

**Sixteen Rules of Health.**

The Life Extension Institute, an organization for the purpose of giving an applicant a thorough physical examination, has formulated sixteen rules of health.

There is so much said about the various things we must do to keep in good health that we are likely to become confused. It is therefore of great value to get the essentials laid down into clear and concise shape. Without doubt the Institute has no copyright on these rules and will be glad to have them widely disseminated. Here they are:

1. Ventilate every room you occupy.
2. Wear light, loose and porous clothes.
3. Seek out-of-door occupations and recreation.
4. Sleep only if you can.
5. Breathe deeply.
6. Avoid overeating and over-drinking.
7. Eat sparingly of meats and eggs.
8. Eat some hard, some bulky, and some raw foods.
9. Eat slowly.
10. Use sufficient water, internally and externally.
11. Evacuate thoroughly, regularly and frequently.
12. Do not allow poisons and infections to enter the body.
13. Stand, sit and walk erect.
14. Keep the teeth, gums and tongue clean.
15. Work, play, rest and sleep in moderation.
16. Keep serene.

Of course to get the most out of these words of advice they should be taken not as rules, but as principles; that is, they should be mixed with common sense and adapted to one's circumstances and physical condition.

Each of them is a generality, but it is well to keep in mind what someone said, to the effect that "all generalities are false, including this one." One thing to be noted is that the observance of one or more of these rules is going to hurt a bit, is going to require some sacrifice, but a generality to which there is hardly an exception is that no good can be obtained without effort and self-denial, and this holds particularly true in regard to health.

We may dodge the penalties of idleness, over-indulgence and neglect almost anywhere else better than in regard to our bodies.

These bodies were made for vigor, for the forth putting of all their faculties.

And the brain in them was made to control the body.

We always pay the penalty when either of these two functions fails.

Intelligent physical culture has very often brought one out of a state of illness into health, but it does something which is vastly more important than that; it keeps one in a state of health. When it comes to matters of bodily vigor, an ounce of prevention is worth a pound of cure.

These rules are worth committing to memory or at least worth cutting out and pasting on your looking glass.

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**Anthracite Coal.**

A Philadelphia "North American" reporter, who has been investigating coal conditions in that city, finds that although production at the anthracite mines has averaged since October last a million tons per month more than in 1920-21, when there was no strike, that there are no available reserves and no prospect of early reserves. The reason is the demand for supplies by householders who do not intend resigning to be caught with empty bins. Despite the failure of operators to put in effect reductions at the mines, the coal dealers in Philadelphia have lowered prices consequent on reductions by the independent operators. These prices were from \$1.00 to \$4.00 per ton in excess of the mine prices. Coal that sold during the winter at \$10 to \$8.35 at the mines, or \$10.45 to \$10.70 New York, is still selling at that figure. The unseasonably cold weather creating a more than average Spring demand. The Philadelphia reporter's conclusion is that the prospects are dark, as the demand will continue until the fall. It is useless to expect a price drop. Broadly speaking, the Philadelphia conditions are the conditions elsewhere. Every community is asking for coal. None is being stored either at the mines or in local yards. The brokers are booked and all they can secure for months to come, and dealers who have delayed making purchases may not find it easy to get stocks.

These conditions are all based on the assumption that there is no interruption of production through strikes or other causes. A tie-up at the mines in delivery services would completely upset calculations, which at best promise only adequate supplies at prevailing prices—Canadian border.

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**SPECIALS for the WEEK-END**

Cut Prices—many of them daringly near cost are responsible for some of the best buying opportunities of the season.

**Monday being "Commemoration Day"** and a general holiday, we announce Thursday, Friday and Saturday as **SPECIAL SALE DAYS** for this week. **COME FOR WISE BUYING TO**

**BAIRD'S**

**Footwear Brings Substantial Savings this Week**

**INFANTS' BOOTS**—In Black and Tan Dongola Kid, laced and buttoned style; sturdy little boots; sizes 3 to 6. Reg. \$1.50. Thursday, Friday & Saturday. **\$1.27**

**WHITE BOOTS**—Ladies' White Canvas Boots, laced style, rubber heels, pointed toe; a real snap in summer footwear. Reg. \$3.50. To Clear at **\$2.28**

**LADIES' BOOTS**—Ladies' Black and Tan Dongola Laced Boots, military heel, rubber tipped, perforated outline. Reg. \$5.00. Thursday, Friday & Saturday. **\$3.45**

**LADIES' SHOES**—Up to \$3.00 pair, in Black and Tan leather; military and Cuban heels; assorted widths; a real snap. Special to **\$3.48**

**TAN SANDALS**—Children's Dark Tan Sandals and play Oxfords of the better grade; sizes 3 1/2 to 11. Reg. \$2.10 pair. Special **\$1.37**

**CHILDREN'S SOCKS**—With fancy White Cotton; assorted sizes. Reg. 30c pair. Special **25c**



**SILK HOSE**

**SILK HOSE**—Showing plain and fancy ribbed leg, lisle top toe and heel; all the popular shades. Value for 90c. Thursday, Friday & Saturday. **69c**

**LADIES' HOSE**—Plain Black Cashmere Hose, best English quality; all sizes. Reg. \$1.00. Thursday, Friday & Saturday. **89c**

**LADIES' HOSE**—Beautiful quality Lisle Hose; plain shades of Fawn, Coating, Mole, Beaver. Special **75c**



**What the Housewife Needs Daily**

**COTTON BLANKETS**—Cream Cotton Blankets, size 60 x 72, bordered; nice light blankets for present needs. Thursday, Friday and Saturday, the **\$2.49**

**COG BLANKETS**—Full size Cream Cotton Blankets for baby's bed; Pink and Blue striped borders. Thursday, Friday & Saturday, the pair **79c**

**ROLLED TOWELS**—Made up ready for use; strong Turkish make; colored stripes; these are popular. Reg. 60c. Thursday, Friday & Saturday. **54c**

**TOWELS**—Large size Turkish Towels; very strong make. Selling Price 60c. Special **55c**

**BATH MUSLINS**—Cream Madras Bath Muslins; assorted widths, looped and wave edge; bordered. Value to 55c. Thursday, Friday & Saturday. **29c**

**NEW SCRIMS**—Among our latest arrivals came several pieces of White Cross-barred Scrims; very dainty looking. Special Thursday, Friday and Saturday. **37c**

**GUEST TOWELS**—In best quality White Huck, hemstitched and distinctive Towels for your guest rooms. Reg. 50c. Thursday, Friday & Saturday. **45c**

**CASEMENT CLOTHS**—Cream Caseament Cloths, yelved with a wide lace inscription and narrow lace edge; looks good. Reg. 60c. Thursday, Friday & Saturday. **54c**



**HELIO FLASKS 79c**

Aluminum cased Flasks for keeping bottles hot or cold. Handy for night-time for baby, lunch time away from home and picnics, etc. Have one for your own use. Regular \$1.10. Thursday, Friday and Saturday. **79c**

**ARM BANDS**—Spiral Silvered Wire Arm Bands; keep their shape and springiness; very neat. Special **29c**

**CUFF LINKS**—The neatest yet in Pearl trimmed Cuff Links; chain fastening; strong. Special **70c**

**DRESS SHIRTS**—Dressy pleated front Shirts with laundered cuffs; the accepted style for "functions." Special **\$3.15**

**BOYS' COMBINATIONS**—Egyptian Balbriggan Union Suits for boys; sizes 24 to 34; sleeveless and short pants. Special, the suit **75c**

**COLLAR PINS**—Sterling Silver Soft Collar Pins, bar style, in assorted widths; very neat. Special **65c**

**WAIST BELTS**—Neat Black Leather Belts, with newest buckle fastening; assorted sizes. Special **70c**

**TENNIS SHIRTS**—Full fitting White Twill Tennis Shirts, collar attached; serviceable Shirts for sport wear. Special **\$2.85**

**TOP SHIRTS**—Finest texture plain Blue Chambray Shirts with collar to match; cool looking for Summer time and very neat. Special **\$2.65**

**SHIRT SPECIAL**—In doned of the newest striped Cotton Shirts from selected patterns; soft collar. Special **\$1.75**

**SILK SOCKS**—Extra fine Silk Socks in double tones, Greys, Brown and all Black. Special **\$1.15**

**Sport Shirts**

White and Cream Sport Shirts, with long peak fronted collar attached; a favorite style. Special **\$1.65**

**MEN'S UNDERWEAR**—Medium weight Shirts and Pants, a pronounced value in good wearing underwear. Special the summer **79c**

**BOYS' STRAW HATS**—Smart little Hats for the smaller boys. Light weight Cream Straw, bound edge, turned up brim. Reg. 80c. Special **68c**

Finer Straw. Reg. \$1.10. Special **98c**

**DOWN IN THE MEN'S SHOP**



**ARM BANDS**—Spiral Silvered Wire Arm Bands; keep their shape and springiness; very neat. Special **29c**

**CUFF LINKS**—The neatest yet in Pearl trimmed Cuff Links; chain fastening; strong. Special **70c**

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**TENNIS SHIRTS**—Full fitting White Twill Tennis Shirts, collar attached; serviceable Shirts for sport wear. Special **\$2.85**

**Excellent Opportunities in Our SHOWROOM**

**GIRLS' UNDERSHIRTS**—Children's and Misses' White Lawn Undershirts, with body, insertion and embroidery trimmed and fine tucks at skirt; to fit 6 to 14 years. Reg. \$1.20. Thursday, Friday and Saturday. **89c**

**HIDDY SCARVES**—Silk Scarves, large size, tucked edge, Nelson style, in Navy, Cardinal and Black. Reg. \$1.30. Thursday, Friday and Saturday. **\$1.18**

**RUBBER PANTS**—Infants' rubber Pants, with elastic waist and knee; shades of Cream and Pink and White. Special **23c**

**YOUTH DRESSES**—Ladies' colored Voile Dresses, a pretty bunch showing heavy lace collar and cuffs, square collar and half sleeve, doubly flounced skirt, blue with white dot, etc. Sizes to 48 inch bust. Reg. \$4.00. Thursday, Friday and Saturday. **\$3.25**



**Jap Silks Special**

36 inch double weight Jap Silks in shades of Amethyst, Sand, Dark Green, Moss Green, Roseda and assorted Greys. Reg. \$2.50. Thursday, Friday & Sat. **\$1.39**

**FANCY BUCKLES**—In all the newest shades: Tortoise, Crimson, Jade, Navy, Brown, Black and White. The Volgu. Reg. 85c. Thurs, Fri. and Saturday **43c**

**Girls' Wash Dresses**

Smart style Dresses in good wearing Ginghams; Knickers with such dress, Peter Pan collar, short sleeve, embroidered fronts, assorted Check patterns, fitting 2 to 6 years. Reg. \$1.40. Thursday, Friday & Saturday. **\$1.39**

**SILK CAMISOLES**—Pink Silk Camisoles, trimmed with lace, net and ribbon strap, elastic at waist. Reg. \$1.40. Thursday, Friday and Saturday. **\$1.19**

**\$5.00 HATS now 98c**

Large Flop Hats for Sunny Days, in Leghorn and imitation Panama. Cream shade; need just a band or flower to set them off. Value to \$5.00. Special **98c**

**SATEEN KNICKERS**—Ladies' shapely Mercerized Sateen Knickers, wide leg, with pleated frill, elastic at waist; shades of Sky, Pink, Nile, White and Black. Reg. \$4.50. Thursday, Friday and Saturday **\$1.98**

**LADIES' JUMPERS**—Creme and Cotton Jumpers, short and long sleeves, shades of Rose, Sky, Sage, Pink, Helio, Flame and Maize; inexpensive affairs. Regular \$1.10. Thursday, Friday and Saturday. **95c**

**COAT JERSEYS**—Ladies' Silk Jersey Coat Jerseys, showing large, long sleeves, pockets and girldie; shades of Rose and Gold and White. Regular to \$18.00. Thursday, Friday & Saturday. **\$7.75**

**DRESSING JACKETS**—Paisley Dressing Jackets, long sleeve and collar, trimmed in plain shades, nice assortment of colors; sizes 38 to 44. Regular \$1.00. Thursday, Friday and Saturday. **69c**



**WHITE ENAMEL BASINS**

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Offer extraordinary values on the following are typical.

Misses'—Reg. **\$1.65**  
\$2.50 for... **\$1.19**

Men's—Reg. **\$3.00**  
\$2.00 for... **85c**

Boys'—Reg. \$1.00  
for... **33c**

Men's Bathing Suits. Special **39c**

**NEW VALUES in CHINTZ, etc.**

**COTTON CHINTZ**—In light and dark patterns, highly blended hues; all 33 inches wide. Thursday, Friday & Saturday. **47c**

**ART SATENS**—37 inch finely patterned Art Satens; useful wherever a chintz is required; this line is particularly attractive. Thursday, Friday & Saturday. **54c**

**DOOR MATS**—Heavy Coconut Door Mats for hall use, dyed Crimson border and centre. Dollar value. Thursday, Friday and Saturday. **85c**

**Fancy Linens**

**CENTRES**—Pretty Oval Dark Linen Centres, handsomely embroidered, scalloped and worked edges. Reg. \$1.20. Thursday, Friday and Saturday. **\$1.15**

**TRAY CLOTHS**—White Linen Tray Cloths, hemstitched and embroidered; dainty cloths. Reg. \$1.25. Thursday, Friday and Saturday. **\$1.10**

**TEA CLOTHS**—Gorgeously embroidered Tea Cloths, with a wide hemstitched border. Regular \$3.25. Thursday, Friday and Saturday. **\$1.95**

**DUCHESS SETS**—Made of all-over embroidery, super-fine texture and very handsome edge. Reg. \$1.00. Thursday, Friday and Saturday. **85c**

**SIPBOARD CLOTHS**—Very uncommon looking Cloths, wide lace edge and three handsome lace panels in centre on White Linen. Reg. \$1.50. Thursday, Friday and Saturday. **\$1.37**

**RINNER DAMASK**—13 inch colored border White Damasks, suitable for Sideboard Cloths, Tray Cloths, Buffets, etc. Special Thursday, Friday and Saturday. **36c**

**The First Derby.**

The Derby in one of our most popular races, and yet few people know that it was originally a purely Manx affair long before it was run at Epsom.

This first Derby was started in 1657, by William Earl of Derby, then Lord of the Isle of Man. All horses running to be foaled in the island or in the Gulf of Man. The value of the stakes being five pounds sterling. The race was run on the July 28th, and if this fell on a Sunday it was run the next day.

The earl kept his racehorses at Castle Rushen, Castletown. The race was run through Derby Haven to Langness. There is in existence a copy of the rules on which the race was conducted, with the heading, "Isle of Man, 14th July, 1657."

"Articles for the Plate which is to be run for in the said Island, being of the value of Five Pounds sterling, given by the Right Hon. William Earl of Derby, Lord of the said Isle."

Following this are eight rules, similar to the present ones in all essentials. When the Earls of Derby left the I.O.M. they instituted the race in England.

The first Derby was run in 1780, and started by the then earl. The Derby is so frequently spoken of as a typical English event that it will come as something of a surprise to learn that it originated in the sporting little island.

**Helpful Books That Everybody Needs.**

- The Letter Writer's Handbook. A correspondence guide. price **\$2.30**
- Business Letters and Forms **75c**
- Speeches and Toasts and the Chairman's Guide **\$2.30**
- Speeches and Toasts. How to make and Propose them **90c**
- The 20th Century Book of Toasts **75c**
- The Etiquette of Today **\$1.75**
- After Dinner Speeches **40c**
- The Popular Etiquette Book **30c**
- Vest Pocket Dictionary **45c**
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- Pears' Cyclopaedia **95c**
- Jack's Reference Book—Revised Edition, **\$3.35** (Postage extra.)

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