

"GILT EDGE" BUTTER!

On the way from Montreal and due Monday Forenoon, ex. S.S. "Manoa,"

"Gilt Edge" Canadian Creamery Butter, 56-lb. boxes.

"Gilt Edge" Canadian Creamery Butter, 28-lb. boxes.

LOWEST PRICES

F. McNamara,
QUEEN STREET.
PHONE 393.



There is an intimate as well as an artistic touch to properly designed Jewellery. It becomes a part of one's personality. A girl regards her gems as her personal friends. We welcome your visit and inspection of our Watches and other Reliable Jewellery.

There is no time like the present and no present like the time.

R. H. TRAPNELL, Ltd.
Jewellers and Opticians, 197 Water Street.

Notice!

Mild. Government Coastal Mail Service

S. S. PROSPERO will leave the wharf of Messrs. Bowring Brothers, Limited, for usual northern ports of call on Wednesday, Sept. 14th, at 10 a.m. Freight now being received.

FREIGHT FOR SOUTH WEST COAST.
Freight for S. S. PORTIA for usual western ports of call will be received at the wharf of Messrs. Bowring Brothers, Limited, from 11 a.m. Wednesday, Sept. 14th.

W. H. CAVE,
Minister of Shipping.

CLEARANCE SALE

Of Men's Overalls, Pants, Suits of Clothes for Men and Boys.

PANTS	\$2.50 to \$3.50
MEN'S SUITS OF CLOTHES	\$5.00 to \$12.00
YOUTH'S SUITS OF CLOTHES	\$7.00 to \$9.00
BOYS' SUITS OF CLOTHES	\$4.00 to \$5.50
OVERALLS	\$1.25 to \$1.75
BOYS' SINGLE COATS	\$2.00 to \$3.50
BOYS' VESTS	45c. to 90c.
MEN'S DRESS SHIRTS	\$1.50 to \$1.99
LADIES' TOP SHIRTS	\$2.50 to \$4.00
LADIES' RAGLANS	\$4.50 to \$6.50
LADIES' BLOUSES	\$1.50 to \$1.95

Bargains in FUR, FUR, SHIRTS, TOWELS, FLANNELS, LINS, VOILES, SATENS, CHINTZ, TOWELS, FLANNELS.

ANTONI MICHAEL,

104 New-Gower Street (East of Springdale Street).

G. P. TEA

is real English Breakfast Tea of Exquisite Quality and Flavor.

JOHN P. HAND & CO.,
Phone 761.
Agents.

Physical Development

And its Bearing on Health and Strength.

POWER OF THE WILL.

Before proceeding with Exercises, my desire is to give readers a treatise on the "Power of Concentration," which is by far one of the most important subjects of the day.

The Muscles and Relation of Same to the Will—The muscles are merely agents for the will. They may be compared to machinery costing thousands with all the latest improvements. The inventive mind of man can suggest; without motive power it is useless. Though perfect in every detail. Boring this in mind, it must immediately become apparent to everyone that the stronger, the better developed, the will, and the better developed or trained the muscles is, the stronger the action of the muscles. This is one reason why one man, with the same muscular development as another, is much stronger. He has more will-power and nervous energy, with better powers of concentration. Even if one's physical development is at its limit it behaves us, therefore, to attempt to bring up the favorite force mentioned above to a highest possible pitch of development, for at the same time you will also be preparing yourself for attaining your highest ambitions, gaining power to memorize things to a remarkable extent, for without a direct and strong effort or desire to remember anything, the impression made on the faculties devoted to this important work is so slight as to be totally eradicated within a very short space of time.

Illustrative of this, let's put forward the well-known fact that many people are able, by firmly fixing the mind on a certain hour, to wake up at that hour. A feeble attempt in this direction has no result. A strong suggestion to the subconscious mind takes root.

Many persons pride themselves on being "strong-willed" when they are simply stubborn and "mullish"—quite a different thing. Even if a person has a strong will and good concentration powers, it is of no use to him or her if they have no control over the same. If the judgment be warped and a person is simply determined in doing wrong using his or her powers to attain a wrong end—it would be of course far better for such a person to possess a less determined spirit.

TO-DAY'S MESSAGES.

BODIES BEING RECOVERED.
SAN ANTONIO, Mex., Sept. 12. More than 100 bodies of flood and storm victims in Newland, along the San Gabriel River in Williamson and Milam Counties, have been recovered, according to a correspondent of the San Antonio Express at Taylor, who telegraphed his report to-night.

ANARCHIST PLOT FRUSTRATED.
TOKIO, Sept. 12. The arrest of forty extreme Socialists, mostly Japanese, but some of them Koreans, was featured to-day by newspapers, which allege those arrested were connected with serious sedition plots. Newspapers say the officials declared the plot to be the most important conspiracy since the anarchist movement against President Mushato, in 1900.

PRESSING THEIR ADVANTAGE.
MADRID, Sept. 12. Spanish forces in the Melilla zone in Morocco, after a brilliant operation in their new offensive against rebellious Moorish tribesmen, have occupied the line of Rasquillas, Zoco and Arabia, says an official statement of the fighting, issued to-day. The troops were assisted by Spanish war vessels.

FLED IN PANIC.
LONDON, Sept. 12. The Central News Madrid correspondent gives further official statement of the fighting in Morocco. He says, "the enemy is in flight before our artillery, abandoning villages, harvested grain and booty. The enemy left numerous dead on the field. The Spanish losses were insignificant."

AT CONSTANTINOPLE.
CONSTANTINOPLE, Sept. 12. The discovery of a vast revolutionary plot at Constantinople is announced by the British authorities here.

OF TURKISH ORIGIN.
LONDON, Sept. 12. The British Intelligence Department at Constantinople has discovered a plot organized and subsidized from Ankara, the Turkish Nationalist capital, to foment revolution at Constantinople, according to Reuters despatches. It was planned to spread disaffection among loyal Indian troops and assassinate leading Allied officers. Seventeen desperadoes, it is reported, were brought to Constantinople to carry out murders. Last June it was reported from Constantinople that a great uprising by Turks and Bulgarians there had been frustrated through the vigilance of police.

The above is an illustration of what is only a travesty of the real power which I intend to show how to properly develop.

There is also the subject of "absent-mindedness" to touch upon which we will illustrate in this manner. Did you ever bring home The Telegram at tea hour and soon its columns while in the act of pouring a cup of tea. Of course the tea reaches the table cloth instead of the cup and wifely is sore and blames the Telegram for wearing a bluish also. This too, is susceptible to treatment by these methods; in fact most troublesome conditions of the mind quickly give way to "Psycho-Physical Culture."

The Volitive Faculties—The action of the will is termed "Volition." The faculties of the will are Determination, Firmness, Decision, Ambition, Authority and Vigilance. These faculties indicate strength and continuity of purpose.

Persistence and perseverance, whilst not classified as faculties of the will, are developed by the will. He who can employ volition to effective purpose is master of any difficulty he may have to contend with almost as rapidly as it makes its appearance.

Mental Influences upon Health—The nervous system governs the bodily functions, even if not under our direct control. We may, however, control and develop nervous energy to a certain extent, and "nerve force" may be brought to bear in improving our physical and mental condition. We are possessed of what is known as a "sub-conscious" mind, and it is through this agency that abnormal conditions are produced from apparent nothingness by our not having proper control over the will. For instance, if the mind be allowed to dwell at undue length on the effect of any violent disease, the symptoms of same pictured, etc., etc., the sub-conscious mind will act on the parts and bodily functions involved in the mental picture with the result, that (as has been proven hundreds of times) the disease or trouble thought of, will make its appearance. What is a powerful factor for evil (as above described) may, however, be turned into an agent for our protection and continuous well-being if the directions advised will only be adhered to and followed.

(to be continued.)

and military officers. Allied troops acting under orders from General Harrington, Commander of the British forces in Constantinople, raided various hotels and houses, seized large quantities of arms, and arrested more than fifty persons, alleged to have been implicated in the movement.

GREEKS HARD PRESSED.
CONSTANTINOPLE, Sept. 12. Advice received here from the war zone in Asia Minor says the Greek centre is hard pressed, recent Greek attacks by Turkish Nationalists.

GREEK LOSSES SEVERE.
LONDON, Sept. 12. A Constantinople despatch to the London Times says it is believed the Greeks had 18,000 men put out of action during their recent drive toward Angora. Turkish Nationalist casualties are placed at 12,000.

EARLY MEETING.
PARIS, Sept. 12. Great Britain has proposed to France and Italy that a meeting of the supreme Allied Council, for discussion of questions pertaining to the Far East, be held early in October, says L'Homme Libre.

DOINGS IN RUSSIA.
LONDON, Sept. 12. Revelations at Moscow, following arrest of members of the Russian Farina Relief Committee, are said to prove the Committee was plotting to overthrow the Soviet Government, under the cloak of carrying on relief work, says a despatch to the Daily Herald from the Russian capital. An extraordinary commission is said to have discovered letters showing the conspiracy was widespread. One of these is said to have outlined a scheme for reorganizing Russia under a supreme ruler, with a Federal Duma, Regional and Parish Dumas and local Governors.

IN FOR REPAIRS.—S.S. Postiac Bridge, 13 days out from Bristol, put into port this morning to have some slight repairs made to her machinery. The ship is in ballast and on the passage encountered very heavy weather. She is bound to Mobile, Alabama, U.S.A. and will likely be ready for sea to a day or so; Messrs. Furness With Co. are agents for the ship.

Personal.

Mr. Edgar Bowring who has been in the country this past couple of months, we learn, leaving on Saturday week by the Rosalind for New York where he will stop over for about a fortnight, after which he will return to the Old Country.

Facts About a Great Weather Mystery.

The scientific oracle of a London club was explaining the cause of the recent prolonged spell of dry weather. "It is," he said, with an air of finality, "due to the fact that we are in an anticyclone." The audience seemed to be content. They had at least a scientific explanation, even if they could not understand it. But it was very much the same as when a man explains the culture of ancient Athens by telling you that the Athenians had a genius for culture. The authorities on the subject will tell you that an anticyclone is "an area of relatively high pressure in which calm weather usually prevails," which is precisely what the oracle had to explain.

An Ocean of Gas.

In point of fact we have a very heavy knowledge of these conditions of the pressures and anticyclones. To understand them broadly one must think of the atmosphere as an ocean of gas about three hundred miles deep, surrounding the ball of the earth. If this gas were uniformly heated by the sun, we should have a very regular climate. Some day, when the fires of the sun have sunk so low that no appreciable heat comes to us across space, there will be no winds or rains. The atmosphere will spontaneously liquefy—as Sir J. Dewar liquefies gases in the laboratory—and will form an ocean, like water, thirty-five feet deep, lying upon the frozen mass of what we call our oceans to-day.

That is millions of years ahead. At present the gases of the atmosphere are so light and free that we gasp with astonishment when we learn for the first time that some fifteen tons of air press upon the body of each of us who has got to adult average stature. Put the price of this freedom is that the air is easily affected by changes of temperature. Every person has noticed at some time or another how the air rises above a stove or open fire. The heat makes it expand, and it rises upward until it reaches a rarer region or loses its heat.

From the Tropics to the Poles.

When we remember the difference in the temperature of the air at the equator and at the poles, we have at once an important cause of winds. There must be a constant rush of air toward the equator to replace the heated air which is ever rising; and the heated air will cool up above and descend somewhere once more. Our familiar south-westerly winds, for instance, are the result of the current of air from the tropics to the poles. The earth is whirling on its axis like a giant fly-wheel, and this modifies the direction of the currents. The cold air blows from the northeast to the southwest, instead of direct to the equator; and the warm moist air travels from southwest to northeast.

But the surface of the earth is so broken up into land and water, mountain and marsh, rock and forest, that the temperature differs in every region, even in the same latitudes. New York is much farther south than London, yet New York has "dry weather" for months together in the winter, and London does not know what it is. If the Gulf Stream were diverted from the British Isles by cutting through the Isthmus of Florida, our English coast would be ice-bound every winter!

In a word, the surface of the earth varies so enormously in temperature that the movements of the air are beyond all our present power of calculation. The anticyclone is one of the results of this complex mass of movements that is most difficult to predict. What it means is that over a certain area the air flows gently downward toward the earth, instead of sweeping across its face. This air is warmed and dried as it comes down to the earth, and then a large region enjoys a spell of dry and genial weather. In winter the anticyclone gives us our stretches of bright, exhilarating, frosty days; in summer the spell of brilliant sunshine which, until the year 1921, we were accustomed to bless.

What the Prophets Can't Predict.
If this state of things lingers too long over an area we have a drought; and that is where the weather-prophet is baffled. An anticyclone can never be predicted, because the precise reason why it occurs in a particular region is unknown. Moreover, once it is formed, it moves very slowly, and according to laws which we have not yet mastered. All that the meteorologist can do is to get in his telegrams and wireless messages daily from the whole region and follow the sluggish movement of the air-disturbance which he calls an anticyclone.

On the day on which we write this, for instance, the wind in the west, from this we know, without any instruments or wireless messages, that our anticyclone has moved south, and a break of the drought is probable. We know this because the winds round the centre of an anticyclone region flow in the direction of the hands of a watch, so that a westerly wind means that we are at the northern fringe of the anticyclone.

Nearly 2,000,000 a Year.
But will it return? Or when will another of these dry-air systems form over the British Isles? No meteorologist can answer either question. The

movements of the air are so complicated, on account of the immense diversity of the underlying earth, that it may be centuries before they are completely mastered. At present science can do little more than gather messages from all parts and calculate which way a depression (formerly called a cyclone) or an anticyclone is moving. Nearly 2,000,000 a year is spent in doing this. Meantime the meteorologist is patiently studying the scientific laws, and some day he will predict weather for weeks ahead.—John O'London's Weekly.

Here and There.

Schooner Elizabeth Rodway, 38 days from Cadiz, with a salt cargo has arrived at Marytown.

ADDITIONAL PASSENGERS.—The following additional passengers left by Sable I. to-day:—Mrs. F. M. Butler, A. G. McGinnis.

STEAMROLLER REMOVED.—The steamroller which for weeks past has been left with a broken axle at the head of LeMarchant Road has at last been removed.

REPAIRING ROAD.—Men are still at work repairing the road between Hopewell and Kelligrews but as the season is so advanced there does not seem much to be gained by fixing up this road now as it will be torn up again during the late fall and winter.

RETURNING TO TOWN.—Nearly all those citizens who, with their families, have been spending the summer at the various country and seaside resorts, have now returned to town, as the schools have re-opened and the weather in the suburban districts has become so much colder.

SUSU SAILS NORTH.—S.S. Susu sailed on the Pogo Mail Service at 10 a.m. to-day taking a large freight and the following passengers:—Miss D. Early, Miss Hunt, Miss Denny, Miss G. Parsons, Miss M. Parsons, Miss J. Nash, Miss C. Davis, Miss M. Ryan, Miss J. Coble, Miss Walton.

MISS ESTELLE BARNES will resume lessons in Music and Elocution on Monday, September 19th. For particulars apply at 60 Patrick Street, City.
sep13,31,ed

BORN.

On September 12, a son, to James and Agnes Green, Lakeside.
On Monday, Sept. 13th, to Mr. and Mrs. Robert J. Dunn, 37 New Gower Street, a baby girl.

DIED.

Last evening, after a long illness, Mary, relict of the late John Murphy (Cooper), aged 90 years, passed on Wednesday at 2.30 p.m. from her daughter's residence, Mrs. P. Wallace, 220 Theatre Hill.—Rest in Peace.

A Boot Message to Men!

The resources and the experience of this House of Good Boots and Shoes is at the service of the man that desires a stylish, good looking, durable pair of Fall and Winter Boots, and wishes to avoid paying a big price for them.

This week we offer

Men's Box Calf Blucher Boots

Goodyear Welted, for

7.50

This boot has all the style, finish and appearance of a twelve dollar boot. See them in our window and be convinced, then drop in and look them over and you will say it's Better than the Best value on the market to-day.

MEN'S BOOTS AT OTHER PRICES,

\$5.00, \$5.50, \$5.80, \$6.00, \$7.00, \$8.00 to \$12.00.

Guaranteed.

G. Knowling, Ltd., SHOE STORES
sep13,31,td,h,m

NIXEY'S BLUE!

Peanut Butter.
Maple Butter.
Glaze Cherries.
Mango Chutney.
Bengal Chutney.

Salted Almonds.
Bird's Eye Chillies.
Corn on the Cob (tins).
Shelled Walnuts.
Mince Meat (tins).

G. Washington Coffee,
MADE IN THE CUP AT THE TABLE.

Strawberries (tins).
Raspberries (tins).
Cherries, R. Anne (tins).
Cherries, Black (tins).
Honey (bottles).
Queen Olives.
Stuffed Olives.
Knox Gelatine.
Horse Radish.
Spaghetti.

HOOKE'S MALTED MILK
(British manufacture).
BEVERAGES.

Grape Juice.
Rose's Lime J. Cordial.
Lemon Squash.
Rose's Lime Juice.
Schweppes Soda Water.
Schweppes Lemonade.
Schweppes Ginger Ale.

BOWRING BROTHERS, Ltd., GROCERY.
m.w.f.

Canadian National Railways.

TORONTO EXHIBITION.
August Twenty-seventh to Sept. Tenth.
Cheap Fares.

For further information apply

J. W. N. Johnstone,
General Agent.
Board of Trade Building.

Furness Line Sailing

From St. John's Halifax to Boston Halifax to St. John's
S. S. SACHEN Aug. 16th Aug. 22nd Aug. 31st Sept. 1st
S. S. DIGBY Aug. 23rd Aug. 31st Sept. 3rd Sept. 9th Sept. 17th Sept. 24th
These steamers are excellently fitted for cabin passengers.
Passengers for Liverpool must be in possession of Passports.
For rates of freight, passage and other particulars apply to
FURNESS WITHY & CO. LTD.,
Halifax, N.S.

Furness Withy & Co., Limited

"Striking" H

WILL THE STRIKE COME LESS FOR

When Torteller, the industrialist, first conceived the idea of a general strike, he thought of his countrymen as well as of his own. However, the French industrialist, who has a beautiful honour of popularity, is fully aware of his own interests, and was fully aware of the fact that a general strike would be going so far as to harm the country, or it would be used, or it would be more harm to the country.

He knew full well that which succeeded in the country it concerned the country itself. He knew that a general strike would be a disaster to the country, and he knew that a general strike would be a disaster to the country.

A Record of

We find that the nation has a record of a general strike. In 1913 South Africa, a general strike was called, and it was a disaster to the country. In 1913 South Africa, a general strike was called, and it was a disaster to the country.

The counter-stroke of a general strike is a disaster to the country. A general strike is a disaster to the country, and it is a disaster to the country.

How They Do It
In 1913 South Africa, a general strike was called, and it was a disaster to the country. In 1913 South Africa, a general strike was called, and it was a disaster to the country.

In January, 1914, a general strike was called, and it was a disaster to the country. In January, 1914, a general strike was called, and it was a disaster to the country.

So efficacious were the strike-breakers that they were called in by the Government. So efficacious were the strike-breakers that they were called in by the Government.

When France had been so recently as last year, the Government's prompt action in suspending the strike was a disaster to the country.

Let us put a counter-stroke to the strike. Let us put a counter-stroke to the strike. Let us put a counter-stroke to the strike.