

## MILBURN'S BEEF, IRON AND WINE



### THE PUREST AND BEST.

It is well known to the medical profession that as a blood building tonic, there is no one element in medicine of more value than Iron, the effect of which is to strengthen and restore the red corpuscles or nutritive principle of the vital fluid, and is peculiarly adapted to those pale, bloodless conditions that we so often see in the feeble and debilitated, and especially in females suffering from nervous depression, loss of blood, pallor, weakness, fainting and the many ailments peculiar to their sex.

### FOR CONVALESCENTS,

or during the recovery from exhausting fevers, where the strength lags and the appetite lies dormant, the gentle stimulant of

### PURE SHERRY WINE

and the nourishing properties of

### CONCENTRATED SOLUBLE BEEF

when flavored to a palatable form, makes a most valuable and agreeable source of nourishment that even the dyspeptic with inability to digest food may take with pleasure and benefit. Wine that could not be borne in any other form, will be most beneficial as a gentle stimulant in this manner; and Iron that would not be tolerated by the delicate and sensitive, will in this palatable form be quite acceptable to the most critical taste.

### Combining Nutrient Tonic with Mild Stimulants and Aromatic Stomachics.

The very essentials required in a wide range of debilitated conditions of both sexes and all ages, either in acute or chronic forms of disease.

**T. MILBURN & CO., Proprietors,  
TORONTO, ONT.**

### Facts about London.

London (with all the suburbs) covers within the 15 miles radius of Charing Cross, nearly 700 square miles.

It numbers within these boundaries over 4,000,000 inhabitants.

It contains more country-born persons than the counties of Devon and Gloucester combined, or 37 per cent. of its entire population.

Every four minutes a birth takes place in the metropolis, and every six minutes a death. Within the circle named there are added to the population 205 persons every day, and 75,000 annually.

London has 7,000 miles of streets, and on an average, 28 miles of new streets are opened, and 9,000 new houses built every year.

1,000 vessels and 9,000 sailors are in port every day.

Its crime is also in proportion to its extent. 73,000 persons are annually taken into custody by the police, and more than one-third of all the crime in the country is committed within its borders. 38,000 persons are annually committed for drunkenness by its magistrates.

The Metropolis comprises considerably upwards of 100,000 foreigners from every quarter of the globe.

It contains more Roman Catholics than Rome itself, more Jews than the whole of Palestine, more Irish than Belfast, more Scotch than Aberdeen, and more Welsh than Cardiff.

Its beer shops and gin palaces are so numerous, that their frontages, if placed side by side, would stretch from Charing Cross to Chichester, a distance of 62 miles.

With regard to churches and chapels, the Bishop of London, examined before a Committee of the House of Lords in the year 1840, said:—"If you proceed a mile or two eastward of St. Paul's you will find yourself in the midst of a population the most wretched and destitute of mankind, consisting of artificers, laborers, beggars, and thieves, to the amount of 300,000 to 400,000 souls. Throughout this entire quarter there is not more than one church for every 10,000 inhabitants, and in two districts there is but one church for 45,900 souls."

### Advice to Boys.

Whatever you are, be brave, boys!

The liar's a coward and slave, boys!

Though clever at ruses,

And sharp at excuses,

He's a sneaking and pitiful knave, boys!

Whatever you are be frank, boys!

'Tis better than money and rank, boys!

Still cleave to the right,

Be lovers of light,

Be open, above-board, and frank, boys.

Whatever you are, be kind, boys!

Be gentle in manners and mind, boys!

The man gentle in mien,

Words, and temper, I ween,

Is the gentleman truly refined, boys.

But, whatever you are, be true, boys!

Be visible through and through, boys!

Leave to others the shamming,

The "greening" and "cramming,"

In fun and in earnest, be true, boys!

Henry Downton.