

Stand Easy!

and feel easy when you notice the nice white coat our "White O" gives your Helmets on the

"Turn Out Sunday"

PRICES 10c. 15c. 25c.

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WATERBURY & RISING,

King St. Union St.

OUR NEW SENSIBLE DRESS SHIELD

Can be washed and Ironed. We keep Dress Linings Canvas, Muslins, Braids, Buttons, Laces and Hamburgs

A. B. WETMORE 59 Garden St.

How to Keep Cool

Though a Man.

The coolest suits for summer are unquestionably the Two-Piece Suits—coat well lined and trousers roomy, with roll bottoms or regular finish, as desired. We wish to call your attention to our stock of these, embracing various shades of grey worsteds and flannels, and the always dressy blue serge, the latter only in a superior quality.

There's an additional advantage about these—the absence of a vest doesn't make the coat lose its shape-lines. The shoulders will not sag nor will the back wrinkle. And remember, you pay no more for this superior making—

\$8.00, \$10.00, \$12.00, \$15.00 to \$18
Those at \$8 and \$10 are at a saving of one-third, because of a combination of circumstances.

Men's Summer Vests, \$1.00, \$1.25, \$1.50 to \$4.00

Every man knows how comfortable a washing vest is in the summer time. Then again, they are so economical, and at the same time so dressy. When you can buy them at our low prices it makes them even more appreciated. We have a larger selection than most clothiers for large sized men—up to 46 breast.

Three-piece Suits—coat, vest and trousers—an excellent selection of summer suits in medium and light shades of Worsteds and Tweeds. The famous 20th Century Brand and other reliable makes.

\$12.00, \$12.50, \$13.50, \$15.00, \$16, \$18 to \$25.00

Gilmour's, 68 King St.

WM. H. TURNER'S

GENTLEMEN.—We have a new stock of Gent's Clothing well selected and up to the minute in style, made specially for us. We have insisted on good honest wearing materials and the best trimmings and would accept nothing but what would give our customers complete satisfaction. When a suit leaves our store we are able to tell our customers that we are willing and anxious to refund their money if the clothing is not satisfactory.

Here's Our Prices. But, You Should See the Goods:
FANCY TWEED SUITS, - - \$ 7.00 to \$12.00
ENGLISH WORSTEDS, - - 12.00 to 18.50
BLACK AND BLUE CHEVIOTS, - - 18.00
BLACK AND BLUE SERGES, - - 10.00

Men's Separate Trousers, \$1.75 to \$4.50

W. H. TURNER,

CENTS FURNISHER, FASHIONABLE CLOTHIER,
Store Open till 9 every night 440 Main, Cor. Sheriff

THE SOLUTION OF THE BRAIN-FAG PROBLEM

Are periods of "brain-fag" inevitable, or do they result from extravagant misuse? What takes place when the mental faculties are actively engaged, and what is the process which involves the condition of so-called "fag"? An attempted solution of these problems in the light of modern science forms the subject matter of the present article.

An essential element in the composition of brain matter is a soft, delicate substance known as protoplasm. Protoplasm forms the physical basis of life, and enjoys the inherent power of reproducing itself. It is divided into extremely minute particles, each of which is technically termed a molecule; and because of a substance reside in its molecules, our thoughts must be directed to molecules of the brain.

MOLECULAR WASTE

As the brain proceeds with its work a greater or less quantity of its molecular matter is expended. Their vitality is so seriously affected that they are rendered incapable of further service. In fact, by the performance of their normal function, they bring about their own destruction.

Evidently, then, molecular waste of this kind, if it continues without adequate compensation, would eventually terminate in terrible disaster. A time would arrive when insufficient molecules remain to carry on the brain's work. Happily for us, such a dire calamity is easily averted.

Infinite wisdom has ordained that reproduction should closely follow exhaustion; consequently, used-up molecules may be immediately replaced by others of new formation. Given certain molecular destruction as the necessary consequence of brain work, instead of the organ remaining impaired, the damaged parts are instantly made new.

Every vacant place caused by decrease of a used-up molecule is quickly occupied by another one newly formed; the fresh tenant being the natural outcome of fertility on the part of molecules remaining intact.

FRESH PARTICLES

A similar natural provision is observable in the growth of a finger nail where living particles are constantly constructing fresh material. As new matter is added to the root the finger nail gradually lengthens, all the superfluous growth being removed from the opposite extremity. The ceaseless manufacture of new stuff goes on everywhere in the body, and repair requires. Naturally, a continuous repair of tissue presupposes an adequate supply of fresh material.

Now, assuming a thoughtful reader to be engaged in contemplating these facts, a dual process of destruction and repair is actually proceeding in the substance of his brain. Each idea that strikes him, every effort of his intellect, causes the breaking up of some of his brain molecules.

When this molecular destruction is promptly followed by a birth of fresh particles and the new constituents take the place of their deceased prototypes, reproduction is carried out with such speed that the brain is enabled to proceed with its work.

SPENDTHRIFT BRAINS

Under normal circumstances, the disintegrating and reproductive forces exert themselves to such an extent that no ill effects are experienced from ordinary and reasonable use of the brain. But in circumstances where an even balance cannot be maintained, there is occasion to fear less serious complications may ensue.

While the existing conditions of life continue, and our habits remain what they are, the desired equilibrium can only be secured with difficulty. Waste of structure proceeds at a greater pace than the work of repair. The brain forces are called upon at times to make a prodigious effort; or they are goaded by an occasion arises when thought follows thought with unusual rapidity, precluding the possibility of sufficient reproduction to counterbalance the waste.

Clearly, in any such case, the places of used-up molecules cannot all be filled by fresh ones during the course of a few hours' sleep. Therefore, any amount of this kind continued for any length of time reduces the number of working units, and renders those available for use too feeble to carry out the necessary repair.

MENTAL BANKRUPTCY

Hence, when brought to this pass, a man is practically on the verge of mental bankruptcy. The losses sustained are beyond his powers of recuperation. Nature warns him by a profound sense of mental weariness, suggesting complete cessation of work and extension of the period of repose. Assuming needed rest is secured, and the destruction of molecules has not gone too far, the reproductive forces again exert themselves, and the brain is permitted to resume its work.

During our conscious life the molecular waste is always in excess of the repair. Each day's toll results in an appreciable deficit. During sleep the opposite is the case, for then reproduction is carried on with rapidity, the work of demolition being practically at a standstill. Therefore, if a reasonable amount of legitimate work and natural sleep could always be secured, no such thing as mental breakdown would ever occur. The loss resulting from each day's labor would be compensated by the succeeding night's rest.

MOLECULAR EXPENDITURE

But supposing a man's periods of sleep have for some time been unsatisfactory, either too short in duration or too perfunctory in character. How does he stand with regard to a deficit? Plainly, his expenditure of molecules has exceeded his income, and he begins each fresh day at a distinct disadvantage. Even then, if the condition be limited to a week or ten days, the deficiency may easily be retrieved by taking more lengthy rest. On the

other hand, should the state of things continue for several weeks—if the daily renewal is inadequate for months—it is easy to see how the small deficit would gradually mount up and assume more alarming proportions.

To render the point clear, consider there are 50,000 working units in the average brain, and, after twenty-four hours' work and sleep the existing deficiency is a hundred molecules. Such a comparatively small amount would hardly be perceptible. But if it were repeated every day for months—if the deficit continued to accumulate for a year—the condition would then approximate complete exhaustion of the 50,000 molecules.

STRAIN OF EXCITEMENT

The position would be on a par with that of a spendthrift. The spendthrift seeing no difference between capital and income recklessly squanders every cent he can lay his hand upon, till a moment arrives when he finds himself a beggar.

Cases of indiscretion, such as have been cited above, point more or less directly to the nature of the condition so frequently described as one of "brain-fag." The condition itself is by no means inevitable, but is often the outcome of extravagant misuse. The instances of wrong use demonstrate in the plainest manner what measures should be adopted if we desire to avert the more serious state of things, absolute mental collapse.

An active agent in the production of "brain-fag" is habitual excessive excitement. Excitement in moderation is permissible on special occasions, since it accelerates the speed of the mental machinery, and serves to increase the output of work. To go beyond moderation, and rely on the stimulus of excitement to secure the utmost of work in a given time, involves the enormous destruction of the brain molecules, and ordinary measures for recuperation are unequal to the task.

DON'T EAT TOO MUCH

And any sudden lull from one mental state to another, followed by a similar lull back again, operates like a shock to the nervous system, inducing heavy penalties.

Compare the calmer method of an engaged scholar, who reads for hours, seldom experiences more than slight weariness, which entirely passes off with a fair night's repose. The contrast points to the fact that purely intellectual effort devoid of undue excitement seldom depletes the mental treasury, although the work be extended over several years.

Another potent factor, contributing largely to loss of brain power, is over-indulgence in pleasurable pursuits, such as alcoholic and gastronomic. Overeating and excessive drinking are responsible for more cases of mental breakdown than all the other causes combined. The efforts of which our mental faculties are capable. Nor is the reason for this far to seek. Like every other organ of the body, the brain depends on the blood for supplies of suitable nourishment. When this fluid is laden with waste products of excessive feeding, its circulation fails to distribute an adequate amount of nutrition. And what is more, not only is there defective nutrition, but the refuse of excessive acts as poison in the system, a share of which still further depletes the already exhausted brain.

In conclusion, it may be said, the brain's condition is largely subject to the worker's control, its use or abuse being determinable by its owner. So long as he confines its working to what is legitimate and natural, and his habits are regulated by reason and good sense, "brain-fag" is highly improbable, and actual break-down will never occur.

T. CARTER, M. D.

C. P. R. AND GRAND TRUNK REDUCED RATES

TORONTO, June 11.—There is talk here of another railway war between the C. P. R. and the Grand Trunk over the opening of a new line to Sudbury by the C. P. R. The new line reduces the distance to Winnipeg by several hundred miles, and the C. P. R. has cut fares accordingly. The Grand Trunk has also reduced the price of its second class tickets from Toronto to Winnipeg to twenty-one dollars, a cut of \$4.50 by way of Chicago.

ANNUAL REPORT OF STEEL COMPANY

MONTREAL, June 11.—The annual report of the Dominion Iron and Steel Company being mailed to the shareholders tonight, shows gross profits for the year ending May 31, of \$2,613,829, and net profits after paying interest on bonds and interest on borrowed money of \$1,917,041. To this is added the balance from last year of \$314,711. This was disposed of by transferring \$1,376,811 to the contingent account, \$63,712 to sinking fund of mortgage bonds and carrying forward \$739,718.

The transfer to contingent account covers the extra cost of carrying the year brought by the Dominion Coal Company's annulment of the contract, which is now before the courts. The Steel Company's claim against the Coal Company is now given as \$2,923,903. During the year the company manufactured 260,362 gross tons of steel, as compared with 255,505 tons the preceding year.

GOLD WEATHER INSURANCE

The Best Policy is a Full Coal Bin.

When you think of fuel of any kind think of Gibbon & Co. They keep everything that will burn.

But now they are anxious to move a lot of Soft Coal and if you can raise the money and will give the order to fill your bin now, Gibbon & Co. will give you any kind of Soft Coal you want at a reduction of 50c. per ton from the regular delivered price. They will also send the coal in bags and will put it in the bin at only 25c. per ton above the special low delivered price.

The Winter Port New Brunswick Coal is growing in favor as a good strong lasting coal for general purposes and being mined so near St. John can be sold at a low price.

The Springhill Round Screened Coal which Gibbon & Co. are selling is specially prepared for their retail trade, is easily handled, makes no dust and is an oldtime favorite.

Broad Cove Coal lights quickly, burns brightly, makes no dust and a little ash, is good for cooking-stoves and grates.

Pictou Egg Coal is the Soft Coal that approaches nearest to Hard Coal, makes a white ash, lasts longer than most Soft Coals and makes a strong steady fire.

If you want something extra nice for grates place your order for Old Minto Sydney to be delivered from a lot to arrive a little later. Do not forget that you can order at Gibbon & Co., Charlotte St. office, open till 9 p. m.

THE COURAGE OF "THE GUIDES" OF INDIA

It is exactly fifty years ago since peace and order were restored in India, after the great mutiny, and in the thrilling story of how the brave 20,000 native troops were crushed by some 40,000 European soldiers under Lawrence and Campbell, the name of "The Guides" looms large.

The Guides were a corps formed in 1846 by Sir Henry Lawrence who, at a time when soldiers fought, marched and lived in tight scarlet tunics, high stocks, trousers tightly strapped over Wellington boots, and shako which would now be looked upon as a relic of a bygone era, decided to raise a troop of comfortably and suitably clad soldiers—trustworthy men who could, at a moment's notice, be called upon to fight, collect intelligence, and, in addition, give and take hard blows.

IDOLIZED COMMANDER

Martinetts of the old school gravely shook their heads and trembled for the discipline of men without stocks and overall, says Colonel C. E. Young, husband of C. E. in his "Story of the Guides." But, without exaggeration, it may be said that no body of British troops have in the history of the Empire displayed greater courage and more ready obedience at all times than "The Guides," in spite of the fact that they were recruited from a great number of different tribes.

Their first commander was Sir Harry Lumden, a soldier of a fine and noble type who was idolized by his men. His devotion is well illustrated by the following incident. One day Sir John Lawrence said something to annoy Lumden, and this became evident to the faithful fellows who were his old and true. They were angry and displeased when the evening an order came to Lumden to march, and said:

"It is not his fault, I and my companions noticed that the Lord Sahib spoke today words that were not pleasing to your Excellency, and that you were angry and displeased when you heard them. So we have consulted together as to how best we may serve the proper end; for, as is not right, proper that we should allow our commander to be harshly spoken to by anyone. There is, therefore, this alternative: The Lord Sahib has arranged to leave by the straight road tomorrow morning for Peshawar, but with your honor's kind permission we will march to the right and follow the route which ever way he should ever reach it!"

NOBLE FIGHTING SPIRIT

One of the most famous feats accomplished by the corps was their march to Delhi during the Indian Mutiny, a time when their arrival excited a great moral effect on the force they came to assist. In the hottest season of the year they marched 180 miles in just over twenty-one days—an average of twenty-seven miles a day—and when they were asked, at the end of their tremendous march, how soon they would be ready to go into action the reply was: "In half an hour!" Such was the fighting spirit of "The Guides" but ten years after they had been formed.

Perhaps the most striking exploit of "The Guides" described in Colonel Young's book is the story of how a handful of "Guides" captured the formidable fortress of Gortigah, together with seventy guns and a regiment of infantry, with little or no loss to themselves.

A native commissioned officer, with a party of the Guides, appeared before the gates, bringing, as it seemed, three prisoners. On the ground that the prisoners were desperate ruffians, with a price on their heads, he gained admittance, asking that they might be shut up in the guard-house during the night. Though at first he gained some suspicion he contrived to gain the trust of the governor.

Leaving a couple of men to assist in guarding the prisoners, he remained with his force outside. But during the night these two men overpowered the sentries at the gate and the three imprisoned men and with their escape opened the gates to the Guides, who gained a firm footing in the fort before the garrison knew what had happened.

It was "The Guides" who furnished an escort of some seventy men to Cavagnari's mission to Kabul in 1879, and were massacred to a man in the fourth sortie from the Residency the last Englishman was killed. Knowing this to be the case, the army called on the remainder of "The Guides" to surrender, promising them their lives.

SATURDAY SPECIAL

For this Saturday only we have a snap on Children's Straw Hats.

98 Cents for regular \$1.25 and \$1.50 Hats

This is for SATURDAY only

D. MAGEE'S SONS,
63 King Street.

Full Assortment of Shoes for Men and Young Men.

St. John, N. B., June 12. We have this last few days received many new lines of shoes and we cannot show you the latest styles for a little less money than you can get them for elsewhere.

PATENT LEATHER SHOES, - - - \$2.25, \$3.00, \$3.50, \$4.00
BOX CALF "GOOD-YEAR WEALT" - - - \$2.50, \$3.00, \$3.50
FINE WORKING SHOES - - - \$1.50, \$2.00, \$2.50
THE WELL-KNOWN TRAVELLER SHOES - - - \$1.50, \$2.00, \$2.50

AT THE CASH CLOTHING STORE.
C. MAGNUSSON & CO.,
73 Dock St., St. John, N. B.
OPEN EVERY EVENING.

DEVOTED BRAVERY.

"Left in command was Jemadar Jemadar Singh, a splendid Sikh officer of the Guides' Cavalry, and not one whit behind his British officer in brave resolve. He designed no word of answer to the howling mob without, but to the few brave survivors with, perhaps a dozen or so, he said: 'The sahibs gave us this duty to perform, to defend this Residency to the last. Shall we then disgrace the cloth we wear by disobeying their orders now they are dead? Shall we hand over the property of the Sikhs, and the dead bodies of our officers to these sons of perdition? I for one prefer to die fighting for duty and the fame of the Guides, and they that will do likewise follow me.' And they marched out to die.

"The annals of no army and no regiment can show a braver record of devoted bravery than that of the Guides, by this small band of Guides." So reads the inscription on the memorial at Mardian, which the British Government raised in memory of Kabul.

BEST SHOT WINS.

There has always been a keen competition for enrollment in "The Guides," and in the early days when Lumden was in command, there were some men as many as thirty men receiving no pay and maintaining themselves and their horses while awaiting a vacancy.

"And great indeed was the excitement when Lumden in his bluff, easy way, would say: 'Well, here's Lumden, and I don't for the life of me know which of you to give it to. Come along down to the rifle range and shoot it off among yourselves; the best shot gets the appointment.' The despatch of the winner on such occasions would have made a Master in Lunacy look grave. The happy young fellow would jump into the air, yelling and shouting, brandishing a sword, and at frequent intervals letting off a gun, while most of his friends did likewise."

AMUSEMENTS.

Two Programmes at Nickel Today

In spite of the humid atmosphere large crowds enjoyed the Nickel show last night, for the big new ventilators and air shafts worked admirably. Today the show—or rather show—will be remarkable for their excellence. The feature of the evening will be the Russian Fisheries, a very special feature in a foreign land, and a weird symphony is sure to please for its comedy merit. As a very special feature this afternoon and on Saturday the greatest child-picture ever made will be put on in addition to the regular programme. This is Edison's "Teddy Bears" or the fairy tale of Silverlocks and the Three Bears. The children will surely go in ecstasies over this film, which is 1,000 feet in length, for the little Teddies do some very amusing tricks. The Nickel has procured this feature especially for the children. Mr. Cairns will sing Good Night, Beloved, Good Night and Miss Wren, Over the Hills and Far Away.

Howard at the Princess Two More Nights

The great Howard will be at the Princess just two more nights, and this evening he will for his one appearance repeat by special request his funniest sketch, MacGregor and the Telephone Girl. His second appearance of the evening will be in a new sketch, Without Doubt, which is a very special feature. Howard should have no qualms about being again a hero in this city at the present, and those who have not yet heard Howard should avail themselves of the opportunity to-night, and any who have listened to Howard cannot but be anxious to repeat that pleasure. Tomorrow afternoon and evening a grand farewell programme has been prepared. At the matinee Howard will give a special programme for the children. In the evening he will be heard in the best show of the week. Particulars tomorrow.

Mary Emerson

Interest in the appearance here of Mary Emerson in His Majesty and the Maid, is rapidly increasing. His Majesty and the Maid will be the opening play of Miss Emerson's engagement and will be followed the latter part of the week with Will O' The Wisp, the scenes of the latter being laid in England, the characters all being English. The costumes of both His Majesty and the Maid will be of the most beautiful. In two of the acts of His Majesty and the Maid there is opportunity for the wearing of elaborate gowns, while in the other two, the first is a simple little peasant dress and in the third act, Miss Emerson impersonates a boy. This act, the third, which is enacted in an old tavern, the scene is a most picturesque one, opening with a scene between two old cronies and an old landlady. To this scene comes Alicia, the Maid, disguised as a boy. Then follows scene upon scene with great rapidity, culminating in the realistic duel with rapiers between Alicia and the man she loves. Miss Emerson's engagement here on Saturday, June 13th.