

NEW STOCK!

Sheet Zinc, Sheet Lead, Ingot Tin,
Bar Lead, Bar Iron—
Flat, Square and Round.
Black and Galvanized Sheet Iron,
Rigging Wire, Rigging Turnbuckles,
Mast Hoops, all sizes.

JOB'S STORES, Ltd.

Winter Comfort Sale This Week AT P. C. MARS'

Real Winter Comfort for sale, and going cheap! Full-sized all-wool Blankets, extra heavy weight, splendidly woven and finished are this week offering at

\$10.00 only per pair.

A serviceable line of heavy Brown all-wool Blankets, just the thing for camping use, or for the children's beds, \$8.00 only per pair.

Blankets in Grey and Brown Wool, for use as Horse or Carriage Blankets,

\$6.50 only per pair.

Special values in Twill and Plain Bolton Sheatings, 70 inches wide, are an extra offering for 10 days only.

Original Wholesale Price \$1.25 per yard

Now selling at 59c. per yard

There are just a few of our splendid values in Ladies' and Children's Coats left over from last week's sale. It's not too late yet to get a good stylish Coat at about one-third of the regular price.

Terms Strictly Cash

No Exchange. No Approbation.

P. C. MARS

OPEN SATURDAY NIGHTS TILL 9.30

Duckworth Street.

Head McMurdo's Lane.

Physical Development

And its Bearing on Health and Strength.

By GEE.

PRIME ELEMENTS (Continued).

The Bath and Exercise.—Apart from muscular development, the hygiene of exercise must always be considered. Exercise forces to the surfaces of the body the accumulated impurities, in the form of moisture and greasy substances. This it does even if the exercise has not been violent or persistent enough to induce perspiration. This moisture, if not removed by bathing, or by persistent rubbing, will be re-absorbed and will return to the circulation. It is easy to see then that the bath should be counted on as an auxiliary to exercise, should complete the work of exercise. A person after exercising should wait to be cooled off sufficiently to enter a bath with safety. The best bath after exercise is a cold bath, that is one with a temperature below that of the body. Some hesitate to take this kind of a bath, but much of the hesitancy to taking it will pass away if one accustoms himself to taking it with a plunge, or, if the vessel be small, by a vigorous administration of the water to the body. This kind of bath, indeed all kinds of bath, should be followed by energetic rubbing. Thus do bathing and exercise united in physical culture, become elements of another, completing a system, which cannot but contribute to both mental and bodily vigor and to longevity and happiness.

Age and Exercise.—Many indulge the delusion that exercise is only necessary to youth; the period when development is rapid, when exercise can be turned to the account of athletics. This delusion is a fatal one to nurses, for exactly the contrary is true, as has been proved over and over again by personal experience as well as by medical observation. As middle life approaches or old age sets in, there is a disposition to quiescence, to a relaxation of means of keeping the system in order. But these are the periods when the digestive apparatus is apt to suffer from impairment, and when the secretions and circulation grow sluggish and irresponsive. They are also the periods when the palate demands its luxuries, when the cigar or pipe habit becomes fixed. All of these tend to produce conditions inimical to good health, and if indigestion or sickness does not set in, nevertheless, there is a premature drawing upon the vital forces, a wasting of what should be conserved for later years. Old age comes on before its time. The attainment of the natural forces due to years, must, of course, go on, but it should not be hasty, and need not be if vital energy is properly preserved, which it can be if the physical machine is kept in rational use. It must not be allowed to rust, or to go without oil. These can be obtained by exercise—not violent exertion, but systematic practice of rules suited to changed and changing conditions. Wanted exercise suited to younger years, if found too severe, must give way to something else better suited. What is momentous is that the habit of exercise should not be abated or lost. It is always necessary to health and prime physical condition, even after the Psalmist's range of years has been passed.

Food and Exercise.—No muscular exercise can be carried on except at the expense of energy, just as there can be no steam-power except at the expense of coal. But do not forget that the prime object of exercise is to provide means for supplying more and better tissue through the agency of oxygen and food, or, in other words, through fuller breathing, a greater need for food, and a better digestion and assimilation. Food, therefore, becomes a consideration in connection with physical culture. Nutritious foods are a prime essential. These consist of the meats, eggs and leguminous vegetables. They supply the waste of tissue in an important way, but when combined with the carbohydrates—sugar, starch, fat and salt—a powerfully stimulating food is provided, one in accordance with nature, and one

calculated to restore tissue with great rapidity. Hence character and proportion of foods partaken of, especially in connection with physical exercise, becomes worthy of study. Indeed, foods like baths and other concomitants of bodily culture, are as momentous as exercise itself.

Exercise in General.—All bodily movement is exercise, breathing, winking, any involuntary motion, is exercise. Voluntary motion, such as walking, typewriting, eating, is exercise. No action can take place without muscular movement. Even mental phenomena, such as fear, grief, pleasure, manifest themselves in muscular motion of the face, hands, arms, or other portions of the body. But exercise as usually meant, to such action or movement of the muscles as is resorted to in the pursuit of health and strength.

(To be continued)



SONGS.

Sing me a song that will light the eye,
With the joy of the long ago;
The orchards' trees and the patch of sky
From the scenes that I used to know.
Sing me no song in a classic strain,
From an age that I've never known;
But sing me the sweet and the low refrain
Of eyes I can call my own.

Sing me a song of the long ago,
And an age which the kettle sang,
Sing of the breezes that used to blow
Where the laughter of boyhood rang.
The heart of me yearns for the simplest things
Which out of my life have flown,
Let mine be the music which sweetly brings
Some touch of the love I've known.

Sing of the tears which my eyes have known,
And the hurts which my heart has borne;
Sing, if you will, of my lovely dead,
And the trail which my feet have worn.
Sing of the boy at his mother's knee,
In a storied minor tone,
But let me find in your melody
Some joy I can call my own.

MOTOR CAR OWNERS—A few tires left, selling very cheap to get clear of them, 32 x 4, 33 x 4, 34 x 4. E. D. SPUR-RELL, 365 Water Street, codit

Shipping Notes.

Schr. Huella arrived in port on Tuesday from Seattle, and will load for Messrs. Laps & Co.
Schr. Ross M., Capt. Kendrick, arrived from Port Mulgrave Tuesday evening with a load of produce.
S.S. Stella Maria has called from Channel for Halifax with a full general cargo, consisting of herring, lobster, salmon and codfish.

Schr. Smuggler has cleared from Carbonear for Alicante with 3600 qtls. of shore codfish, shipped by W. A. J. Moore.

Schr. Retraction, 15 days from Bonaville, arrived at Gibraltar on Tuesday. The vessel will proceed to Naples to be discharged.

Schr. David G. Dwyer, 4 days from Sydney, arrived in port yesterday with a coal cargo to Messrs. Laps & Co.

We have many testimonials from Wholesalers stating that VICTORY BRAND CLOTHING is the most saleable line they handle. THE WHITE CLOTHING MFG. CO., LTD.—codit

"K" Hunting Boots!



When it comes to Special Boots for special purposes, this store stands out prominently. To-day we'll make brief mention of our Hunting Boots. Hunters will appreciate their correctness and goodness.

"K" Hunting Boots are made of the best English calf. Full double soles to heel, bellows tongues, absolutely waterproof, 12 inches high, in Black and Tan leathers.

"K" Hunting Boots cost a little more than ordinary Hunting Boots, but double wear in each pair.

If you are interested in good Hunting Boots, sir, we'll be pleased to show you, at any time. Mail Orders Receive Prompt Attention.

F. SMALLWOOD,

The Home of Good Shoes,
218 & 20 Wafer Street.

"K" Agency for Newfoundland.

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EARLY WILLIAM APPLES.

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—By Bud Fisher

