

How To Walk Correctly.

Doctors are advising all their patients who lead sedentary lives to go in for walking. You must walk if you would maintain your health and prolong your life.

To get the most from walking, you should learn to walk correctly. Be sure to hold your chest and head high. Keep your arms to your side or let them swing modestly.

You should have an energized carriage, and the right way to get it is to get your movement from the hips. Walk with your legs, not by a swing or swaying of the whole body.

Step into the length and do not turn the knees out so much. See how smoothly you can glide along and take natural deep breaths as you move.

This will give you the feeling that you are being wafted through space instead of laboriously treading on hard earth.

Tip the upper part of your body slightly forward to partly cover your feet. Try to forget your feet and create a desire to attract attention to your head instead.

Strike down with the heel, but let the weight slip to the outer and fore part of the foot, and this will break the jar on the sole of the foot and lessen the strain on the arch.

If you are not a walking enthusiast, begin your regime gradually. Start to cover a mile, then two, and gradually work up to five or six. Any man or woman should be able to walk five miles, and even six or eight, without feeling any bad effects.

To Your Interest!

If you are economizing in your clothing account, you had better get out your fall suits and overcoat and have them thoroughly cleaned, pressed and repaired and ready for the fall season. Send them, or phone us, and have your work done good and prompt. SPURRELL BROS., 365 Water Street, Phone 574.—aug23,ed,tf

By Combination.

A gentleman in want of a coachman had an Irishman apply for the situation, when the following conversation took place between them:—

"You know, Pat, if I engage you, I shall expect you to do things by combination. For instance, if I tell you to bring the carriage round at a given time, I shall expect the horses with it and driving gloves, etc."

"Yes, sorr," said Pat.

"He was duly engaged, and gave satisfaction. One day his master came to him in a hurry, telling him to look sharp and go for a doctor, as his mistress was ill. Pat was gone for a long time, and on his master grumbling at him for his delay, he said:—

"Sure, they're all here, sorr."

"All here!" said the master. "What do you mean?"

"Didn't you tell me to do things by combination?"

"What's that got to do with it?" said the master.

"Well," said Pat, "I've got the doctor, the parson and the underjaker."

JOINED 64TH BATTALION.—The following St. John's men are amongst recent recruits for the 64th Battalion at Halifax:—John Madden, Hector Haughton, Joseph Kennedy and A. D. B. Street.

How Many Words Do You Use?

Women Actually Employ Fewer Than Men.

How many words do we use in common speech? Some spiteful male would ask the further question: "Man or woman?" under the mistaken impression that quantity is quality. As a matter of fact, women, like the immortal Mrs. Nickleby, who talk from getting up to retiring, only use about five hundred different words. Less rather than more.

Much depends upon education, of course. An unlettered farm laborer has a vocabulary of about three hundred words, all told. His ideas are few, and the words necessary to their expression are few also and simple, mainly words of one and two syllables.

Of course, when Mr. Asquith or Mr. Balfour makes a speech they use six times as many words as the laborer, whilst a very polished and literary speaker like Lord Rosebery, who rather goes out of his way to say a thing especially well, would probably run to two thousand words, all different, in the course of a two hours' speech.

A novelist like Thomas Hardy will probably use about four thousand different words, but the average novelist uses only some two thousand, amply sufficient to express the ordinary sentiments of two men and one woman, or two women and one man, whose jealousies and intrigues are the pabulum of the modern popular novel.

If you read "Paradise Lost" you begin to think that Milton probably used more words than any other writer. Yet when they are counted, as they have been, his vocabulary, with all its wonderful richness and variety, only runs to eight thousand words, whereas the latest products of the dictionary makers contain something like two hundred thousand words supposed to be English!

Even the mighty Shakespeare, who had a way of saying a thing which nobody before or since has approached, only has a vocabulary of fifteen thousand words. But, then, a great artist can make a priceless picture with a very small box of paints. It does not depend upon the number of colours, but upon the way they are put on the canvas.

Probably the man who uses most new and original words, and who has the biggest range of language to-day, is Rudyard Kipling, and he has told us that one of his chief amusements is reading the dictionary.

The Servian National Hymn.

God of Justice! Thou Who saved us When in deepest bondage cast, Hear Thy Servian children's voices, Be our help as in the past, With Thy mighty hand sustain us, Still our rugged pathway trace; God, our Hope, protect and cherish Servian crown and Servian race!

Bind in closest links our kindred, Teach the love that will not fail, May the loathed field of discord Never in our ranks prevail! Let the golden fruits of union Our young tree of freedom grace; God, our Master, guide and prosper Servian crown and Servian race!

On our sepulchre of ages Breaks the resurrection morn, From the slough of direst slavery Servia anew is born. Through five hundred years of duration We have knelt before Thy face, All our kin, O God, deliver! Thus entreats the Servian race.

Moir's Chocolates
have an individuality that is unmistakable. We select the cocoa beans—roast, husk and clean them—add the cocoa butter and cane sugar—and flavor with vanilla beans. The WHOLE is then put through a grinding process for hours, which refines every particle and renders our chocolate coating absolutely smooth, giving it that individual delicious flavor. The chocolate is then applied to the many varieties of centers—packed in attractive boxes and offered to you as the finest chocolates on the market.

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HALIFAX, CANADA

THE THOUGHTS OF THEOBALD.

OUR RAILWAY.

The Government Engineer has the duty of inspecting the Railway Line and for that purpose is given a special engine and car in which he takes a run over the line. I don't know whether he has any sense of humour and sees the funny side of the picture he represents in travelling in a car which is luxuriously fitted up to withstand hard jolts and with the appliances to make the journey as pleasant as possible. Would it not be far better if he travelled in a second class car, for instance, in a train of eight or ten cars and get wise to the comforts (?) that a long-suffering public have to bear? The railway bed of the main line is in a bad condition. I know it by personal experience. The jolting and rocking is terrible and how travellers can bear it I cannot understand. It is no wonder that strangers smile. We accept with patience the story of the washouts in the Spring and do not grumble much over a twelve hour delay in a train, but now in the summer months we find that evidently no attempt has been made to make the road any better and that after the rains of spring the road seems to be allowed to settle down as it will. There is no reason why we should be satisfied with the railway just as a means to carry us and our freight without demanding the advantages of comfortable travelling and prompt and careful shipment. Because it is the only railway is no reason why we should be treated just as badly as we can stand. There seems no effort to obtain for the travelling public all the advantages that they are entitled to.

The boy vendors of fruit, papers, etc., on the trains are far from satisfied in some cases. The passengers are forced to hunt them up, instead of the boys seeking purchasers for their often welcome, if expensive, wares. That is, if you call oranges at eight cents a piece expensive! It seems to me that if Reid cut their meal prices in half they would easily double their business and make just as much profit, besides doing the passengers a service. The daily express has fallen through already and for four days in the week passengers across country are served by what is known as accommodation trains. What or whom they accommodate I don't know. I know that sometimes they lose about 24 hours. The consequence is that the trains on express days are crammed full when they leave the station. I always had an idea that the trains were there to serve the people, but it is my opinion that sooner or later, we shall need to stir ourselves and demand that our travelling facilities be made a little more up to date, so that it will not be at the peril of our lives that we travel in the Spring.

THE COMMERCIAL BANK.
We have heard this Spring a lot about the Commercial Bank. Its financial oration seems to have been spoken by the Hon. John A. and according to some rude people, if the Bank wasn't defunct before, this last speech "kilt it intirely."

But, seriously, is the Commercial Bank finished? How many hundreds who had their hard-earned savings on deposit there, are lamenting it still. How many hearts that are yet torn with grief, and how many have gone to the grave quicker because of that failure. I have heard of one woman who has not gone to church since. Judge her action as you will, yet such is the case.

And on the other hand there are those who owed the Bank huge sums. Some are right here now, all doing business on Water Street. Some of them have become prosperous—motor cars and large houses testify to this. And yet does the Insolvency Court forgive all? Is there no Moral Code for these men have forgotten? Do they not feel that their prosperity now should be used to repair their indebtedness to the losers in the Bank Crash of 1894? The Insolvency Law makes a proper division of a man's assets among his creditors—but it can no more release him of his moral responsibility to pay his debts.

WOMEN CAN HARDLY BELIEVE

How Mrs. Hurley Was Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Eldon, Mo.—"I was troubled with displacement, inflammation and female weakness. For two years I could not stand on my feet long at a time and I could not walk two blocks without enduring cutting and drawing pains down my right side which increased every month. I have been at that time purple in the face and would walk the floor. I could not lie down or sit still sometimes for a day and a night at a time. I was nervous, and had very little appetite, no ambition, melancholy, and often felt as though I had not a friend in the world. After I had tried most every female remedy without success, my mother-in-law advised me to take Lydia E. Pinkham's Vegetable Compound. I did so and gained in strength every day. I have now no trouble in any way and highly praise your medicine. It advertised itself."—Mrs. S. T. HURLEY, Eldon, Missouri.

Remember, the remedy which did this was Lydia E. Pinkham's Vegetable Compound. For sale everywhere.

It has helped thousands of women who have been troubled with displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration, after all other means have failed. Why don't you try it? Lydia E. Pinkham Medicine Co., Lynn, Mass.

THE WORLD VS. A SOUL.

"What shall it profit a man, if he gain the whole world, and lose his own soul." We have heard the words time and again, but I never heard such a complete application made of them as a preacher did last Sunday. "The whole world," before always seemed to bring up a picture of the Earth and its gold and its material treasures, and to many who have no desire for possessions of this sort, it did not represent any sacrifice to give up the 'whole world,' nor had they any temptation to gain the 'whole world.' But the preacher said that this was not Christ's meaning at all. He brought his saying to each one of us. Each of us has a world in which we live our little lives. In the Annapolis Valley, the world to them is one of Apples. In the West it is the Wheat. In Newfoundland it is mostly codfish. Then to bring it nearer yet, literary men live in a world of literature; musicians live in a world of music; scientists live in a world of science; the occupation of each man is his world, whether it be painting, pictures or planting potatoes. Then the question is, are we allowing that world of ours to enslave us or are we controlling it? Are we in the world to exalt ourselves above others or to develop the character that is above ignoble ambition? It all boils down to the Gospel of everyday living, a gospel to my mind too little touched in the churches. What are you doing in the world? How are you doing it? Have you money? How did you make it? All these are questions that ought to be faced more often. A man's wealth is too often the passport to church life, to community life. He is taken for what he has, instead of what he is. It was a sermon to make one think and any preacher may well be satisfied if he induces such a response to his efforts.

Why Peace is Impossible.
London Daily Express.—Germany has had enough of the war. She will fight on desperately and determinedly if she is forced to fight, and she will not be beaten without many more months of fearful struggle and endurance. Her successes have been considerable, but she fears her power to hold on to them. The German General Staff knows that she has passed the zenith of her strength, and that neither Great Britain nor Russia have reached theirs. Germany never neglects anything that might make to her advantage. Peace now would necessarily leave her some of the spoils, and would enable her to prepare for another attempt to plant her jackboots on Europe. Peace now would, therefore, be a betrayal of the cause of freedom and democracy, and would make all the suffering and sacrifice of the last twelve months absolutely useless.

TRAIN CRASHED INTO AUTOMOBILE.

Hamilton, Ont., Aug. 28.—The noon express on the T. H. and B., crashed into an automobile at the Lancaster crossing, killing three persons outright and injuring three other occupants of the car, who are expected to reach their homes. Germany never neglects anything that might make to her advantage. Peace now would necessarily leave her some of the spoils, and would enable her to prepare for another attempt to plant her jackboots on Europe. Peace now would, therefore, be a betrayal of the cause of freedom and democracy, and would make all the suffering and sacrifice of the last twelve months absolutely useless.

Our Volunteers.

The total number of volunteers enrolled to date is 2231, the following having enlisted with the Reserve Force yesterday:—

Kenneth J. Carter, Greenspond.
Fred Way, Greenspond.
Guy R. Shears, St. John's.
Leo F. Healey, St. John's.
Geo. Green, St. John's.

The morning was spent at Swedish and section drill in the Armoury, and the men were also given a lecture on musketry which included instruction in the cleaning and proper care of arms. The afternoon was spent in section drill.

Wear your skirts ankle length.
Buttons of jet will be exceedingly good trimming.

This Date in History.

SEPTEMBER 4.
New Moon—9th
Days Past—246 To Come—118

FRENCH REPUBLIC proclaimed 1870. This followed the disastrous defeat of Sedan, when Napoleon surrendered with 83,000 men. The republic was proclaimed from the Hotel de Ville.

FIRST NUNS arrived in Newfoundland, 1833.

GREAT WAR 1914. Partial destruction of Termonde by German troops. Malines abandoned by the Belgian Army. German advance on Antwerp abandoned owing to the floods caused by the opening of the dykes. Severe German reverse at Cappelle au Bois reported. Ten British travellers reported missing in the North Sea. Arrival at Kiel of several German destroyers and torpedo boats in a damaged condition. Second British casualty list (5218) issued. Bulgarian neutrality reaffirmed.

The noblest motive is the public good.
—Virgil.

SEPTEMBER 5.
14th Sunday after Trinity.
Days Past—247 To Come—117

CARDINAL RICHELIEU born 1585. The eminent French ecclesiast and statesman who was Minister to Louis XIII for 18 years. He was practically Master of France during the best part of his Cardinalate.

MALTA 1805, surrendered to the British by the French. An interesting and important island in the Mediterranean; a strong fortress and the naval base of the Mediterranean fleet.

MEYERBEER born 1791. German musical composer, who, when only 9 was considered one of the best pianists in Berlin. Composer of an oratorio and a large number of songs his reputation is established as a great dramatic composer.

GREAT WAR 1914. Agreement signed by Great Britain, France and Russia not to conclude peace separately during the war, or to command peace conditions without the consent of each other. H.M.S. Pathfinder blown up by a submarine off the East Coast of England.

Our country's welfare is our first concern, and who promotes that best, best proves his duty.
—Havard.

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711 St. James' Chambers, Toronto.

BEAUTY.

Much bunk is sprung concerning beauty, as something that a girl won't keep; and writers sleeky, galoaty, insist it's but skin deep. "Far better have a conscience tender, that balks at sin and lies, than all the glamor of shining hair and eyes. Far better have a love of duty, a heart with virtue warm, than win a ribbon blue for beauty, or have a queenly form."

Why not have both, good looks and virtue, clean teeth and sterling worth? The combination will not hurt you, or raise unseemly mirth. It's good to send the heathen shekels, but that's no reason why you ought to wear a lot of freckles, or have a squinting eye. It's good to help our neighbours, always, but seek the barber, too; the saint who doesn't trim his halways obstructs the fairest view. Good women may convert the rowdy and rescue burning brands, but if the gowns they wear are dowdy, the world indifferent stands. "Be clean within," exclaims the preacher; the worldling vain retorts, "Desire to be a moral teacher is no excuse for warts."

The bolero is having a distinct triumph just now.

The choker is here and it is not open in the front.

Romantic Wedding of a Canadian Soldier.

Marries Real Widow of George Smith, the Brides in Bath Murderer.

London, Aug. 15.—Great interest surrounded the marriage yesterday at Christ Church, Leicester, G. B., of the real widow of George Smith (brides in the bath murderer), who paid the penalty only two days ago for the murder of Miss Mundy.

It will be remembered Smith married, as his first wife, Caroline Beatrice Thornhill, in the name of Loye. Shortly afterwards he deserted his seventeen-year-old bride, who emigrated to Canada, where she met her present husband. The bride-groom was Thomas John Davies, of New Westminster, B.C., and now of the Royal Engineers. Among those present at the ceremony (was the bride-groom's father, George Davies, who had travelled specially from the West.

Fishery Report.

Aug. 28th. From C. Rendell, (Heart's Content to Winterton)—The catch to date is 1360 qtls. with 240 for last week. Twelve dories and skiffs and 220 boats are fishing. Prospects are poor and no bait can be had. The catch for the week was taken by boats fishing at Bacallen and Winterton.

Aug. 28th. From T. M. Costello, (Shoal Pt. to Wood's Island)—There is a little codfish off shore but bait is very scarce. The total catch is 5420 qtls. and for last week 110. Two boats and 31 dories and skiffs are fishing.

Aug. 28th. From T. O'Brien, (Pt. Amour to Red Bay)—The trawls get a little fish about 3 miles off shore and there is some caplin in 3 fathoms of water, but prospects to date is 2-100 qtls. with 300 for last week. About 37 schooners are in St. Modiste, and some of them have good trips.

YOUR BOYS AND GIRLS

Little girls clubs are so easy to conduct that it must indeed be a hard hearted mother who, having once had the plan suggested to her, could refuse to give one afternoon a week to her young daughter. The size of the club may vary as is found desirable. Five are enough to have a pleasant time together. Twelve are really all one person can handle.

The club must have a name and children are full of ideas on this subject. Sunshine Band, Happy Hour Club, Busy Bees, Flower Society, and Helping Hands are a few of the names usually suggested. It may or may not be wise to have a president, or club dues. Each individual leader will have to decide this for herself.

A club badge, even if it be only a bow of the chosen color of ribbon, is a source of great pleasure to little ones. The object of the Club will necessarily vary with the tastes of the children and the possibilities of the locality.

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Fragrant Refreshing It Clings

MAYFLOWER TALCUM POWDER

The distinctive odor of Mayflower Talcum is entirely new, and of such charm and delicacy as to immediately appeal to every woman of refinement. Antiseptic—exquisitely fine in texture, it is pre-eminent for use on baby.

All Nyal preparations are in a class by themselves. Nyal's Face Cream and toilet requisites are almost indispensable for the complexion. Ask at the Nyal Quality Store for free copy of our booklet, "Your Complexion," which includes directions as to proper methods of Massage.

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