

MENS SANA IN CORPORE SANO SAYS WRITER ON MENTAL HEALTH IN THE MANCHESTER GUARDIAN

Not a very novel title, is it? In fact, to call it trite is flattery. And yet I find myself wondering if anybody has ever taken the trouble to think what it signifies. Of what a sound body implies most people have a fairly intelligent notion; as also of the means whereby it may be secured. The cold plunge, the early morning glass of Eno, the brisk walk, the sunlight and the open air, the fresh fruit, and all the rest of it. Most of us fortunately, can win reasonable approximation to physical health by regular adherence to these and a few like practices. But what about a sound mind? For, just as soundness of body consists of something more than ability to keep outside the hospital, so does soundness of mind imply something more positive than mere unexcitability.

Once we really understand the part that habits play in our life, and the way in which they are acquired or cultivated, we can but be impressed by the concentrated wisdom implicit in the ancient catch-phrase which heads this article. We see that a truly sound body—that is a soundly functioning body—is only conceivable in conjunction with a soundly functioning mind. Most people have not yet rid themselves of the fallacious view that the body and the mind are, however, unrelated, fundamentally separate and distinct. As a matter of fact, an elaborate hierarchy obtains in both realms. There is a more pronounced line of demarcation between those faculties of the mind concerned

with abstract and imaginative speculation and those to which has been deputed pointsman and signalman work, than there is between these latter faculties and the so-called physical reactions with which they are associated.

Undoubtedly, one of the most potent causes of mental ill-health and unhappiness is the worship of false ideals, with a coincident failure to keep one foot on solid earth. Our limitations are not usually very distressing when we have fully recognised them and assessed their inevitability. It is kicking against the pricks that hurts.

The possession of sound ideals may almost be regarded as the distinguishing marks of a sound mind; for it is our ideals that constitute the ruling mental aspect of our habits. Indeed, one can better diagnose a man's real aims and aspirations from observation of his habits than from his talk. Every man, is, perforce, an idealist, of some sort, just as every man is compact of habits of some sort. People talk about the danger of acquiring habits, as though all habits were bad. They may be good or bad; and the fundamental difference between a sound and an unsound mind is that one works along the lines of good habits—inherent and acquired—whilst the other functions along the lines of bad ones. It is just the same with sound and unsound bodies.

It is surprising how automatic and almost unconscious habitual acts may become. Our routine doings ought not to give us any trouble, or disturb

our thoughts, or entail any effort of will. Waking at the appointed time, getting out of bed, the tooth brush and mouth procedure, drinking our "First-thing-every-morning" sparkling-water, the refreshing plunge and rub-down; these, and the other physical acts that go to make up the routine of sound hygienic practice, have their counterpart on the mental plane. The mind is only in small part an instrument for the concoction of novelties. Like the body, it is mainly occupied in running an established system; in co-operating in the business of living in a harmonious and agreeable—that is, a healthy—way. Most of our thinking goes on, as it were, behind our backs; and all sorts of mental processes that once called for our deliberate attention and involved much painful effort are now carried on as automatically and unconsciously as walking or even breathing.

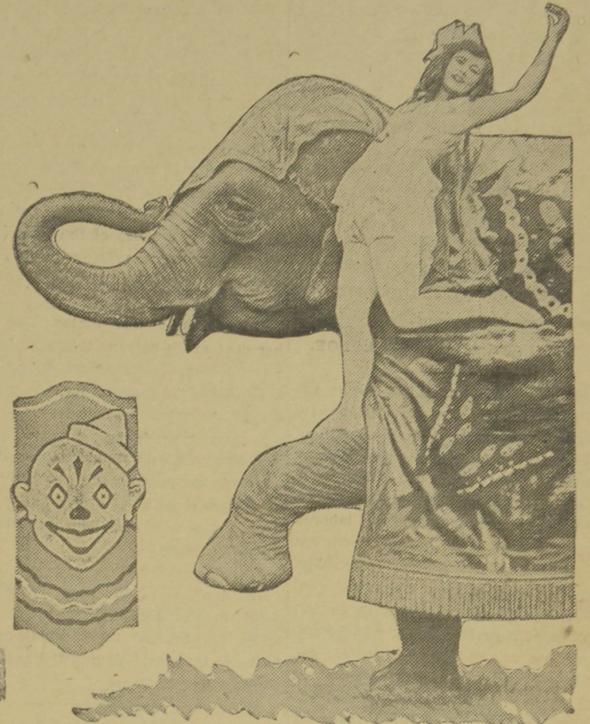
Fortunately, good mental habits can be acquired and inculcated just as can good physical ones; and, though we cannot make mountains out of molehills, giants out of pigmies, or Shakespeares out of Simple Simons, we can train such mental powers as we have to function with a minimum of friction, and consequently with a maximum of efficiency and happiness.

A SNAPPY RETORT

Our chemistry teacher appeared one night
Wah his hand bound up in a bandage white;
It looked as if he'd been in a fight
And a tale of woe foreboded;
"Oh, no!" in response to a look said he,
"I was making experiments you see
And in testing a worn out theory,
Why, the theory exploded!"

C. N. R. BOATS ON WEST INDIES RUN RECEIVE PRAISE

St. John, N. B., July 25—With a full cabin list and general cargo ex the British West Indies and Bermuda, the S. S. Canadian Skirmisher of the Canadian National Steamships, Captain R. N. Coffin, arrived at the port of Saint John this morning. Among the passengers was Mr. H. M. Bynoe, general merchant of Barbados B.W.I., who was enthusiastic with regard to the new boats which the Canadian National Steamships will place in this service, particulars of which have appeared in the press and the prospects for increased trade between Canada and the West Indies. Mr. Bynoe stated that trade conditions in the Barbados are good; the production of sugar and molasses for this season being in the vicinity of 60,000 tons of sugar and 68,000 barrels of molasses. The crude oil industry in Trinidad is increasing very rapidly, declared Mr. G. Cook, special representative for the West Indies who was also a passenger. A large trade being carried on in connection with fueling of ships. Mr. Cook also reported trade conditions good in the West Indies and the prospects in that regard very bright. Passengers for the Maritime Provinces included for Nova Scotia, Mr. and Mrs. R. F. Leavitt, Master K. and Miss J. Leavitt; Mrs. C. and Master H. H. T. Gilbert, all for Annapolis Royal. Miss C. Young Kentville, Miss E. Gilbert Clementsport, Mr. W. Shea, Mrs. K. C. and Mrs. E. and J. Arnell, Mrs. T. Ryan and Miss E. Ryan, Mr. T. J. Redhead, all for Halifax. Mrs. R. C. Hollis Hallett, Miss J. E. Hollis Hallett, Masters C. W. and A. C. Hol-



DAINTY IONE CARL—"BEAUTY AND BEAST" HANDLING ONE OF HER PLAYMATES FROM SPARKS CIRCUS ELEPHANT HERD COMING TO FREDERICTON TUESDAY JULY 31.

lis Hallett, Truro. For New Brunswick, Rev. V. Walls and Mrs. Walls, Master V. Walls, Blackville; Mrs. D. Stephens, the Misses E. J. and M. P. Stephens and Master D. C. Stephens. Miss I. F. Desilva Coldbrook, Mr. H. T. Gilbert-Thorpe and Mrs. Gilbert-Thorpe, Mr. A. G. Young, St. John. Miss J. M. Stone, Rothesay; Mr. C. C. Taten and Mrs. Taten, the Misses G. J. and M. C. Taten, Whitney, N. B.; Miss M. E. Jennings, Moncton; Mrs. E. H. Murphie, W. H. Murphie, York Point, P. E. I. Cargo consisted of 1,000 tons raw sugar, molasses, coconuts, fruit, hides, etc.
Teacher—Who can tell me what human nature is?
Bright Boy—I can. It's people before they rise in society.
The sandwich that has been named after Marilyn Miller must be some kind of cheese.

THEATRE TICKETS
Free

Full Particulars on Fifth Page
MISSING LETTER CONTEST
READ EVERY AD—FIND THE MISSING LETTERS—READ EVERY AD

THEATRE TICKETS
Free

VISITING MOTORISTS

When in Fredericton be sure and patronize the "AULA" SERVICE STATION on Government Lane. OVERNIGHT CAMPS with Splendid Sleeping Accommodations for two or four persons. FIRST CLASS RESTURANT in connection. Patronize us and you will get REAL SERVICE.

WATCH FOR THE TWO FLAGS FLYING TOGETHER

E. O. MacDONALD

PROPRIETOR

POTS and PANS are used

in the canning season faster than a housewife can clean them. This is extra work, for all the cooking utensils used in preparation of the day's three meals must be washed too. A modern itchen sink with hot and cold running water connections makes the canning season easier for the house-wife. Set 36in. high, it prevents back strain. More than half the work in the kitchen can be done at this sanitary "work-bench". They're easy to clean and keep clean. Call at our store for more particulars.

D. J. SHEA

MERCHANT PLUMBER

REMOVAL NOTICE

I have reoved to 79
Regent Street

A. W. BLACKMER

Phone 1138-21.

Bathing Suits

for Men, Women, Boys and Girls

Get Ready for the first Swim of the Season—Ready for the first Dip?
Ready 1—2—3—Go!—but wait, you must first go to EDGECOMBE'S for a Bathing Suit you know they carry the biggest and best line in the city.

F. B. EDGECOMBE, CO., LTD.

Pace is set by us—a swift one—let others follow.

LOBSTERS

We have shipments arriving almost daily. Served in any style, also sold by the pound.

IMPERIAL Restaurant

G. Fred Crowley, Prop.
73 Carleton St.

LADIES ATTENTION

MARCELLING and all branches of beauty culture work at reasonable prices. Get the ave that stays at

MRS. CAMPBELL'S

BEAUTY PARLOR
429 KING ST. PHONE 1108-11

AGENT FOR

C. C. M. COLUMBUS

BICYCLES.
Bicycles Repaired Bicycle Accessories Second Hand Wheels for Sale Electrical Work

L. N. MACHUM

Union Street Phone 77-11 North Devon

PLEASE NOTICE

My new Shop address
265 Westmorland Street

Shop Phone, 1156-21
Residence 1156-11

J. CRAWSHAW

Cabinet Maker
Upholstering, Polishing

A NEW SONG

You know the old song: "The old oaken bucket, the moss covered bucket, that hung in the well". That's the old song—a song you've often sung with fond recollections. But that song is out-of-date. It belongs to the dim days of candles and oil lamps. Here is a new song—a song that has taken the place of the old song: "Just a little drink, at the kitchen sink, that's the drink for me."
That's the new song. For the Kitchen Sink has taken the place of the old oaken bucket. Let us show you the latest and best in Kitchen Sinks, Baths, Lavatories, etc.

EDWARD HURLEY

PLUMBING AND HEATING
541 King Street.
Phones—Shop, 111; Residence, 63-21

MARCELLING AND BEAUTY CULTURE

RAE SPRINGFORD
Open Evenings by Appointment
29 Allen St. Phone 377-11
(2nd Door From Brunswick)

DR. GEO. K. BELL

CHIROPRACTOR
456 George Street Phone 415
Hours—10-12; 2-4; 7-8; and by Appointment

"START GETTING WELL TODAY"

WOODWORK OF ALL KINDS

J. C. RISTEEN, CO., LIMITED.

YOUR PERSONAL APPEARANCE

counts for much when you are meeting friends or strangers. The cost is very little for a Marcel or Rose Petal Pack for Facials.

Phone 735 Day or Evening.

MRS. YOUNG

135 CHARLOTTE ST.

MEMORIALS

of Superior quality in native and foreign Granite. All grades of Vermont Marble, Italian Art Statuary. See our new designs before placing your order. A post-card brings our service to your door.

P. N. FOX

305 KING STREET

AUTOMOLE GENERATORS AND STARTERS REPAIRED

HARRY C. MOORE, B. Sc., E. E.
347 King Street Fredericton, N. B.

THE VALLEY MOTOR COMPANY, LTD.

ROY A. MORRISON, President K. C. WHITE, Manager

NASH MOTOR CARS

We Service all Makes

FREDERICTON, N. B. TELEPHONE 244

DRY CLEANING

We hve the latest improved equipment for this work including a GLOVER CONTINUOUS FLOW SYSTEM which removes all grease and dirt from your garments and cleans linings, pockets etc., perfectly, and leaves the fabric in the same condition as when new. Our new odorizer removes the last trace of odor and the garments are returned to you immaculate. A trial will convince the most skeptical that we can deliver the goods.

BUZZELL'S DYE WORKS

Phone 98-11 F. H. RICHARDS, Prop., 276 Queen Street

BLUE RIBBON BEVERAGES

Delightful and Refreshing
G. D. GIBBS, Agent
306 Queen Street Phone 670-41
Free Delivery

SMITH'S SERVICE STATION

Motors are like the human body—they get sick, and in a run-down condition. See a doctor! That's us. Keeping motos healthy, full of pep, and ready to go is our SPECIALTY. Vulcanizing and tire repairs. The BEST in gas, oil and greases. Try us once and you'll be a steady customer.

D. F. & N. J. SMITH

Westmorland St., (Near George) Phone 1110-11

THE RELIABLE VULCANIZING SHOP

Auto Tires and Tubes Vulcanized—Cuts, Stone Bruises, Etc., weaken your tires. Punctures leave openings. Sudden stops wear the rubber surface away the Vulcanizing Process heals the cuts and bruises, seals the openings and welds new rubber to protect the fabric. Auto Tires and Accessories.

A. E. SINNOTT, Prop.

84 Westmorland Street Phone 577-11

LET US AID YOU WITH YOUR BUILDING ESTIMATES

Whatever you plan, whether it be a large commercial building or a small home, we can assist you with your plans and estimates. Too, we will gladly send you any information you require regarding the use of brick and our estimating department is at your disposal.

M. RYAN & SON, LTD.

BRICK MANUFACTURERS
Fredericton New Brunswick

CHRYSLER CARS

have in three years and a haf won to 3rd Pace in the Automobile Industry of the world.

WHY?

We can tell you, but we would much prefer you to arrange a demonstration. Then you would find out for yourself, and would become another CHRYSLER BOOSTER.

PHILLIPS & PRINGLE, LIMITED.

FREDERICTON WOODSTOCK, N. B.