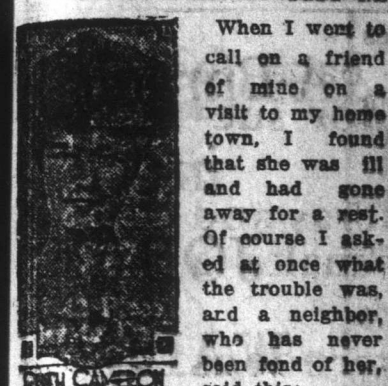


Side Talks by Ruth Cameron

JUST NERVES.



When I went to call on a friend of mine, on a visit to my home town, I found that she was ill and had gone away for a rest. Of course I asked at once what the trouble was, and a neighbor, who has never been fond of her, said this:

"You tell the truth, I don't think it's anything very much. Just nerves, I guess."

Just nerves! I wonder if more ignorance, more unintentional cruelty was ever wrapped up in two words than in those two when they are used, as they are so often, to depreciate the suffering of a person with sick nerves.

Suppose anyone should say of a witch, "I don't see why it doesn't go. There's nothing much the matter with it. Just the mathematics out of order, I guess."

How foolish that would sound! Yet it is no more foolish than the other remark.

Called Her Sister-in-Law Spleeny.

A woman who has just come victoriously through a period of nervous breakdown (as anyone can who will make up his mind) told me that she had once spoken of a sister-in-law as "spleeny" and said there was nothing the matter with her but "just nerves." "I sometimes think," she said, "that what I have passed through was a punishment for my lack of sympathy and understanding. Except that I can't be here in any power that would mete out such a punishment even for that crime. All I would ask for the people who say that about me, that I have been lazy and was all right except that I was nervous, is that they should go through one day of the

real physical suffering I have endured."

They Cause Real Physical Pain.

I imagine there are few definite physical ailments that bring as much real physical anguish as "Just nerves."

"But," asks someone, "aren't nerves the fault of the people who let themselves get into such a state? Do they deserve as much sympathy as the others?"

In one way they are his fault, just as all sickness is the fault of the invalid. But in another way they are his mistake, his ignorance, just as all sickness is the result of ignorance and mistaken ways of living.

A Handicap That Can Be Overcome.

There are few things more pathetic to me than the person who is struggling to get back on his feet after an attack of worn-out nerves and who is handicapped in the struggle by the impatience, the utter lack of sympathy of his relatives and friends who do not realize that nerves can be just as sick as bodies.

Of course, there is another side to this picture and for you who are already getting ready to write me about it, I have a word. Withhold your pens for a day. I am going to try and paint that picture to-morrow.

Young Travellers.

Several young children have been travelling on the high seas quite of late. They have been carefully looked after, and apparently enjoy their early experience of sea life. Kathleen Featherstone, of Chatham, who is only three years old, was a passenger on the Canadian Pacific liner Metagama, which left Liverpool recently. She is the youngest of the family, and was on her way to Montreal to live with her aunt. Kathleen lost her mother last year. Another

youthful globe-trotter, travelling in the same vessel, was Paul Schmitt, a Hungarian boy of 15, who arrived alone in London recently with his passport money in Canada in his pocket. The only English words he knows are "Canada," "Quebec," "Toronto," and "Thank you very much." He speaks German and Dutch. He is being sent to his father (a naturalized Canadian) in Canada. Another boy—a Swede, named Robert Rockridge—who is only 10 years of age and cannot speak English, is undertaking a 5000-mile journey alone. He comes from Malmo (Sweden), and he is on his way to rejoin his mother at Edmonton, Alberta. When he embarked in the Canadian Pacific liner "Empress of Britain" at Liverpool last week a label was attached to his clothing bearing the words, "Please look after me. Thank you." From Quebec he will travel by the Canadian Pacific Railway to Edmonton.—English Paper.

ASPIRIN

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Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as sold in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monacopolis, Germany, of Salicylic acid.

Postage Tax on Trade.

Newfoundland Ex-Premier's Strong Protest Against New Proposal.

Strong criticism of the increased postal rates for foreign countries and the colonies was made to The Evening News on June 1, by Lord Morris, the ex-Prime Minister of Newfoundland.

"The proposed increased postal charges," he said, "are a direct tax on the Empire's industries. They are really a violation of the principles for which the Dominions and the whole Empire have been fighting for years."

"We are not a compact Empire, but are spread out on every sea and continent. More than any other Empire we depend largely for the success of our trade on cheap communication."

"There is such a thing as overloading industries by taxing them to a breaking point. Every catalogue, newspaper, or price list going to a foreign market should be made as free as is humanly possible."

"If revenue is needed, why not tax luxuries? It is essential that every burden should be removed from our trade, and it is particularly important that we should have cheap postage with our Dominions."

"We must assume that the Postmaster General expects to get much money from the increased rates; that means that a large tax is going to be put on trade."

"Are the Government trying to kill all future possibilities of foreign trade with their continually added taxes on everything that might help us?"

French Waif Falls Heir to Fortune.

INHERITS 1,500,000 FRANCS FROM FOSTER MOTHER.

How Fortune smiles on an abandoned baby has just been told to Councillor Rebillard, of the Paris Municipal Council in a report on the administration of the poor funds. Just before the war the police had found an infant well wrapped and in a basket which had been left on one of the Seine bridges. Without sign of identification the baby was taken to a public orphanage, where a few months later she attracted the attention of a wealthy visitor from the north of France who agreed to adopt her as her daughter.

This woman died last month and when her will was read there was found a codicil leaving a substantial sum for the care of the homeless children of France, while the remainder of her estate, estimated to be worth between a million and a half and two million francs, goes to her adopted daughter. The identity of this woman is not mentioned in M. Rebillard's report lest it might in the future prove injurious to the social career of the one time waif.

Would It?

The Bishop was addressing a class of boys at a preparatory school, and the subject of his lesson was moral courage.

"I will give you," he said, "an example of what I mean. There were twelve boys in a dormitory. Eleven of them had been at the school for some time. The other was a nervous newcomer. The eleven older fellows got into bed without saying their prayers; but the new boy knelt down and said his. That was true moral courage."

One boy was still puzzled. Eventually he put up a hand.

"Well, sir," said the puzzled one, "suppose there were twelve bishops in a dormitory and eleven of them had been bishops quite a long time, but the last one just had been appointed; if all the other bishops knelt down and said their prayers, and the new one jumped into bed without saying his, wouldn't that be moral courage?"



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You get sugar which comes straight from the Refinery to your table without coming into contact with any person's dirty or sweaty hands.

You get sugar in a package which is dust proof and fly proof; you get your full weight of clean, pure cane Granulated White Sugar.

Your Grocer has LANTIC; he paid a little more for it than the price of sugar in barrels and he is now waiting to see if you prefer sugar which is guaranteed to be clean instead of sugar which may not be so clean.

What About It?

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For Men and Boys.



The "Work-Shu" illustrated above is a Brown Canvas Boot with heavy mail-bag uppers; solid tire tread outsoles, fibre insoles and leather sock lining. Keeps feet cool and easy. Ideal Summer Footwear at moderate prices.

Sizes 11 to 2, for Boys\$2.40 to \$3.30
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WHITE OATS.
AM. TRIMMED BACKS.
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"WINDSOR PATENT"-14.

Our Prices are Lower.

HARVEY & CO., Limited.

Shot at Queen Victoria.

WOULD BE ASSAULTED DIES AT BROADMOOR.

Roderick McLean, who attempted to shoot Queen Victoria on March 4, 1855, and was afterwards detained as a dangerous lunatic, has died at Broadmoor Asylum.

The attempted murder, says "The Star," followed the arrival of the Royal train conveying the Queen, Princess Beatrice, and the Court from

London to Windsor.

Queen Victoria had just walked across the platform of Windsor Station to a carriage in waiting when McLean, who was standing at the entrance of the station yard among a number of spectators, deliberately fired a revolver at her.

The shot missed, and McLean was seized by Chief Superintendent Hayes of the borough police and the weapon wrestled from his grasp by someone in the crowd.

Tried at Berke Assizes for high treason, McLean was found not guilty on the ground of insanity and con-

tinued a dangerous lunatic.

Mr. Justice Chelmsford and Mr. Justice Huddleston tried the accused, and admission to the Court was by ticket. The verdict was everywhere received with satisfaction.

McLean when placed in the dock had a very shabby appearance and looked physically weak and nervous. He pleaded not guilty to a very low voice. A letter was read in which cooing and motiveless veneration of the Queen was indulged in, and McLean was admitted to Broadmoor in May, 1858.

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MEN'S FELT HATS and GOLF CAPS at Greatly Reduced Prices.

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