

found my kidneys in serious trouble, I should use this remedy, because of the hopelessness of all ordinary treatment, and because when a hundred intelligent and reputable persons unite in the statement that a certain remedy has cured them of a grave malady, I choose to believe that they speak the truth.

"But as you may know, my great interest in life lies in prevention. For forty years I have labored in this field. One of the phases of my work in New England was the establishment of the Ladies' seminary at Lexington, Mass. My aim was to illustrate the possibilities in the physical training of girls during their school life. This institution became before I left it, the largest and most successful Seminary for young women owned and managed by one person, in our country. I sat down to dinner every day with a family of two hundred persons. The remarkable results of this muscle training among girls, were given in my paper published in the *North American Review* of December, 1882.

"Besides, I established the Normal Institute for Physical Training in Boston, and for ten years was its President and Manager. Dr. Walter Channing, Dr. Thomas Hoskins, Professor Leonard, and others were among its teachers, and more than four hundred persons took its diploma and went out into all parts of the land to teach the new school of gymnastics. And now the years left to me I propose to devote to the magazine which I have come here to establish. It will be the largest periodical ever devoted to this field of literature, and will present the hundred and one questions of hygiene with the simplicity of a child's talk. To this end all so-called learning will be subordinated. The magazine will be more or less illustrated, and will strive to reach a high place in the confidence and hearts of the people. In a few weeks our first number will appear, and we shall fondly hope for it a hearty welcome."

The facts above narrated are indeed most important. It is gratifying to know that the life-long experiences of a gentleman who stands without a peer in successfully demonstrating the principles of hygiene; whose heart has always been in sympathy with the afflicted, and whose brain has ever been active in planning for their relief, are to be given to the public through the pages of a magazine. And it is specially significant and proof positive of rare merit that a proprietary medicine, even with such high standing as Warner's Safe Cure is known to have, should be endorsed and recommended by a man so able, so reputable and of such national renown as Dr. Dio. Lewis.

An Innovation.

"My daughter is to be married next week," he said, as he sat down and removed his hat.

"And you will present her with a check for \$50,000, of course?" replied the broker.

"Well, no; that's what I called to see you about. I believe in innovation."

"You'll give her \$25,000 in cash, eh?"

"No, sir; I was thinking that you might take about \$500 and buy about \$75,000 worth of some sort of bonds."

"As an investment for an income?"

"No; for a show. Get \$1,000 bonds, if possible. Get some that are printed in red and blue ink, if you can. If they have big red or blue seals on, so much the better. If they begin, 'In the name of God, amen,' they will look the more important. See that the paper is good, the printing clear, the signature in a bold, heroic hand, and send in your bill to me. The time has gone by when the public can be fooled by a check."—*Wall Street News*.

No Bacon for the Saw.

"I feel so tired this mornin' I can hardly lift me arrum to me head."

"Why, you seemed to sleep soundly, Mr. O'Fagan; you ought to feel refreshed."

"Yis, colonel, I ought to be feelin' refreshed, but I ain't. It's sawin' wood that is the fatagin' occupashun."

"Sawing wood! When have you been sawing wood?"

"Whin have I, is it? Shure an' I dhramed that I was sawin' wood the whole blessed night, an' I didn't have aven a piece av bacon to grase the saw with. I feel broke up intirely."—*Texas Siftings*.

OUR YOUNG FOLKS.

To be young is to be one of the Immortals.—HAZLITT.

OUR PUZZLE PRIZE.

After a careful examination a close contest between Scout, West Point, N. Y., Lizzie Kinnisten, Parkhill and Walter Jackson, Ottawa: the prize this month was awarded to the last mentioned.

Correct answers have also been received from George H. Toronto; Bertie, Brooklyn; Fred Thompson, Montreal; R. F. Scott, Sarnia and Willie Rice, Toronto.

A handsomely bound story-book will again be given this month to the boy or girl sending in the best and neatest set of answers to the puzzles in this number before August 5th.

JULY PUZZLES.

1

CHARADE.

Whole I am a toy.
My first is a hard substance in the earth.
My second is a ruler.
My third is a useful animal.

2.

SQUARE WORD.

A wild beast's home.
A measure of land.
A mineral.
To part by force.

3.

POETICAL PL.

A morsepir yb'a vrier's mrib,
A lolyew sropemir saw ot imh,
Dan ti saw giunthon rome.

4.

CONUNDRUM.

Make one word of New Door.

5.

NUMERICAL ENIGMA.

My whole of 5 letters means reputation.

My 1, 2, 3, means queer.

My 4, 5, is a dotted representation on an escutcheon.

—Scout.

ANSWERS TO JUNE PUZZLES.

1. Square Word:—F A M E
A D A M
M A L E
E M E U

2. Diamond Puzzle:—H
R A Y
G A M U T
H A M M O C K
G R O V E
I C E
K

3. Hidden Towns:—Dublin, Lima, Hartford, Quito.

4. Charade:—Met-a-phor.

"What a Strange Man!"

The Gallas, in South America, were much amused, when Mr. Wakefield, a missionary, entered their country.

"How many toes have you?" they asked.

"Just as many as you have," he answered.

"Will you pull that off, and let us see?" they said, pointing at his boot and shaking their heads.

When he had done so they all laughed; for even now they could not, for his stocking, see his toes. At last one exclaimed:

"What a strange man this is, to put his foot in a bag. We never heard of a man putting his foot in a bag before!"