

The Order of the Day---Housefurnishings.

The busy Housewife is now thinking of Spring Cleaning and putting the Home in good shape for the Summer. We are showing an unrivalled assortment of all lines suitable for this purpose to meet the demands of the season.

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And the values, well they will surprise and delight you.

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Curtain Nets, 10c to 60c per yard.

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All bright, fresh arrivals that are delightfully pleasing to see.

Tapestry Table Cloths---\$1.30 to 4.20.

We have a most interesting assortment for your inspection.

Job Line of
AMERICAN QUILTS.
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Table Napkins and Table Cloths.

Some very beautiful exclusive designs that will bring joy to the heart of every lady who likes nice furnishings for the table.

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WINDOW POLES, 32c. complete.
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Marshall Bros

Why Bad Temper Makes You Ugly.

By a Medical Man Who Specializes in Beauty Culture.

It is said by many people that, whilst the art and science of surgery advances by leaps and bounds, the sister science of medicine moves on very slowly. This shows lack of knowledge. It must be admitted that surgery has made marvellous progress of late years. Things thought impossible a score, even a dozen years ago are of everyday occurrence now.

An incised wound of the heart had been stitched up, a ruptured bladder sutured, a portion of the brain cut

away, a stomach removed, the large intestine excised, a piece of diseased bone sawn off and a piece of sound bone grafted in its place, and all the patients recovered. But the physicians have not been idle. The researches in embryology, tracing the origin of tissues and the gradual building-up of the more complicated organs, have thrown much-needed light on the most vital phenomena of life. Inquiries into the molecular

changes of nerve cells, the chemistry of the human body, the activities of certain bacteria, the internal secretions of the glandular system, to name only a few, have greatly increased the power of the physician to conserve health and to fight disease.

Result of Nerve Storms.

Especially have important discoveries been made concerning certain organs the functions of which were very imperfectly understood, such as the thyroid gland situated in front of the windpipe, close by what is known as Adam's apple; the pituitary body found at the base of the brain, the

functions of which were a sealed book to the doctors of a generation ago; the spleen, lying close by the left end of the stomach; the suprarenal capsules covering the upper ends of the kidneys; the pancreas, and some organs belonging to the lymphatic system. Any interference with the functions of these bodies is attended by disastrous results. They are strangely sensitive to emotion, such as anger,

jealousy, worry, and anxiety, and the man or woman who gives way to these or any one of them, in excess, runs very grave danger of serious consequences. Sometimes one body is affected, sometimes another, according to the idiosyncrasy of the individual. Should the thyroid body feel the continued influence of nerve storm or storms the elimination of a certain secretion known as thyrotoxin is stopped, and a peculiar disease known as myxedema, in which the cellular tissues of the body become puffy and swollen, is within the bounds of probability. Goitre, known as Derbyshire neck, is also a frequent complication, or a persistent and distressing nervous disorder--which at times ends in imbecility--may ensue.

Worry Causes Disease.

The pituitary body has an influence on the development of bone, and any disturbance of its functions may lead to a disease known as acromegaly, in which the bones of the face and hands assume uncouth proportions. It has also been said to induce kidney and bowel trouble of a serious kind. It is well known to all how great emotion, such as anger or anxiety, will cause excessive dryness of the tongue and mouth by preventing the secretion of fluid from the salivary glands, and how worry will take away the appetite stopping the flow of the gastric juice, and at times causing severe congestion of the liver. The functions of the kidneys, too, are seriously embarrassed by any undue nerve storm. In fact, there is not a gland of the body, not an organ, that is not affected in a greater or lesser degree.

To show more clearly the importance of certain of the glands above alluded to, it may be well if mention is made of a new method of treatment by what are known as hormones. The word is applied to certain secretions produced in the cells of various organs and conveyed by the blood to other parts of the body, which they stimulate into action. Of this treatment Dr. Leonard Williams writes: "To-day and to-morrow and the day after are foretold to the physiologist, the physician, and the therapist. Their hour has come through the agency of the internal secretory glands, which already unfold before the astonished view of the seeing eye a land of promise besides which the vast territories conquered by Lister and Pasteur are destined to pale into honourable insignificance." Thyroid and adrenal extract have been used for some time. Just lately pituitary extract has been given in obstetric cases with conspicuous advantage, and pancreatic tissue in diabetes with truly wonderful results; and other examples could be mentioned.

How to be Healthy.

The great lesson to be learnt from this is that we must keep our emotions under control. The man of equable temper lives the longest and enjoys life, whilst the unstable usual-

ly dies early or has life made wretched through the endurance of much suffering. Temper is the greatest enemy to a natural healthy life. It affects the secreting glands, changing healthy fluids into poisons, and shows itself plainly not only in impaired vitality, but even in the face--in feature and complexion alike. Compare the faces of two women of middle age, one of whom gives way to violent outbreaks of temper, the other with a gentle and forbearing disposition. The first will have a countenance marked by harsh lines, especially about the mouth and eyes, and the complexion will express gentleness, and the lines will be soft and add to, rather than detract from, antecedent comeliness. In the voice, too, there will be differences that of the former being harsh and unmusical, that of the latter sweet and low.

Anger, when expressed in violent language or not, has a most harmful effect on the heart also. Through the nervous system it acts on the muscular structure of that organ as well as on that of the arteries, and contracts it. This is always dangerous, as the blood supply is interfered with seriously. This interference, if frequent, has amongst its minor results a bad complexion, pale lips, and a wasting of certain parts, such as the bust. Amongst its more serious consequences are disease of glands and other important organs, and sometimes what is generally called heart failure--which is death.

Network of Unrest.

So to retain any good looks we may possess and avoid ugliness of feature or form we must keep our emotions under control. We must not necessarily suppress them. There are occasions when the exhibition of anger, temper, is justifiable and legitimate; without it our position in the world could not be maintained. But it must always be under the domination of the mind, when it will add to, instead of detracting from, that feeling of self-respect which is the most desirable possession man can enjoy. Cultivate your will-power assiduously, and the earlier in life this cultivation begins the better. An ungovernable or an equable temper is largely a matter of training, and this must consist in increasing strength of mind.

And so with other emotions--worry, jealousy, and the rest. An eminent physician has stated, as a result of his experience, his opinion that worry kills more people than any single known disease, and is accountable for much of the degeneracy of the present day. It ages more certainly than the hardest work, covering the face with the network of unrest. But this will yield to force of will, a determination to fight against it constantly and strenuously.

Stafford's Liniment cures Toothache. For sale by A. Parsons, New Gower St.--apr9,tf

NOTICE.

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ON

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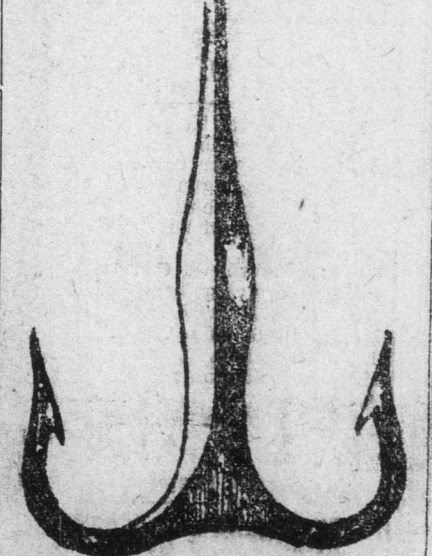
Notice!

Information has been received from the General Post Office, London, England, to the effect that many Newspaper packets are being received in the mails from Newfoundland for England prepaid at the rate of 2 cents per pound. This is contrary to the proper rate of postage on Newspapers sent from Newfoundland to Great Britain, which is the same as that payable on ordinary printed matter, viz.: One Cent per every two ounces or fraction thereof.

The public will please take notice that in future all such insufficiently prepaid Newspaper packets will be marked for taxation before despatch in accordance with Article 11 of the detailed Regulation for the Execution of the Postal Union Convention of Rome.

H. J. B. WOODS,
Postmaster General.
General Post Office,
March 27th, 1914.

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Celebrated Norwegian Jigger!

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