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Physical Development. And its Bearing on Health and Strength.

THE PASSIONS.
(Continued.)
How to Control and Develop Passions.—It is possible for anyone to conquer an undesirable passion, as is well known by all who have had experience.
Sullenness.—We must faithfully, and at first in cold blood, go through the outward movements of those opposite dispositions that we wish to cultivate. If we are persistent we will finally meet with due reward. The sullen expression will fade out and real cheerfulness will come in its stead.
Frowning.—Whenever you catch yourself frowning, smooth out your brow. When you find you are talking in a high tone, lower your pitch. When you discover your fists clenched, open out your hand. When you feel like saying something nasty, refrain, and whenever an opportunity arises say something pleasant.
Read to Happiness.—If you carefully and faithfully carry out these directions you will find that you do not become angered so easily, and that when you do become angered you do not remain so long. You will begin to feel more kindly to others and you will lead a happy life.
Testimony of Students, Physiologists and Actors.—It is curious how even the temporary limitation of the outward expression of a feeling will bring about the feeling itself.
Expression of Mental Condition.—

By GEE.

The great German student, Techner, says: "One may find by one's own observation that the limitation of the bodily expression of a mental condition makes us understand it much better than the merely looking on."
When I walk behind someone whom I do not know, and imitate as accurately as possible his gait and carriage, I get the most curious impression of feelings as the person himself must feel. To go tripping and mincing after the fashion of a young woman puts one, so to speak, in a feminine mood of mind."

Facial Expression.—Burke writes of the physiognomist, Campanella: "This man it seems had not only made very accurate observations on human forms, but was very expert in mimicking such as were in any way remarkable. When he had a mind to penetrate into the inclinations of those he faced to deal with, he composed his face, his gestures, and his whole body, as nearly as he could, into the exact similitude of the person he seemed to acquire by the dispositions and thoughts of people as effectually as if he had been changed into the very men."

Mimicry.—Burke, the great actor, goes on to say of himself: "I have often observed that, on mimicking the looks and gestures of angry, or placid, or frightened, or daring men, I have involuntarily found my mind turned to that person whose appearance I strove to imitate; nay, I am even con-

vinced it is hard to avoid it, though one strove to separate the passion from its corresponding features."

Many actors declare they can perfectly mimic the outward appearance of emotion in face, and voice without feeling the emotion at all.
Experience of Actors.—According to Mr. Archer, however, who has made a very instructive statistical study of this question, whenever an actor plays a part well he is overcome with the emotion of the part. In his book, "The Anatomy of Acting," he quotes many noted players.

Faleness.—"I often turn pale," writes Miss Isabel Bateman, "in scenes of terror or great excitement. I have been told this many times, and I can feel myself getting cold and shivering and pale in thrilling situations."
"When I am playing rage or terror," writes Mr. Lionel Brough, "I believe I turn pale. My mouth gets dry, my tongue cleaves to my palate. In Bob Acres, for instance (in the last act), I have to continually moisten my mouth or I shall become inarticulate. I have to swallow the lump," as I call it."

All artists who have had much experience of emotional parts are absolutely unanimous.

DOES THE EXERCISE OF A PASSION MAKE IT INCREASE OR DECREASE?

Exercise of Passion.—It is said by some that manifesting an emotion does not increase it. On the contrary, it is claimed, it makes it cease. Rage melts away after a real good outburst. It is the pent-up emotions which are not expressed that keep up a constant turmoil in the brain.

Increase of Passion.—On the other hand, others hold that if a man repress the expression of his passions he will find that they will expire if they get no vent at all. While if he permits their outbreak to occur frequently he will find them increase to intensity as time goes on.

LOVE.

Nature of Love.—This is the strongest passion of all and by many considered the most irresistible. It is described by Bain as "a massive pleasure growing out of definite relations to persons or sentient creatures, and pointing to the embrace." Strange to say, however, it often is lacking or at least checked by ordinary shyness or by the instinct of personal isolation. This latter is the actual repulsive-ness to us of the idea of intimate contact with most of the persons we meet. It exists more strongly in men with respect to one another, and more strongly in women with respect to men.

Parental Love.—Parental love is stronger in women than in men, at least in the early childhood of its object.
According to Schneider, as soon as a wife becomes a mother the centre of the world is no longer herself but her child. She does not think of her own hunger; she must first be sure that the child is fed. It is nothing to her that she herself is tired and needs rest so long as she sees that the child's sleep is undisturbed. Now she has the greatest patience with the crying baby, whereas until now every discordant sound, every slightly unpleasant noise made her nervous. Every limb of the still little being appears to her beautiful, every movement fills her with delight.

These will cover two or three issues, when I hope to meet the desires of anxious readers.—GEE.

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Knox Banana Dessert.
4 envelopes Knox Sparkling Gelatine, 1 pint lemon jelly, 3 tablespoons sugar, 1 egg, 1 teaspoonful vanilla extract, 1/2 teaspoonful salt, 2 cups milk.
Make 1 quart lemon jelly with 1/2 envelope gelatine, 1/2 cup cold water, 1 cup boiling water, 1/2 cup sugar, 1/2 cup lemon juice, 1/2 cup milk, 1/2 cup cold water. Four into square mold; let stand till firm. Boiled cream with pinch of salt, sugar and milk, add 1/2 envelope gelatine, 1/2 cup cold water. Boiled cream from above; add 1/2 envelope gelatine, 1/2 cup cold water. When ready to set, add sliced bananas, pour over lemon jelly. Serve with cream.

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Beauty of Devotion.—James says that the passionate devotion of a mother, ill herself, perhaps, to a sick or dying child, is perhaps the most beautiful spectacle that human life affords. Contemning every danger, triumphing over every difficulty, outlasting all fatigue woman's love is here invincibly superior to anything that man can show.

It has been drawn to my attention that many readers are anxious to have the real Physical Culture with relation to the development of the muscles of the body published as early as possible, and for their benefit I would say that this series of articles is of vast importance. In fact, unless you first cultivate the power of the will over the body Physical development is of little use to you. As an example take a man who begins to train for a special sport. He must quit bodily abuse, smoking, alcoholic stimulants, and he must confine himself to a restricted diet; therefore he must, before getting the Physical side, study well the moral side, and concentrate on same.

In the present series there are seven more subjects to cover before going on with the development series. These are: Hatred, Grief, Fear, Anger, Sympathy, Sociability, Envy or Jealousy, Secretiveness, The Passions of Hunting and Fighting, The Passions for Play, Avarice, Pity, Gratitude, Admiration, Esteem, Shame, and Pride.

These will cover two or three issues, when I hope to meet the desires of anxious readers.—GEE.

Eat MRS. STEWART'S Home Made Bread.—oct18.6mo



THE PARTY.

It may be I'm old fashioned an' my style is rather plain. But I'd like to see the parties of my boyhood once again. We didn't have 'em often, an' they lacked the pomp an' show. Of the gay an' brilliant gatherings which this age has come to know; but they had a thrill about 'em, an' whatever folks may say. The world lost something wholesome when the custom passed away.

Our notion of a party was a family affair. With all the aunts and cousins and the uncles gathered there, an' the young folks makin' merry an' the lovers whispering. An' the blouses an' excuses when we'd ask Aunt Lili to sing; an' the silence an' the wonder an' as we heard some friend recite. To our common admiration, "Cutew Shall Not Rhyme To-night."

Now the family seldom gathers as of old it used to do. We have changed our old-time gladness for the customs of the new. An' I can't help feelin' sorry, for whatever folks may claim. The old-time family party never brought regret or shame. Though I don't know how to say it, still somehow it seems to me. What we really need are parties of the kind that used to be.

Brick's Tasteless can be purchased at J. Brown's Grocery Store, Cross Roads, West End. Price \$1.20 bl. Postage 20c. extra.—sep15.17

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"The Unkissed Bride" will be presented by Gladys Klark Co. at the Casino to-night. This very exciting example of fun creating farce is heralded as the laughing sensation of the season having been pronounced by theatre-goers and critics in every city where it has appeared as being the best play of its type ever presented.

The "Unkissed Bride" is possessed of a real story, wherein is contained the spark that kindles love into a flame, and with a fascinating appeal that could not be described in mere print. It has been popularly referred to as the "kick" in it and the last word in "speed." It is crisp, new and brilliant and has been hailed with joy in New York, Boston and the larger cities. The Unkissed Bride is a comedy sparkling in its wit, remarkable in its construction and containing a host of delight in every line and scene. Every member of the Gladys Klark Co. is exactly in harmony and sympathy with the character they present, and the entire performance is carried along through a screeching bombardment of laughter from the audience. "The Unkissed Bride" will be presented by Gladys Klark Co. to-night—adv.

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