CONFIDENCE NECESSARY FOR SUCCESS IN GOLF

THE word "funk" is one not often heard in connexion with the links game, vet it seems to describe the feelings of the average golfer in a competition better than any other. In these days of scientific research probably the disease -for such it is-could be diagnosed, but whether or not it could be prescribed for is another story. It attacks the robust and delicate equally, and in some cases its effect is nearly paralysing.

The symptoms can be noticed wherever golfers gather for the competitive phase A member of a club plays a wonderfully strong game in friendly matches, but introduce him to the element of responsibiltity and see the difference. Others have the reputation of being excellent golfers: theoretically they are sound in every department. But put a card in their hand, send them out to compete for a medal. and the chances are ten to one they do not finish among the first sixteen.

At crucial moments their nerve fails them, short putts are missed inexplicably. the drives are trapped, and the eighteenth hole is reached with despair in the heart. This, too, in a game where confidence is not only very necessary, but absolutely essential to success. In most other sports it is the same set of difficulties that have again and again to be overcome, but the golfer seldom leaves the first tee and finishes the round without encountering some new problem, or playing a shot under the unique circumstances.

The question arises, in what direction lies the mastery over the tendency to " tunk"? The first answer is that a great deal depends on the hold it has of the particular individual. It must be said that some cases are chronic, and they are so constituted that the heart will not rise to the hands' endavor. Other players are only attacked when they have landed in difficulties, when hole after hole has slipped from their grasp, and they easily resign the project of recapturing the advantages lost. It is generally these same players who, when everything is going well with them, surprise their own friends with the excellence of their game.

With the ordinary run of players, how ever, and especially to aspiring youngsters, the cure for want of confidence is mind on the overmastering tendency to "give up," and an equally strong determination to win. It is quite true that golf, first of all, should be made to serve the ends of recreation and enjoyment, but most players desire to aim above this, and far-off goal of the ambition is to win Here, then, the player must not only make his practice round serve its recreative purpose, but he must study each mistake so as to avoid recurrence, and so seek to concentrate his game that the very repetition of doing the holes in par may bring, perhaps unconsciously, that confidence in his play which he so much desires. There is a great deal, too, in the manner in which the competitor enters the arena. Everyone despises the braggart or the man who says he can make the round in such and such figures, but on the other hand, it is almost as fatal to go on the first tee with heart-sinking and an inner consciousness that the match is as good as lost before a ball is struck.

It is quite futile to your own chances to destroy the balance of your mind by make good cakes?" she asked. "Exceladmiring your opponent's game: it is sportsmanlike to compliment an adversary on some point of brilliancy, but bewond this a player should concentrate his mind on what he himself has to do, and strive with all worthy ambition to put the match to his own credit. Never question your own ability. There is a vast difference between self-confidence, which is begot of proven ability, and egotism, which is proof of a lack of brains. The golfer who has played a stroke often enough to become thoroughly familiar with it experiences no mental hazard when confronted with the same stroke on the links.

He steps up to the ball, hits it firmly and that's all there is to it. Much has been written about the technical side of the game and the manner in which the strokes should be played, and much im portance is rightly attached to form, but a man might become the most finished golfer in the world, and yet if he lacked self-confidence he would never amount to a "hill of beans" in tournament play. The average player will have all kinds of mental quirks when he takes part in his first competitive event, but to the "regular" in tournaments it has become such a her home in Calais, after a pleasant visit matter of course that he never thinks in Boston. about needing self-confidence.

How many times a player is heard to say, "I knew I'd miss it!" after failing to joined a unit of Red Cross nurses and hole a putt that he should have made. It always sounds foolish, for if he knew he was going to miss it, what on earth did he hit it for? A moment's pause would fighting front in France. have given him time to control his mind. and he could probably have holed out without much trouble, but in every instance it is the doubt of his own ability which lies at the back of his subconscious mind that asserts itself and is responsible for the poor stroke and the exclamation which follows it.

Banish doubt and you will remove the most formidable hazard of the game, and dren are in St. Stephen, coming from while knowledge of form and ability to Edmonton, Alta., to visit Mr. Nesbitt's

Minard's Liniment Cures Diphtheria.

play the various strokes is a desirable asset, the player wi oh is mental control is far more dangerous than the most perfect stylist. Practice with a desire to improve. and try to deserve success by striving for it worthily and with might and main. There, in a nutshell, is the answer to the "funk" question .- New York Evening

GARBAGE FOR SWINE

In nearly all our towns and cities a porion of refuse from kitchens is being used as feed for swine. In these days of stress be paid to the utilization of garbage for this purpose. To those interested in this Memorial Hospital. matter, particulars regarding garbage feeding at Worcester, Mass., and Grand Rapids, Mich., where it has been conducted for several years, will be sent upon ap-

THE COMMISSION OF CONSERVATION OTTAWA '

FOUL AIR AND DISEASES

'Free as the air we breathe' is not applicable to foul air. Like most other ommodities the latter exacts a toll from everyone who uses it. Lowered vitality. with a consequent predisposition to such liscases as colds, pneumonia, and tuberculosis, is the price that is paid for breatha large percentage of the homes in ern front in France, has been awarded a countries possessing a climate similar to military cross for bravery. Canada's are, to a greater or less extent, breeding places for such diseases, especialoutstanding reason for the marked preva- winter dancing class in Red Men's Hall. for which fresh air is the most potent been visiting friends in Baring. Me.

Tightly closed rooms constructed for become filled with poisonous gases ex- President, H. L. McPhail, 2nd Vice-Presihaled by the inmates. The remedy is, of course, better ventilatton. It can only be question of time when our governments will insist that scientific ventilating systems be installed in all new builbings. Public health and public opinion will demand it. In older building, where the only ventilation is obtained from windows, the air may be 'flushed' by opening the windows at intervals for a few moments This means a loss of some heat, but, if the windows are not left open too long, the saving in doctor's bills will more than offpractice, a steady concentration of the set the extra cost of fuel.—A. D.—Conser-

NEWSPAPER WAIFS

"There was a great deal of applause Greenlaw's on Monday evening. for your speech." "There ought to have Mrs. Audley Richardson and orignally written it would have occupied Mrs. Dan Richardson. two hours. I cut it down to forty-five minutes"-Washington Star

"Did I understand you to say Dubson is absent-minded?" "Yes, but not in the way it afflicts some very learned people." "No." "In Dubson's place it's continuous."-Birmingham Age-Herald.

"My friend," said the solemn individual, after you?" "Doing for them? "I'm trying to dodge the pests," replied the man who was harassed by bill collectors -Boston Transcript.

"This is a special flour for making Mr. G. E. Richardson, flannel cakes." The young housewife was trying to appear wise. "Does it lent flannel cakes, mum." "Ah, um Will they shrink?"-Louisville Courier-

"Lots of kings out of work now." "Yes and judging from results, I am inclined to Hospital, Jan. 12. think I have hired several without knowing it." Judge.

"He offered to let me in on the ground floor." "Well?" "From the drop the stock took after I dought I must have been let in on the roof."-Lonisville Courier Ionrnal.

Up-River Doings

St. Stephen, N. B., Jan. 16. Mrs. Richmond Door, who has been visiting her mother, Mrs. Robert Webber. has returned to her home in Rothesay.

Miss Mary Caswell, assistant teacher in St. Stephen schools, is seriously ill at the Chipman Memorial Hospital, but is expected to recover, much to the relief of her

Mrs. W. F. Todd and Miss Mildred Todd left on Saturday afternoon for

Miss Emma Boardman has returned to

Miss Annie Nicholson, a graduate nurse of a hospital in Hartford, Conn., has sailed for France. Miss Nicholson is the daughter of Mr. and Mrs. F. W. Nicholson, who also have two young sons at the

Pte. James Moore, son of Dr. and Mrs. Walker Moore, of St. Stephen, who was severly wounded in France last fall, has recovered sufficiently to return to the fighting front.

Miss Doris Bennett has been enjoying a visit with St. John friends.

Mr. and Mrs. Everett Nesbitt and chilparents, Mr. and Mrs. Jellision Nesbitt. They have been most cordially welcomed



Mr. Dewey Hillman has accepted position in the Calais National Bank. Miss Marjorie Hailey was hostess to a very jolly coasting party on Monday even-

Mrs. Samuel Hyslop is very ill with pneumonia at the Chipman Memorial Hospital A winter Chatauqua entertainment) is to be held in St. Stephen in February. There will be six entertainments during

During the cold weather last week number of people had their vegetables and canned goods frozen in their cellars. Capt. Watson Gregory, son of Mrs Thomas Gregory, of St. Stephen, who for ing impure air. It is probably true that the past two years has been on the west-

Miss Martha Harris is residing with Mrs. W. F. Boardman, Monroe St., Calais, ly during the winter months. This is the and on Friday afternoon began her lence of such diseases in Canada, diseases Miss Marion Carter, of St. Stephen, has

At the annual meetings of the St. Croix Club, Mr. George Downes was elected the sole purpose of retaining heat, soon President, Dr. H. B. Mason, 1st Vicedent, and H. M. Bates, 3rd Vice-President.

LORD'S COVE, D. I.

Tan. 16. Mrs. Lizzie Leonard, who has been con fined to her home for the past week, with a severe illness, is much better.

Mrs. G. H. Smith is spending a few days with friends in St. Stephen. Owing to the heavy gale and snow storm that prevailed on Tuesday our usual mail did not arrive at Lord's Cove. Miss Hazel Lambert and Mrs. Flora

Parker spent Friday evening with Mr. and Mrs, Mesty Stuart, of Stuart Town. The Red Cross met at Mrs. Frank

Geraldine, are spending a few days with The many friends in Lord's Cove of Mr. Ralph Jackson, of Wilson's Beach,

wish to convey to him their deepest sympathy in the loss of his beloved wife so early departed. Mrs. Jackson was wellknown to a large number in Lord's Cove. While chopping wood in the woods to-

day, John R. Lord, Jr., accidentally cut what are you doing for those who come his leg above the knee, but the wound is

Capt. Mariner Barker is having a new pilot house put on his boat, the Alma Connors. The work is being done by Miss Ina Stuart is visiting with Mrs.

Percy Pendleton for a few weeks. Mr. E. A. Lambert is sending out some very pretty calendars for 1918.

Congratulations are extended to Mr. and Mrs. Frank Pendleton, Jr., on the arrival of a son at Chipman Memorial

BOCABEC COVE, N. B.

Mr. John Hanson and daughter, Miss Ethel, spent Sunday last with Mr. and Mrs. Matthew McCullough.

Mrs. Thos. Penblebury, of St. Andrews, is spending the week with her sister, Mrs. Matthew McCullough.

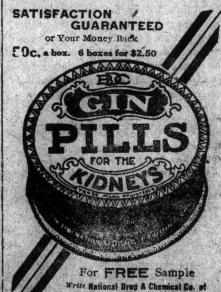
Mrs. J. Crichton spent the afternoon at Mrs. Jennie Foster's recently.

Mrs. Alex. McGregor and Mrs. Jennie Foster called on Mrs. McCullough during

R. A. Holt. School opened on Monday, with Miss Hellen Young as teacher. Miss Young has been with us now for a year, and we

Mr. Andrew Cheney, of White Head,

was the week-end guest of Mr. and Mrs.



Mr. R. Watson Whitlock, Deputy Im- are pleased to say that this term she has and food shortage, closer attention should migr tion Agent, is suffering from heart a goodly number in attendance, as several trouble and is a patient at the Chipman of the older girls are attending for the winter months

Miss Rachel Crichton, who spent the fall with her sister, Mrs. Stanley Mc-Culfough, in Upper Bocabec, is now at her home here. Mr. Earle McCarroll, of St. Andrews,

called on friends here recently. The stork visited the home of Mr. and Mrs. Jas. McGill recently and presented them with a fine baby bov.

CAMPOBELLO

Jan. 14. The Red Cross Society met on Thursday evening at the home of Mrs. William Gough, and will, by invitation, convene there the coming months. The Thimble Club continues to meet weekly with Mrs. Herbert Kelley; while the Women's Auxiliary meets regularly on Monday evening with Mrs. G. E. Tobin.

Mrs. Lydia Lank, who was on the sicklist for a few days, is much better.

Mr. Carson, Collector of Customs, was called to Beaver Harbor on Sunday by the illness of his wife, who was visiting

her parents there. Wood-chopping is the chief industry among the men at present.

Miss Muriel Alexander will leave this week to take charge of a school

Mr. Everitt Calder was a passenger to New York last week, to resume his usual vinter labor there

Messrs. Arthur Calder, Franklin Calder and Frank Davidson were passengers to St. John on Monday last: Davidson to answer the roll-call for Military Service, and the others to engage in work.

Miss Bernice Mitchell, who has been ll, is better.

No services were held in the Baptist Church on Sunday owing to the absence of the pastor.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring It dissolves the lime and acid ulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no dope nor other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle at druggists.

Always,

Everywhere,

in Canada

ask for

Eddy's Matches

People of Lord's Cove, Richardson and Lambertville

LEASE take notice that if you will be good enough to send us your orders we will ship the same via rail to St. Andrews to connect with the steamer "Connors Bros." for Deer Island and that we will stand the freight to St. Andrews ourselves. That is, we will deliver the freight aboard the steamer at St. Andrews just the same as we would aboard steamer at St. Stephen, and without any extra charge. We are quite willing to stand this loss in order to retain, as far as possible your valuecd business.

> Please send us your orders as in the past.

Haley & Son St. Stephen, N. B.

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THE PHONOGRAPH WITH A SOUL which re-creates the human voice and instrumental renditions so faithfully that the living music cannot be distinguished from the Edison Re-

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W. H. THORNE & CO., Limited, St. John, N. B.

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Try some and you will never be without it. We have it in Pie Plates, Scollop Dishes, and Bake Pans, all shapes

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Investigate! It's to your own best interests to do so. You'll find our goods to be every bit as good as we claim. Come!

STINSON & HANSON

St. Andrews, N. B.

MAN'S

S there for h That hing The coward sla We dare be r For a' that, an' Our toils obs The rank is bu The man's th

What though o Wear hodden Gie fools their wine -

A man's a m For a' that, an' Their tinsel s The honest ma Is king o' me

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> Shall brithers (Born January

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That man to ma

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NEWS

" A friend," s dat laughs at yo dey ain't so goo yoh misfortunes -Washington Si Willis-" Wha those charts ar "Those charts meatless, wheatl in the various St out a trip where

wich once a mor "Ma," roared the demnition b can't keep a thir a shame the way any apparent re I," replied Mrs. didn't have it o last night."-Bir

THE

BY STEWAR

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