

teachers, speakers and singers. If one closely observes the breathing of healthy, unrestricted children one can quickly determine what is normal breathing. The principal action of a child's breathing is in the lower part of the torso, the abdominal muscles rising and falling with every breath. This is the normal breath of men and animals. There are certain abnormal conditions under which there is no action in the abdominal muscles.

There are various exercises to teach the right habit of breathing. If respiratory exercises begin with exhalation, instead of inhalation, good results will quickly follow. Breathing exercises are also of great value in quieting the nervous system, particularly when the breathing is slower and fuller than is normal. Here is the first exercise.

Lying prone upon the back, place one hand upon the chest, the other upon the abdomen, forward of the hip joints; slowly and audibly exhale the breath; then close the lips and let the air flow into the lungs through the nostrils. Keep the chest quiet during the exercise, and when complete control of the chest is gained take this exercise in a sitting, then standing, position.—*New York Herald.*

ROSSETTI'S MODEL.

A certain critic, evidently not numbered among the faithful, has been to the Burne-Jones exhibition at the New Gallery, and is sorely troubled to account for the likeness between Burne-Jones's women and those of Rossetti. The explanation is very simple. In their early days they both painted from the same model. The long oval faces, with the sweeping curve of the cheek, the full-bowed mouth, the large, languorous eyes, and the thick Tuscan hair, which crop up eternally in the canvas of both artists, were painted from Elizabeth Eleanor Siddall, afterwards Mrs. Rossetti, who was referred to in "Pictures and Painters" recently. She was the daughter of a Sheffield tradesman, and came to London as a milliner's assistant. She was discovered by another Pre-Raphaelite brother, Walter Deverell, from whom Rossetti stole her. Under his tuition she became a clever artist herself, and Rossetti wrote of her that "her fecundity of invention and facility are quite wonderful; much greater than mine." Her portrait appears in nearly every picture of his, but I am told by one who saw her before her marriage that "Fazio's Mistress," which was at the Guildhall in the spring, is the truest to nature, though Rossetti preferred the "Rosa Triplex," in which she is shown once full-face and twice in profile. "Beata Beatrix," with its sad inscription, *Quomodo sedet sola civitas!* in the National Gallery, was painted after her death.—*Picaro.*

WHY SHOULD YOU INSURE YOUR LIFE?

Because in case of your early death, life insurance makes absolute provision for those dependent upon you, enables you to leave an estate that can at once be realized upon, and that cannot be taken from them; secures to your family freedom from privation and those distressing experiences which come to the destitute; provides the means to keep your family together, to educate your children, and prepare them for the responsibilities of life; and to save your property or business perhaps from being sacrificed to meet the demands that come in the process of forced liquidation of an estate by strangers.

Life Assurance gives to a man a consciousness of safety in regard to the interests of his family, which eliminates a large part of the wearying worry and carking care of life, and thus fits him for the free, energetic and successful prosecution of business.

It promotes thrift, cultivates habits of economy, and in the form of an investment policy enables a man, during the producing period of life, to provide a goodly competence for old age.

During your life you surround your family with reasonable comforts and even luxuries.

Are you willing, in the event of your untimely death, that your wife and children should experience a double bereavement in the loss, not only of a husband and father, but

also of suitable means of protecting them from the privation, distress and humiliating economies necessitated by poverty?

After perusing the above you should act at once, by communicating with the agents of some responsible life insurance company, and endeavour, if it lies in your power, to place some insurance on your life. A life company that has a record for the prompt payment of death claims and for liberal treatment to its members is the one in which you should insure your life. The North American Life Assurance Company of this city, has justly earned for itself a splendid reputation for the promptness with which it has paid its losses, and for the unexcelled success that has attended its financial operations. To-day the Company has assets of \$1,703,453.39, and a net surplus for its policy-holders of \$297,062.26.

THE SCIENCE OF MEDICINE.

WONDERFUL ADVANCES MADE IN THE LAST FEW YEARS.

Mr. John McGovern of Toronto Relates an Experience of Deep Interest—Utterly Helpless and Suffered Greatly Before Relief Came.

From the Toronto Globe.

Very little is heard by the general public of the great discoveries in medicine, and the countless scores of lives that are saved by the advancing knowledge of medical science. People who a few years ago were left to drag out a miserable existence as hopeless invalids, or helpless cripples, are now, thanks to the advances medicine has made, restored to the fullness of health and strength. Mr. John McGovern, who resides at No. 2 Alpha avenue, in this city, has good cause to appreciate the truth of the above statements. Mr. McGovern was formerly an agent for agricultural implements, and is well known in different parts of Ontario. A Globe reporter who had heard that he had been restored to health, after an illness which threatened to leave him a hopeless cripple, called upon him at his residence recently, and was given the following interesting account of his case:—

"My trouble first began," said Mr. McGovern, "two years ago when I was living in the Village of Bolton, in the County of Peel. The trouble was all in my elbows and knees, and the doctors thought it was rheumatism. I couldn't walk a block without wanting to sit down, and even to walk down stairs was hard work. It afflicted me terribly. I was all right in other ways but for this terrible weakness. For a year and a half I suffered from this, but by sheer force of will held out against it, and managed to get about; but six months ago I broke down completely, and had to give up my business. I then removed to Toronto, and for three months after this I was in terrible shape. I was almost always confined to my bed, being able to come down stairs for a little while, perhaps once a day. I suffered all the time from a terrible soreness in the joints, and at this juncture my appetite began to fail, and I was only able to eat the lightest food, and not much of that. I could find nothing to help me or give me relief. All this time I was unable to do anything, and had I not fortunately had a little money laid by which enabled me to go on, I would have been dependent upon my family for support. Well, while I was in this terrible shape, my eldest son prevailed upon me to try Dr. Williams' Pink Pills, and early in last July I began to use them, and I took them steadily during that month and the two following months. Before the first box

was finished I began to get relief, and from that out I steadily improved until I was able to discontinue the use of the Pink Pills, feeling that I was fully restored to health. I am satisfied in my own mind that had it not been for Dr. Williams' Pink Pills I would have still been helpless and suffering, and I have much reason to be thankful that my son persuaded me to use them. Thanks to Pink Pills I am now a new man and intend soon to resume my work."

Dr. Williams' Pink Pills are a perfect blood builder and nerve restorer, curing such diseases as rheumatism, neuralgia, partial paralysis, locomotor ataxia, St. Vitus' dance, nervous headache, nervous prostration and the tired feeling therefrom, the after effects of la grippe, diseases depending upon humors in the blood, such as scrofula, chronic erysipelas, etc. Pink Pills give a healthy glow to pale and sallow complexions, and are a specific for the troubles peculiar to the female system, and in the case of men they effect a radical cure in all cases arising from mental worry, overwork, or excesses of any nature.

Bear in mind Dr. Williams' Pink Pills are never sold in bulk, or by the dozen or hundred, and any dealer who offers substitutes in this form is trying to defraud you and should be avoided. Ask your dealer for Dr. Williams' Pink Pills for Pale People and refuse all imitations and substitutes.

Dr. Williams' Pink Pills may be had from all druggists, or direct by mail from the Dr. Williams Medicine Company, Brockville, Ont., or Schenectady, N.Y., at 50 cents a box, or 6 boxes for \$2.50. The price at which these pills are sold makes a course of treatment comparatively inexpensive as compared with other remedies or medical treatment.

THE MUTUAL LIFE INSURANCE

COMPANY OF NEW YORK

RICHARD A. MCCURDY, PRESIDENT

For the year ending December 31, 1893

Income

Received for Premiums	\$33,594,337 98
From all other sources	8,358,807 70
	<u>\$41,953,145 68</u>

Disbursements

To Policy-holders	\$20,885,472 40
For all other accounts	9,484,567 47
	<u>\$30,370,039 87</u>

Assets

United States Bonds and other Securities	\$72,936,322 41
First Lien Loans on Bond and Mortgage	70,729,938 93
Loans on Stocks and Bonds	7,497,200 00
Real Estate	18,089,918 69
Cash in Banks and Trust Companies	10,844,691 72
Accrued Interest, Deferred Premiums, &c.	6,609,608 39
	<u>\$186,707,680 14</u>
Reserve for Policies and other Liabilities	168,755,071 23
Surplus	<u>\$17,952,608 91</u>

Insurance and Annuities assumed and renewed \$708,692,552 40

NOTE—Insurance merely written is discarded from this Statement as wholly misleading, and only insurance actually issued and paid for in cash is included.

I have carefully examined the foregoing Statement and find the same to be correct.
CHARLES A. FRIEDER, Auditor

From the Surplus a dividend will be apportioned as usual.

ROBERT A. GRANNISS, VICE-PRESIDENT

WALTER R. GILLETTE	General Manager
ISAAC F. LLOYD	2d Vice-President
FREDERIC CROMWELL	Treasurer
EMORY MCCLINTOCK, LL.D., F.R.S.	Actuary

HENRY K. MERRITT, MANAGER

31, 32, 33, BANK OF COMMERCE BUILDING, TORONTO.