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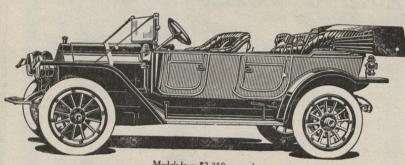
Prepared by Bernarr Macfadden, the Foremost Authority on Health and Body Building
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PHYSICAL CULTURE MAGAZINE

we're going to give, absolutely without cost, a complete course of lessons in physical culture. These have been written by Mr. Macfadden personally, and represent the most effective body building course ever compiled. They reflect the knowledge gained in the treatment of patients at his immense Healthatorium, 42d Street and Grand Boulevard, Chicago.

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IN ANSWERING ADVERTISEMENTS, PLEASE MENTION THE "CANADIAN COURIER."

IN LIGHTER VEIN

Trusting Fully.—The late Meredith Townsend had an affection for Scotsmen as contributors to the Spectator, of which he was for so many years proprietor and co-editor. Mr. Townsend's liking for the Scots was based on an experience he had in Leith when a boy. He was on a holiday, and had run short of money for his return to London. He boldly boarded a London London. He boldly boarded a London passenger boat, intimated his desire to the captain to go south, explained who he was, and stated that he was without funds. Seeming favorably impressed by the lad's tale and appearance, the captain, a Scot, said that would be all right, and showed him to

a cabin.
"But," said young Townsend, "this is a saloon. As things are, steerage would do all right."

"Na, na, my mannie," said the captain; "if I trust ye at all, I'll trust ye first-class!"

Practical.—Mrs. Howard—"And so two of your sons are Boy Scouts? Where do they do most of their reconnections?" noitering?"

Mrs. Coward—"In our refrigerator."
—Life.

"Moral" Realists.-William Dean Howells is a stout opponent of those novelists who, under the pretext of reforming their readers, write books

about vice.

"Such writers," said Mr. Howells, at a luncheon at Kittery Point, Me., "remind me of a lad whose mother

realing the of a lad whose mother said to him:

"'Why, Johnny, I do believe you're teaching that parrot to swear!'

"'No, I'm not, mother,' the boy replied; 'I'm just telling it what it mustn't say.'"—New York Tribune.

Pertinent Question. - Yeast - "He's spent a fortune, you know, on irrigation."

Crimsonbeak-"Is that so? Land or throat?"—Yonkers Statesman.

Good Business.—A West Virginia darky, a blacksmith, recently announced a change in his business as follows: "Notice—De co-pardnership heretofore resisting between me and Mose Skinner is hereby resolved. Dem what owe de firm will settle wid me, and dem what de firm owes will settle with Mose."—National Corporation Reporter.

As Usual.—Clara—"While playing whist with Mrs. Singleton last evening, she asked me what was the

trump at least six times."

Maude—"Weren't you provoked?"

Clara—"I should say so! As if I knew!"—Puck.

The Fashion.-Probably the most The Fashion.—Probably the most typical illustration of modern culture was the reply of a lady who had been enthusiastic over the Wagnerian cycle, and "when I asked her to tell me quite honestly, as between old friends, if she really enjoyed it, replied: 'Oh, yes! I think one likes Wagner—doesn't one?'" doesn't one?""

It Ought To.—"Fan," said George, "you know how I feel toward you. Do you reciprocate?"
"George" Fan said with a riv

"George," Fan said, with a sly glance, "does this mean annexation?"
—Chicago Tribune.

Going One Better.—"We surprised all our friends by getting married."
"Good enough. Now surprise 'em by staying married."—Washington Her-

How the Row Started.—"George," she asked, "if we were both young and single again would you want me to be your wife?"

to be your wife?"

"Now, my dear," he absent-mindedly replied, "what's the use of trying to start a quarrel just as we have settled down to enjoy a quiet evening?"

—Chicago Record-Herald.

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