youth, it is the habit of ridicule.—L. E. Landon.
 To be deceived by our enemies or betrayed by our friends is unprofitable; yet by ourselves we are often content to be so treated.—Rochefoucauld.
 That which we are we are all the while teaching, not voluntarily, but involuntarily.—Emerson.
 The wisest man may always learn something from the humblest peasant.—J. P. Senn.
 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.—ang29,31,ood

Merchant Tells of a Remarkable Case in His Town

Really Sounds Incredible But Well Known Man Testifies To Truth Of It.

Writing from Maxey, Ga. A. J. Gillen, proprietor of a large department store at that place, says: "I have a customer here who was in bed for three years and did not get to a meal at any time. She had five physicians and they gave her up. One bottle of Taniae got her up, on the second bottle she commenced keeping house and on the third she did all the cooking and housework for a family of eight."
 This sounds really incredible, but it comes uncollected from a highly creditable source and is copied verbatim from the letter.
 "Taniae is sold by leading druggist everywhere."

July a Fiery Month.

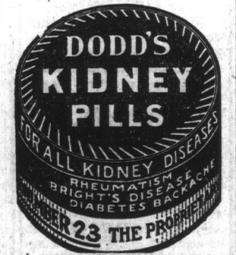
Fire losses in the United States and Canada during the month of July reached the unusually heavy total of \$33,355,750. This is some \$3,000,000 increase over the 1920 record for July, and \$13,000,000 in excess of July, 1919. The July figures this year, as shown by the compilation from the daily reports of The Journal of Commerce, indicate an exceptionally high burning ration for this season of the year. The fire losses of the first seven months of the current year reach a total of \$198,282,050, the highest in the history of the country of any year, not including those having large general conflagrations.

The fire losses of the country and the general business stagnation appear to go hand in hand, as with the decrease in business activity and deflation in values the fire losses have shown a tendency to mount month by month. The economic waste of the obliteration by fire of \$33,000,000 in property values is a serious one. It constitutes a depletion of the nation's wealth which fire insurance distributes but cannot replace.

The fire underwriters are more or less discouraged by the present trend of losses, as they had hoped that the deflation of war prices would result in a reduction of the fire losses. Moral hazard losses are, however, constantly increasing and materially add to the total loss record. This condition is more serious to the fire underwriters than normally because this year they are facing the steady reduction in their premium volume, and it is doubtful in many of the companies can show an underwriting profit unless the situation materially improves before the end of the year.—Montreal Chronicle.

Swims Across St. Lawrence.

Miss Frances C. Calsley, swimming instructor of the Y.W.C.A. at Quebec, successfully accomplished the feat of swimming across the St. Lawrence River, on August 9, between Levis, and Quebec, before thousands of people, who looked on from the cliffs of Quebec and Levis, as well as from the river side. The young lady has the honor of being the first to attempt the cross-river swim, which was about one mile, but which had to be fought all the way, owing to a very powerful current. The crossing was made in 36 1/2 minutes.



Quote in Canadian Dollars.

Complaint is again being made by buyers of Canadian exports that payment is demanded in terms of American rather than Canadian exchange; this time it is British importers who are objecting—before it was customers in Newfoundland.
 Technically the matter appears to be one of business having to do with the individual transaction. The quotation in American funds would undoubtedly be lower in dollars than one in Canadian funds and probably established for the purpose of competing with American manufacturers more particularly in cases where raw materials are imported from that country by Canadian makers.
 As to the effect upon Canadian trade relations within the Empire, however, it would seem to be another matter. The impression which has been gained in the cases brought to the attention of THE FINANCIAL POST is that the quotation in American funds is given to provide an additional profit by taking advantage of the fact that United States dollars can be increased when changed into Canadian dollars. The point immediately comes up: Why buy in Canada under such conditions?
 It would seem to be much better business for Canadian manufacturers and other exporters to state their prices in terms of Canadian dollars—even though the figure may be some higher—and thus encourage inter-Empire trade, establish Canada as a world trade unit and remove any impression that our banking system is controlled from New York.
 More important, even, perhaps, is the point that Canadian manufacturers seeking export trade should look to the benefits of good-will in the establishment of permanent connections rather than small advantages that might accrue in the present period of unsettled trade conditions. Satisfied customers whose confidence has been won on the basis of service are the chief factor in the upbuilding of the successful foreign trade of any country.

Rarer Than Diamonds.

"A gem so rare that a diamond seems common in comparison," is a statement that sounds almost unbelievable, yet there is such a substance and it is "rose ebony."
 Only about fifty pieces of "rose ebony" are in existence to-day, and, as its composition is limited to such an extent that it is doubtful if there will ever be more than a few hundred pieces at most.
 Mrs. Sarah Sewell Jones, of Seattle, holds the secret of the exquisite gem—a jet black substance, nearly as hard as a diamond, yet composed of a material of which rose petals are the base.
 Mrs. Jones from childhood has been deeply interested in sculpture, and she early developed remarkable talent. The idea of using rose petals as the basis for a substance with which to work appealed to her as soon as she conceived it. What a wonderful thing it would be, she thought, if she could preserve the beauty of the gardener's fairest flower so that it would live for centuries instead of merely a few days. Numerous mechanical obstacles confronted her in working out the formula, but she finally found how her object could be attained.
 Using several other ingredients—the character of which, of course, she keeps secret—she works the rose petals into a plastic composition which she moulds to suit her fancy. Then the piece is put away to harden. Every day Mrs. Jones goes over the mould, working on it so that it will retain its original lines throughout the hardening process.
 At the end of three weeks the gem is hard as flint—and then Mrs. Jones puts on the finishing touches with her chisel.
 The carving is unlike anything else in the world. In some inexplicable manner it seems to retain all the fresh beauty of the rose, to which is added the artistry of the maker.
 "Rose ebony" will never be a drug

No Degrees in Honesty.

A \$10 bill is either good or bad. A man is either honest or dishonest.
 If he is honest he will not cheat or steal or take undue advantage of another man under any circumstances. If he is dishonest, his cheating and stealing will be limited only by his opportunity or his timidity.
 The difference between big thieves and little crooks is sometimes a difference of opportunity—more often a difference of courage. The little thief does not steal continually because he is afraid to. The big thief has less timidity—or less imagination, and steals whenever he has a chance. But one is just as dishonest as the other. And often the little fellow is the worst, for he adds cowardice to his crookedness.
 A full grown man or woman, trained to life, who does a dishonest action will do another under the same circumstances. A boy or girl, lacking this training, will sometimes become straight with the growth of intelligence.
 For the ancient adage about honesty being the best policy is so apparent to common sense that even people who are mentally crooked often turn honest and remain honest, merely because more profit can be had in that manner of life.
 It is well to apply the honesty test to yourself, and change your method if you find that under certain circumstances you would take advantage of a fellow creature—legally or illegally. It is well to drop friends that you catch cheating at cards, or at golf, or

PRICE IS ADVANCING!

It would be advisable, we think, to cover your Spare Rib requirements now while our present stock of those excellent Morris & Co.'s half-sheets lasts. The "to arrive" lots are being quoted considerably higher.

HARVEY & CO., Ltd.

The Only Non-Set Automatic Stop is on the Columbia Grafonola

THE greatest improvement ever made in the phonograph is the Columbia Non-Set Automatic Stop, which is now an integral part of the new Columbia Grafonola.

With this improved instrument you simply place the tone arm needle on the record, and the stopping takes care of itself.

There is nothing more for you to do—no stop to set at a given point, as in other phonographs. Come in and see our latest models.

U. S. Picture & Portrait Co. Grafonola Department.

in business. For the chest is a particularly despicable form of crook, and deserves no friends whatever.
 Never think that a man or a woman is a little dishonest, or dishonest about some things and honest about others. They are 100 per cent. honest or not honest at all. They are honest in everything or honest in nothing. If they are honest, as we believe most people are, they are worthy to be trusted. If they are dishonest, knowing what dishonesty means, the wider berth you give them the better it will be for you.
B. I. S. WEEKLY OUTING.—Every Thursday during summer, commencing July 7th, special train leaves St. John's at 7.30 p.m., returning leaves Donovan's at 11.30 p.m. Tickets, including train fare and dancing, 75 cents each. Refreshments extra at Donovan's.—H.Y.S., w.t.t.f

—By Bud Fisher

MUTT AND JEFF—**THAT'S ALL YOU CAN EXPECT FROM ANY PILOT.**

MUTTS: I WANT A JOB AS PILOT PROVIDED YOU'RE LOOKING FOR A MAN MY SIZE AND BUILD!

JEFF: YOUR SIZE AND BUILD ARE O.K. BUT WHAT DO YOU KNOW ABOUT THE RIVER—WHERE THE SNAGS ARE AND SO ON?

MUTTS: WELL, I'M FAMILIAR WITH THIS RIVER, BUT WHEN YOU TALK ABOUT SNAGS I DON'T KNOW EXACTLY WHERE THEY ARE; I ADMIT THAT!

JEFF: DON'T KNOW WHERE THE SNAGS ARE? THEN HOW DO YOU EXPECT TO GET A JOB AS PILOT ON THIS RIVER?

MUTTS: WELL, I MAY NOT KNOW JUST WHERE THE SNAGS ARE—

JEFF: BUT YOU CAN DEPEND ON ME FOR KNOWING WHERE THEY AIN'T, AND THAT'S WHERE I CALCULATE TO DO MY SAILING!

MUTTS: SAP!

JEFF: BLAM!