

## NOTICE TO CONTRACTORS

## THE NEW BRUNSWICK ELECTRIC POWER COMMISSION.

Tenders will be received by the above named Commission up to noon, 21st day of September, A. D. 1920, for the following work:

1. The construction of an earth dam across the East Branch of the Musquash River, including spillway intake, by-pass, etc., and the grading of a bed to carry a penstock from the damsite to the power house.

2. The construction of an earth dam across the West Branch of the Musquash River, including the items named above, together with the construction of a canal and the grading for the penstock from the damsite to the power house above mentioned.

3. The construction of an earth dam across the Shogomoc River, including items named above, together with the construction of a canal and grading for the penstock from the damsite to the power house.

Sites one and two are situated about twelve miles from St. John and about one mile from the line of the New Brunswick Southern Railway.

Site three is situated about 40 miles North from Fredericton on the line of the St. John and Quebec Railway.

Plans, profiles and specifications can be seen and detailed information obtained at the Office of the Commission, Canada Permanent Building, St. John.

A certified cheque for 5 per cent. of the estimated cost of the work must be attached to tenders.

The Commission does not bind itself to accept the lowest or any tender.

C. W. ROBINSON, Chairman.  
REID McMANUS, Secretary.  
C. O. FOSS, Chief Engineer.

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and Night into Day

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## VASSIE &amp; COMPANY, LIMITED

WHOLESALE DRY GOODS AND WOOLENS  
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy.

HOW TO DO  
FIVE THINGS  
AT ONE TIME

(By Tameo Kajiyama, the wonderful Japanese, who can read, write, calculate, talk and listen simultaneously. From the London Daily Mail, by Cross-Atlantic Newspaper Service.)

London, Sept. 13—People ask me if it is not harmful to the brain to tax it with several actions at the same time.

I do not think it is; on the contrary, I believe it to be exceedingly beneficial, by increasing the power of concentration to learn to do more than one thing at a time.

Will-power is really the foundation of the mind. Without it civilization and human progress are unthinkable. And it is the will-power of man which distinguishes him from animals and makes him the master of all things that exist on this earth.

To do a certain thing we must concentrate our attention upon that certain thing, as, for instance, reading a newspaper.

To do two things at the same time we must concentrate our attention upon two things simultaneously; and to do three things, concentrate upon three things at the same time, and so on. But since, in order to concentrate our attention, we must rely upon will-power, the question of whether or not we can do more than one thing at a time depends upon the strength and the nature of the will-power we possess.

It is believed by many people that we can do only one thing at a time because we can direct only one attention at a time.

But I have proved that this is a mistaken idea. In examining carefully the working of the will in its relation to the concentration of attention, I have discovered that in an ordinary action of the mind, such as reading a newspaper, we use only about one-fifth of the power of attention we possess, leaving the remaining four-fifths diffused.

And it is this diffused part of the attention which makes us conscious of things around us, although we are not intentionally directing our thoughts upon them. So the stronger the diffused part of attention the greater is the possibility of distraction.

We must learn to concentrate as much of our attention as possible in order to make the diffused part less. The stronger the concentration the weaker the power of distraction.

Now, doing two things at the same time means to concentrate two-fifths of the attention upon two different subjects simultaneously. To do this it would naturally require twice as much mental effort and therefore twice as much will-power.

Since the will-power increases in proportion to the degree of its application one will find some difficulty in the beginning, but as one applies one's will-power it will grow stronger and eventually, if properly trained, it will be possible for one to concentrate attention upon two, three, or even four things simultaneously. By the will-power so trained and strengthened one will be able to direct and concentrate attention upon more than two things at the same time, thus enabling one to concentrate a greater part of their attention upon one subject, which will be many times stronger than if one is able to direct only one-fifth of attention at a time.

Concentration is possible without will-power. The secret of concentration is, therefore, the training, educating, and increasing of that power. To increase it, it must be used, exercised, and developed. There must be constant endeavor to improve upon one's "best."

Conrad Nagel, Lois Wilson, Jack Holt and Lila Lee are all in the cast of "His Friend and His Wife," from Cosmo Hamilton's novel.

MINARD'S  
"KING OF PAIN"  
LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains

## Best Liniment Made

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Minard's Liniment  
always gives satisfaction. For any ache or pain. It gives instant relief.

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Co., Limited  
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HUNS TOLD  
TO IMBIBE  
LESS BEER

(Special to the Daily Mail. Copyright.)

Berlin, Sept. 11—Germany must drink less beer is the dictum of eminent German scientists who investigated the results of the decreased consumption of alcohol in war time. Researches show that the mental and bodily health, and the economic efficiency of the people increased in war time as a result of the decrease in beer drinking but the use of morphine and cocaine has increased.

Women have an increased longing for drinks since the war, however, declare Government Scientists Bondefer and Partisch who are urging restricted production of alcohol drinks, shorter hours for the beer gardens, higher prices for alcoholic drinks and lower prices for non-alcoholic beverages.

Unfortunately, one never appreciates the value of economy until he gets within three jumps of the poor house.

Historical note: And when old man Price finally reached the peak he looked about and said, "Here will I abide."

ARE YOU RUN DOWN  
DO YOU LACK AMBITION?

If one is not in good health, life is not what it should be. We do not claim Vital Tablets will bring a dead person to life, but we do claim that if you take them for a time you will be a different person. You will live and enjoy life as you are not doing now. They are a wonderful tonic. You will be surprised at yourself. Get a box from your druggist. Price 50c a box or 6 for \$2.50 at all drug stores, or by mail from The Scobell Drug Co., Montreal.

Sold at A. J. Ryan's drug store, Fredericton, and A. W. Coombes' drug store in North Devon.

CANADIAN  
PACIFICChange Time  
AUGUST 29.

TRAIN No. 112 leaving Fredericton at 5.35 p. m.

TRAIN No. 111, arriving Fredericton at 5.30 p. m.

## CANCELLED.

TRAIN No. 110 will leave Fredericton at 4.55 p. m. instead of 3.45 p. m. as at present.

For other details of train changes apply to Local Agent.

N. R. DesBRISAY, Dist. Pass. Agt.

WOODSTOCK PROVINCIAL  
EXHIBITION

WOODSTOCK, N. B.

SEPT. 13-14-15-16-17. 1920

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YOU ALL KNOW IT AND YOU ALL  
KNOW IT'S GOOD!

Better Than Ever This Year  
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THE LIVELIEST MIDWAY EVER

THE BIGGEST LIVE STOCK SHOW

THE BEST FREE ATTRACTIONS!

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ST. STEPHEN, N. B. RIGHT ON THE BORDER

SEPTEMBER 14-15-16-17 — 1920

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STATIONERY COMPANY, LTD.  
SNAPSHOTS DEVELOPED AND PRINTED

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## CASTORIA

For Infants and Children  
In Use For Over 30 Years

Always bears the  
Signature of *Dr. J. C. Hutchinson*

Metro will release a new one soon called "Don't Nag Your Husband."

Dorothy Dalton will be seen in "In Men's Eyes," after "Guilty of Love."

Charles Ray's third independent release is to be "Nineteen and Phyllis." He is to have excellent support. Clara Horton, Frank Norcross, George Nichols, and Lincoln Stedman are important members of the cast. "Nineteen and Phyllis" is an original story by Frederick Stowers.