KEEP FROM BEING AFRAID

DON'T TREMBLE AND YOU WILL HAVE NO FEAR.

Theories Advanced and Explained by Prof. Lange, of Denmark.

The timid girl does not tremble and get pale because she is afraid, but she is afraid because she trembles and gets pale.

The boy out of school does not hop, skip, and jump and whistle because he is happy, but he is happy because he hops, skips, jumps, and whistles.

These theories are advanced by psychologists who have completed an analysis of the emotions, and they have been explained at length by Prof. Lange of Denmark.

The theory hitherto held that physical expression of emotions follows the emotion is reversed by these students. Still further surprises are contained in the statements of Prof. Lange.

The emotional man is the normal man, he affirms. To suppress the emotions is to make an invalid of the individual. His psychic life is impoverished.

Yet if it be desired to suppress an emotion — such as sadness or anger —the method is a physical one. Stop the outward manifestations of the emotion to be shunned and cultivate the manifestation of the emotion diametrically opposite.

HOW TO RULE YOUR FEELINGS.

If you are sad force your features to assume the lines of joy. If you are angry force the lines of your mouth to a smile. The emotions will follow the manifestation.

Prof. Lange holds that the individual should know how to rule his feelings and should not be deprived of them. The modern psychologists, as exemplified by the Danish professor, are not stoics. They do not agree with the Horatian ideal of the man whom nothing amused and nothing grieved.

Sadness, joy, pride, timidity, anger and pity are not symptoms of disease. Older philosophers held that they were. The moderns assert that to be without them is to be diseased.

"It is impoverishing our psychic life," says Prof. Lange, "to make an invalid of the man who admires greatness, who enjoys beauty, who is troubled by suffering, and to consider only the impassive calculator for whom every impression is only the point of departure for a train of reasoning.

"What a strange conception of the relative importance of the mental forces—to make an accident of a phenomenon which in the lives of most men plays a much more decisive role than reason and which much more than the intellect rules the destiny of individuals, of nations, of humanity.

CURE DISEASES OF THE SOUL.

"Who would wish to cure the disease of the soul if the cure would prive man of those emotions which make him sympathize with others, share the joys and sorrows of his fellows, admire or hate them? No one, surely.

"A man capable only of thinking, of knowing, of judging, who cannot experience joy, sadness, or fear, certainly would be abnormal."

To experience an emotion, to feel glad, or sorrowful, or angry, is to be conscious of modifications produced in the organism, Prof. Lange explains. A mother weeps for her son who is dead. Here are the three stages in the production of the phenomenon of her weeping, as usually understood:

Perception or an idea of her loss.

An emotion over the loss.

The expression of the emotion in her face and throughout the body.

Lange says that this sequence is false. He reverses the process and makes it thus: The mother has learned of the death of her son; she is shocked; she is sad. Sadness, then, is simply the more or less clear consciousness in the brain of psychological changes which have taken place in the body.

BECAUSE HE TREMBLES.

Taking another instance, Lange puts the matter thus: Suppose at an unexpected moment a mad dog should rush out on a man. According to temperament the man becomes pale, runs, trembles, tries to defend himself; his heart beats violently, he feels shocked.

The popular psychological theory is that the man trembles because he is afraid. Dr. Lange says he is afraid because he trembles. To make another illustration Lange calls attention to the fright which a sudden violent noise will produce. Many people dislike to hear a cannon fired, not because they think there is the least danger in it, but because the sound makes them start or tremble. This is called fear, and yet it is in no way connected with the idea of danger. The symptoms of fear occur immediately after the sound without any trace of moral fear. This and other cases similar present emotional states of a purely physical nature.

It is declared that there is no emotion without a corresponding physical change, however slight it may be. An idea, says Lange, induces a bodily change, which may be trembling or some other manifestation. This change is perceived by the emotions and becomes the emotion which will follow, not the idea, but the bodily change.

TO CONTROL THE EMOTIONS.

It is not less certain that the physical manifestations of emotions are intimately connected with them. The best way of controlling them is to control the physical expression of them.

Every one knows that fright aggravates a panic and that despair or anger are augmented by yielding to the symptoms of these passions. Every flow of tears renders sorrow more intense and induces a still more violent flood, until at last repose comes with lassitude and apparent exhaustion of the machine.

In rage every one knows how a man rises to paroxysm by repeated explosions of expressions.

Refuse to express a passion, it is said, and it dies. Count ten before giving free reign to your wrath and the occasion which gave birth to it will appear ridiculous.

Remain seated all day in a languishing posture, sigh, and reply to every one with a saddened voice and melancholy will persist. In education there is no precept of greater value than this:

If you wish to make yourself the master of undesirable emotions and tendencies labor assiduously to stop the exterior manifestations of them and cultivate the manifestations of the opposite emotions.

Lady (engaging servant)—"Is there anything else you would like to ask me, Jane ?" Jane—"Yes'm. Is yer face really that color, or does yer powder it, mum ? And if yer does, where d'yer git it, 'cos I should like to 'ave some ?"

Hostess—"Yes, our dining room carpet is ruined." Visitor—"Moths?" "One moth did it all." "Nonsense!" "It's a fact. My husband saw this moth flying about, and in trying to catch it he upset a bottle of ink and a lighted lamp on the carpet."

Minard's Liniment Cures Garget in Cows.

"Didn't the minister feel it when so many in the congregation fell asleep during the sermon ?" "Oh, no ; it encouraged him to keep on." "How so ?" "Why, he was egotistical enough to think they were nodding approval at what he said."

How?

By soothing and subduing the pain, that's the way

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Cures

Neuralgia

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THAT WEARY SPRING FEELING.

IS QUICKLY DISPOSED OF BY DODD'S KIDNEY PILLS.

They Tone Up the Kidneys, Ensuring Pure Blood, Good Circulation, and as a Consequence, Vigor and Energy.

Nearly everyone needs toning up in the spring. Some are altogether ill, others just feel fagged and worn out. They have little inclination to work and loss to eat. They are simply useless.

Did you ever stop to think that there is a reason for all this, and that if the complaint is attacked intelligently it will yield readily, the lazy feeling will depart and in its place will come vigor and energy and appetite.

It is the Kidneys that are not doing their work. They need to be toned up with Dodd's Kidney Pills. Why? Because they are being overworked and need help.

In the winter the body fortifies itself against cold. With the coming of spring it throws off this fortification which consists of extra tissue, and additional waste matter is given to the blood to carry away. If the Kidneys are in condition to do extra work this waste material is quickly expelled from the body in the usual way.

But if the Kidneys are tired or worn out the waste remains in the blood and the circulation is clogged. The remedy is simple. Dodd's Kidney Pills put the Kidneys in good working order. The Kidneys in good working order ensure pure blood and good circulation — ensure brightness and vigor and energy. Thousands of people will tell you so, can tell you so out of their own experience.

SALADA

Ceylon Tea is the finest Tea the world produces, and is sold only in lead packets.

Black, Mixed and Green.

Japan tea drinkers try "Salada" Green tea.

t-f

Mrs. Flatte—"Norah, will you try to have the steak a little more underdone after this ?" The Cook (bristling up)—"Is it findin' fault wid me cookin' yez are ?" Mrs. Flatte—"Oh, no, no ! John and I merely thought you might object to remaining over the fire so long."

For Over Sixty Years.

An Old and Well-Tried Remedy. — Mrs Winslow's Soothing Syrup has been used for over sixty years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhœa. Is pleasant to the taste. Sold by druggists in every part of the world. Twenty-five cents a bottle. Its value is incalculable. Be sure and ask for Mrs. Winslow's Soothing Syrup and take no other kind. 1-19

SHORT-LIVED HAPPINESS.

Old Peterby was rich and stingy. In the event of his death his nephew was to inherit his property. A friend of the family said to the old gentleman :

"I hear your nephew is going to marry. On that occasion you ought to do something to make him happy."

"I will," said Mr. Peterby. "I'll pretend that I am dangerously ill."

"Charlie, dear, what is a monopoly ?" she asked, looking up tenderly, as she rested submissively in his arms, with her dainty head nestled against his coat collar. "Well," replied Charlie, manfully struggling to bring his mind to cope with abstruse subjects, and failing altogether to get beyond concrete facts, "I sincerely hope that this is."

Much impure blood is caused by a disordered stomach. The best regulator of the latter is Dr. August Koenig's Hamburg Drops, which purify the blood at the same time.

I was Cured of a bad case of Grip by MINARD'S LINIMENT.
Sydney, C. B. C. I. LAGUE.

I was Cured of loss of voice by MINARD'S LINIMENT.
Yarmouth. CHAS. PLUMMER.

I was Cured of Sciatica Rheumatism by MINARD'S LINIMENT.
Burin, Nfld. LEWIS S. BUTLER.

8—59

Krupp's works at Essen are remarkable for their model buildings for workmen. Herr Krupp owned 5,469 of these, each with a small garden.

Treherne, Jan. 6, 1902.

Massey-Harris Co., Limited,
Winnipeg, Man.

Gentlemen.—It gives me very much pleasure to inform you that the No. 4 Binder which I purchased from your Agent here last summer has given the very best of satisfaction, doing its work to perfection and drawing light — very much lighter than I expected. My crop was very heavy, and some of it very badly down, but your binder did its work splendid. I had no trouble whatever. I hope you will sell lots of binders for 1903 and save my brother farmers lots of trouble. I wish you every success.

R. M. FERRIS.

LOVE-MAKING IN MEXICO.

In Northwest Mexico the courting is all done by the lady. The young people meet at the feasts, and there the damsel who has fixed upon a member of the opposite sex whom she wishes to become her husband tries to attract his attention by dancing before him, persistently keeping her back turned towards him. Eventually she may sit down near him and pull his blanket and sing to him in a gentle, low voice. When she desires to bring matters to a focus she begins to throw pebbles at the chosen one. If he throws them back at her they are betrothed.

OUT OF PLACE.

Among the guests at a certain reception not long ago was a distinguished man of letters.

He was grave and somewhat taciturn, and seemed to resent all attempts to engage him in conversation.

One of the ladies present, annoyed at the failure of her attempt, suggested to the hostess that he seemed to be out of place at such a party.

"Yes," replied the hostess, with a bright smile ; "you see, he can't talk anything but sense !"

In California an immense cistern has been erected to contain wine. It has a capacity of 500,000 gallons, is 104 feet long, 21 feet deep, and 34 feet wide. It is lined with concrete two feet thick, and is coated inside with a glaze as impermeable as glass.

Minard's Liniment Cures Colds, etc.

ONLY MURDERED WAGNER.

"Excuse me," said the detective, as he presented himself at the door of the music academy, "but I hope you'll give me what information you have and not make any fuss."

"What do you mean ?" was the indignant inquiry.

"Why, that little affair, you know."

"I don't understand."

"Why, you see, we got a tip from the house next door that somebody was murdering Wagner, and the chief sent me down to work up the case."

"My dear Miss Kempton," remarked Mr. Cliftonville, meeting the young lady by chance, "your new hat is simply divine. I crossed the street especially to get a better view. However, I shouldn't like to sit behind it at the theatre." "But then you needn't," retorted Miss Illempton, with an arch smile, "for you are welcome to sit beside it." What could the poor boy do ?

The Adorer—"It's wonderful, old man, what love will enable a fellow to see in a girl that he never saw before." The Onlooker—"No doubt; but it's equally wonderful what it won't let him see that he'll see later."

Deafness Cannot Be Cured

by local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Hall's Family Pills are the best.

Tigers did as much danage as usual in India last year, killing 943 persons. Over 17,200 wild beasts were destroyed, for which bounties were paid of 104,000 rupees.

Oil City, Feb. 5, 1903.

Massey-Harris Co., Limited,
Toronto, Ont.

Gentlemen.—Please send me one of your 1903 catalogues of farm machinery. I have used no machinery that gives as much satisfaction as Massey-Harris.

Cats hate water because their fur has nothing oily about it, and consequently takes a long time to dry.

Wash greasy dishes, pots or pans with Lever's Dry Soap a powder. It will remove the grease with the greatest ease.

Miss Withers—"I believe Arthur is afraid to propose to me." Belle—"Of course he is, and there are thousands of others just like him."

Minard's Liniment Cures Distemper.

She—"Have you never been tempted to give up literature ?" Author—"No such luck. I've always been compelled to stick to it."

Minard's Liniment Cures Diphtheria.

When addressing a tenperance gathering a week ago the speaker unwittingly said that "I missed many of the old faces I used to shake hands with." As the audience roared and laughed he wished he'd been a hundred miles a away.

This Woman Is Unhappy

SHE SNORES

her breath is bad, because of Catarrh
It is a mercy to tell her that
DR. AGNEW'S CATARRHAL POWDER
will surely Cure her.

Some remedies are quack—Agnew's cure is quick.

Her life is in danger from Pulmonary disease, which so inevitably follows Chronic Catarrh.

This cure complete only costs 50 cts. a bottle. Relief instantly and the patient stays cured.

It not only soothes ; it heals. Colds and Acute Catarrh relieved, and headache cured in ten minutes.

George Lewis, of Hollenback & Baker, Shamokin, Pa., writes: "I have used a great many Catarrh remedies and have never had any relief until I used one box of Dr. Agnew's Catarrhal Powder, which cured me after I had been troubled with Catarrh for fifty years. I am 80 years old.

DR. AGNEW'S HEART CURE

keeps the heart going, which keeps the nerves toned, which set stomach and liver and the whole system in order; and that's the right way and the only way to do it. 15

t-f

17—03

More than half the battle in cleaning greasy dishes is in the soap you use. If it's Sunlight Soap it's the best. 63

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