PASSENGER TRAFFIC.

LAST SATURDAY

# EXCURSION

NIAGARA OR LEWISTON

AND RETURN. TWO P.M.

Tickets 50c, at

C. W. IRWIN'S, 40 Yonge-st

SPECIAL

# CHEAP EXCURSIONS

During Toronto Exhibition

Str. Empress of India and G. T. R. and Erie Railway.

Niagara Falls and Return $1.25, Buffalo $2, St. Catharines $1.25.

Seven hours at the Falls, home same evening.

Steamer leaves Geddes Wharf at 7.30 a.m. and 3.40 p.m. Tickets at all hotels and G. T. R ticket offices, corner King and Yonge-streets, 20 York-street, W. A. Geddes, 69 Yonge-street, and on wharf and steamer.

## Steamer Lakeside

Change of Time and Cheap Rates during Exhibition, running daily.

Str. Lakeside will leave Miller's Wharf, foot Yonge-street, 6.45 p.m. for St. Catharines and Port Dalhousie.

RETURNING

will leave St. Catharines. 7.30 a.m.
" Port Dalhousie 8.30 a.m.
Arriving in Toronto..... 11.20 a.m.

Str. Lakeside leaves Toronto this Saturday at 4.45 p.m., same as during exhibition, commencing regular time on Monday, 3.30 p.m.

# CIBOLA

LAST SATURDAY EXCURSION

Niagara or Lewiston and return, 50c. Boat leaves at 2 p.m. sharp. Commencing Monday, Sept. 22, steamer will leave Toronto daily at 7 a.m. and 2 p.m. for Niagara and Lewiston. Trips at 11 a.m. and 4.45 p.m. will be discontinued.

JOHN FOY, Manager.

# EXCURSION

TICKETS TO

DETROIT - - $ 4.00
CHICAGO - - 10.00

AND WESTERN POINTS

For tickets and information apply to

A. F. WEBSTER

58 Yonge-street.

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Royal Mail Steamships

EVERY WEDNESDAY

—(AT DAYLIGHT)—

FROM MONTREAL

(Passengers go on board on Tuesday night)

EVERY THURSDAY

—9 A.M. FROM—

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Intermediate and Steerage Tickets at Lowest Rates

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Corner King and Yonge-streets.

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946 City Passenger Agent.

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ECONOMY WITH COMFORT

The new, Magnificent Steamers

MAJESTIC AND TEUTONIC

have staterooms of an unusually high character for second cabin passengers. There is a large handsome dining saloon on the upper deck, bathrooms, lavatories, smoking-room, and a spacious promenade deck. Four meals of a liberal variety are served daily. Rates, plans, bills of fare, etc., from agents of the line or

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## ANCHOR S. S. LINE

EXPRESS SERVICE

To Liverpool via Queenstown

CITY OF ROME, SEPT. 20.

GLASGOW SERVICE via LONDONDERRY

Sailing from New York every Saturday.

NIAGARA RIVER LINE

CHICORA, CIBOLA

EXCURSIONS

Niagara Falls and Return, - $1.25
Buffalo and Return, - - 2.00

ROBINSON & HEATH

Custom House Brokers, 69½ Yonge-st.

NORTH SHORE NAVIGATION CO., LT'D

EXCURSION SEASON

ROUND TRIP

THREE DAYS, Meals and Berth Included $6.00

THE NEW PALACE STEAMER

CITY OF MIDLAND

Built this year expressly for this route. Lighted with Electric Light.

Is intended to leave Collingwood every Monday and Thursday at 8.30 a.m., and Midland at 2 p.m., on arrival of G.T.R. morning train from Toronto, Hamilton, Peterboro, Port Hope, Whitby, Barrie, and all points on Northern and North-western and Midland Divisions of G.T.R., for Parry Sound, Byng Inlet and French River.

Returning will arrive at Midland at 2 p.m., connecting with trains for Hamilton, Toronto, Peterboro, Port Hope, Barrie, and all points East and South on Northern and North-western and Midland Divisions of G.T.R., and at Collingwood with trains north.

For freight and passenger rates apply to all G.T.R. Agents and on board steamer.

Excursion tickets from Toronto and Hamilton per round trip $10, on sale at Barlow Cumberland's, and E. C. Morgan, Hamilton

C. E. STEPHENS, Sec.-Treas.
W. J. SHEPPARD, General Manager.
Collingwood. 946

PASSENGER TRAFFIC.

CANADIAN PACIFIC RY.

WILL RUN SPECIAL

# EXCURSIONS

AND RETURN

| | |
|---|---|
| DETROIT - - - - | $ 4 00 |
| CLEVELAND - - - - | 6 00 |
| SAGINAW and BAY CITY - - - - | 7 00 |
| GRAND RAPIDS - - - - | 8 00 |
| CHICAGO CINCINNATI MILWAUKEE - - | 10 00 |

ST. PAUL, MINNEAPOLIS OR DULUTH,

Via Grand Haven - - $28 00
Via Rail Soo and via Chicago 30 00
Via Owen Sound & Lake Str. 31 00

From TORONTO

Sept. 26 and 27

Two Fast Trains

Leave TORONTO

8 a.m and 3 p.m.

ARRIVE CHICAGO

10.15 p.m. and 7.15 a.m.

Equally low rates from all other stations. Tickets good to return until Oct. 13, 1890, inclusive. For full particulars consult nearest agent.

TORONTO TICKET OFFICE: 18 King-street west, 59 Yonge-street, 24 York-street, 1274 Queen-street west, Union Station (north side), Parkdale, North Toronto.

CANADIAN PACIFIC STEAMSHIP LINE

One of the Fast Clyde-built Steamships

ALBERTA

—AND—

ATHABASCA

Is intended to leave Owen Sound at 8.30 p.m. every Wednesday and Saturday, on arrival of the steamship express leaving Toronto at 11.05 a.m., for Port Arthur direct (calling at Sault Ste. Marie, Mich., only), making close connection with the through trains of the Canadian Pacific Railway for Winnipeg, British Columbia and all points in the Northwest and Pacific Coast.

AND ONE OF THE

Palace Side-Wheel Steamers

Carmona and Cambria

Is intended to leave Owen Sound every Tuesday and Friday at 10.30 p.m., on arrival of the Canadian Pacific Railway train (leaving Toronto at 4.45 p.m.) for Sault Ste. Marie, calling at Killarney, Manitowaning, Shegnaidah, Little Current, Kagawong, Gore Bay, Spanish River, Buswell's Mills, Serpent River, Algoma Mills, Blind River, Meldrum Bay, Thessalon, Bruce Mines, Hilton, Port Finlay, Richard's Landing and Garden River.

W. C. VAN HORNE, President, Montreal.
HENRY BEATTY, Manager Lake Traffic, Toronto.

CANADIAN PACIFIC RY.

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—TO—

British Columbia, Washington Territory, Oregon and California.

LEAVE TORONTO 11 p.m.

FRIDAY

Sept. 19th,
Oct. 3, 17, 31,
Nov. 14, 28,
Dec. 12, 26.

Running through to Vancouver without change.

For berths and all information apply to any agent of the Company, or write

W. R. CALLAWAY,
118 King-street west, 24 York-street.

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Noted for Speed and Safety.

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Sole Agent, 58 Yonge-street.

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U. S. & ROYAL MAIL

New York, Queenstown and Liverpool.

S.S. City of Berlin..... Wednesday, Sept. 24
S.S. City of Chester..... " Oct. 1
S.S. City of Chicago..... " " 8
S.S. City of New York..... " " 15

Unsurpassed 1st Cabin, 2nd Cabin and Steerage accommodation.

For general information and reservation of staterooms and berths for the east-bound and west-bound trips apply to

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## ALLAN LINE

| Steamers. | From Montreal. | From Quebec |
|---|---|---|
| SARDINIAN..... | Sept. 24 | Sept. 25 |
| POLYNESIAN..... | Oct. 1 | Oct. 2 |
| PARISIAN..... | " 8 | " 9 |

Anchor Line—Glasgow and Londonderry.
CIRCASSIA, from New York..... Sept. 20
Express service—Queenstown and Liverpool.
CITY OF ROME..... Sept. 20

Full information concerning the above and other lines apply

MELVILLE & RICHARDSON

Toronto General Steamship Agency, Telephone 2010. 28 Adelaide-st. east.

## INTERCOLONIAL RAILWAY

OF CANADA

The direct route between the west and all points on the Lower St. Lawrence and Baie des Chaleurs, Province of Quebec; also for New Brunswick, Nova Scotia, Prince Edward, Cape Breton and the Magdalene Islands, Newfoundland and St. Pierre.

Express trains leave Montreal and Halifax daily (Sunday excepted) and run through without change between these points in 27 hours and 50 minutes.

The through express train cars of the Intercolonial Railway are brilliantly lighted by electricity and heated by steam from the locomotive, thus greatly increasing the comfort and safety of travellers.

New and elegant Buffet Sleeping and day cars are run on all through express trains.

The popular summer sea bathing and fishing resorts of Canada are along the Intercolonial, or are reached by that route

Canadian-European Mail and Passenger Route.

Passengers for Great Britain or the Continent leaving Montreal on Thursday morning will join outward mail steamer at Rimouski the same evening.

The attention of shippers is directed to the superior facilities offered by this route for the transport of flour and general merchandise intended for the Eastern Provinces and Newfoundland; also for shipments of grain and produce intended for the European market.

Tickets may be obtained and all information about the route, also freight and passenger rates, on application to

N. WEATHERSTON,
Western Freight and Passenger Agent, 93 Rossin House Block, York-st., Toronto.

D. POTTINGER,
Chief Superintendent.

Railway Office, Moncton, N.B., June 18, 1890.

PASSENGER TRAFFIC.

## Niagara River Line

CHANGE OF TIME

Commencing Monday, Sept. 22, steamer will leave Yonge-st. wharf at 7 a.m. and 2 p.m. for Niagara and Lewiston. Trips at 11 a.m. and 2.45 p.m. will be discontinued.

JOHN FOY, Manager.

DOMINION LINE ROYAL MAIL STEAMSHIPS

LIVERPOOL SERVICE

| | From Montreal | From Quebec |
|---|---|---|
| TORONTO..... | Thurs., Sept. 18. | |
| SARNIA..... | " " 25. | |
| OREGON..... | " Oct. 2. | |
| DOMINION..... | Thurs., " 9. | |
| *VANCOUVER.... | Wed., " 15. | Thurs., Oct. 16 |

Rates of passage from Montreal or Quebec per S.S. Vancouver—Cabin, $50, $60 and $80.

By all other steamers, $40 and $50. Intermediate $30; Steerage $20.

Apply to G. W. TORRANCE, 18 Front-street west, C. S. GZOWSKI, Jr., 24 King-street east, or B. CUMBERLAND, 72 Yonge-street.

NEXT ISSUE (20th Sept.)

OF THE

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THE RECENT VISIT TO MONTREAL

—OF—

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The Palace Hotel of Canada. This magnificent new hotel is fitted up in the most modern styles Visitors to the Capital having business with the Government find it most convenient to stop at the Russell, where they can always meet leading public men. Kenly & Sts. Jacques, Props. 130

LAKE VIEW HOTEL, Cor. Winchester & Parliament-sts.

Terms $1.50 per day. Rooms, single and en suite, on the European plan. Bath on every floor. Steam heated. All modern sanitary improvements. Every accommodation for families visiting the city, being healthy and commanding a magnificent view of the city. The Winchester-street car from Union Station will take you to the door. 130

JOHN AYRE, Proprietor.

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Restaurant and Dining Hall,

17 & 19 Jordan-street.

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SPECIAL TERMS FOR BOARD

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Doors never closed. Meals served only to order day and night, Sundays included. Oysters all the year around. Telephone 2060.

## NOTICE.

Notice is hereby given that a bylaw was passed by the Council of the Corporation of the City of Toronto on the 1st day of September, A.D. 1890, providing for the issue of debentures to the amount of $30,000, for the purpose of certain permanent improvements to the Victoria Industrial School for Boys, and that such bylaw was registered in the registry office of the City of Toronto, in the county of York, on the 11th day of September, A.D. 1890,

Any motion to quash or set aside the same or any part thereof must be made within three months from the date of registration, and cannot be made thereafter.

JOHN BLEVINS, City Clerk.
Dated the 11th day of September, 1890. 555

NOTICE TO WATER CONSUMNERS.

Notice is hereby given that it is the intention of the Department to drain the Rose Hill Reservoir during next week for the purpose of cleaning same.

Owners of Elevators and Hoists are notified that the department does not guarantee the water pressure and that during the time the Reservoir is shut off the pressure will probably be reduced considerably. Every precaution will be taken, however, to maintain the pressure in case of fire.

WM. J. HILL,
Chairman Committee on Waterworks.
City Hall, Toronto, September 19, 1890.

GOLD MEDAL PARIS 1889

W. BAKER & Co.'s Breakfast Cocoa

Is absolutely pure and it is soluble.

No Chemical

are used in its preparation. It has more than three times the strength of Cocoa mixed with Starch, Arrowroot or Sugar, and is therefore far more economical, costing less than one cent a cup. It is delicious, nourishing, strengthening, EASILY DIGESTED and admirably adapted for invalids as well as for persons in health.

Sold by Grocers everywhere.

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The cheapest and best Building Lots in the market. There is a great demand for Lots at the Humber. Apply

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Prof. Davidson

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Finger nails beautified corns, bunions and ingrowing nails cured without pain.

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OFFICE HOURS—9 a.m. to 6 p.m.

N.B.—Ladies or gentlemen wishing the Professor at their private residences will be called upon after 7 p.m.

ERRORS OF YOUNG AND OLD

Organic Weakness, Failing Memory, Lack of Energy, Physical Decay, positively cured by Hazelton's Vitalizer. Also Nervous Debility, Dimness of Sight, Loss of Ambition, Unfitness to Marry, Stunted Development, Loss of Power, Pains in the Back, Night Emissions, Drain in Urine, Seminal Losses, Sleeplessness, Aversion to Society, Unfit for Study, Excessive Indulgence, etc., etc. Every bottle guaranteed. 20,000 sold yearly. Address, enclosing stamp for treatise, J. E. HAZELTON Druggist, 305 Yonge-st., Toronto, Ont. Mention World

# FACTS FOR MEN OF ALL AGES

**M. V. Lubon's Specific No. 12**

—CURES—

CATARRH, COLD IN THE HEAD, HAY FEVER, ETC.

Symptoms for which No. 12 should be used: Eyes weak, watery and inflamed. Ringing in the ears. Deafness. Hacking cough to clear the throat. Expectoration of offensive matter, together with scabs from ulcers. The voice is changed and has a nasal twang; the breath is offensive; smell and taste are impaired; sensation of dizziness, mental depression, a hacking cough and general debility. Dull, heavy headache, obstruction of the nasal passages, discharges falling from the head into the throat, sometimes profuse, watery and acrid, at others, thick, tenacious, mucous, purulent, bloody and putrid.

Only a few of the above-named symptoms are likely to be present in any one case. Thousands of cases annually, without manifesting half of the above symptoms, result in consumption and end in the grave. No disease so common, more deceptive and dangerous.

Send 10c. for book to

M. V. LUBON, Toronto, Ont.

## HEART DISEASE

The symptoms of which are "Faint spells, purple lips, numbness, palpitation, skip beats, hot flashes, rush of blood to the head, dull pain in the heart with beats, strong, rapid and irregular, the second heart beat quicker than the first, pain about the breast bone, etc.," can be cured, "in many of the first stages." Send 10c. in stamps for pamphlet and full particulars. Address: M. V. LUBON, 47 Wellington St. E., Toronto, Ont.

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CURES ASTHMA

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Kidney, Liver and Bladder Cure. It dissolves Gall, Stone and Gravel, and cures Catarrh of the Bladder.

Symptoms and conditions of urine for which this remedy should be taken:—SCALDING, STOPPAGE, BRICK DUST, DROPSICAL DRIBBLING, etc. If you have STONE IN THE KIDNEY, OR GRAVEL IN THE BLADDER, uretha irritation, inflammation or ulceration, red or bloody urine, string urine, milky urine; if you are troubled with a stoppage of the urine, and are obliged to have it drawn, No. 9 will increase the flow. Do you have scalding or stinging sensations when VOIDING URINE? Are you troubled with scanty urine, or a too FREQUENT DESIRE to pass urine? If so, give No. 9 a trial. If you have venereal blood poison, syphilitic ulcers, No. 9 will cure you. Send 10c. in stamps for book giving full particulars. Address—

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CURES DYSPEPSIA

Dyspepsia, Indigestion, Heartburn, etc., are all common terms for one of the most distressing diseases with which mankind is afflicted.

DEFINITION.—A simple impairment of digestion caused in the case of Nervous Dyspepsia by some irritation or morbid condition of the nerves and nerve centres that supply and control the stomach.

SYMPTOMS.—The symptoms of this disease occur in great variety. Among them may be mentioned *Sour Stomach, Nausea, Dull Pains* in the *Stomach*, sometimes a dull heavy feeling without pain, *Headache, Sleeplessness, Constant Languidness*, that terrible **All-Gone Feeling** in the stomach, *Depression*, all of which are accompanied in many cases by an inordinate appetite.

The sufferer finds that he cannot improve matters by dieting, as in severe cases all kinds of food will distress him—starving himself is no better, and often he feels worse while the stomach is empty than after a meal.

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CURES RHEUMATISM

SYMPTOMS.—Pain in the joints, some times shooting, sometimes dull and aching, which are increased by movement.

Muscular Rheumatism

SYMPTOMS.—Pain and soreness in the muscles. No apparent swelling or inflammation, but a general stiffness, dull aching, varied by sharp pains when the muscle is used.

To effect a speedy cure use M. V. LUBON'S SPECIFIC No. 13.

Send 10 cts. in stamps for book. Address

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FACTS FOR MEN OF ALL AGES.

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THE GREAT HEALTH RENEWER,

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Cures the terrible consequences of Indiscretion, Exposure and Overwork.

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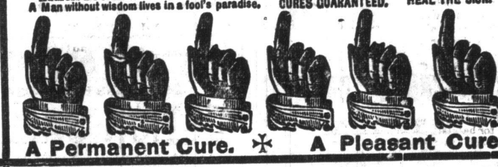
Who are broken down from the effects of abuse will find in No. 8 a radical cure for nervous debility, organic weakness, involuntary vital losses, etc.

SYMPTOMS FOR WHICH No. 8 SHOULD BE USED.—Want of energy, vertigo, want of purpose, dimness of sight, aversion to society, want of confidence, avoidance of conversation, desire for solitude, listlessness and inability to fix the attention on a particular subject, cowardice, depression of spirits, giddiness, loss of memory, excitability of temper, spermatorrhœa, or loss of the seminal fluid—the result of self-abuse or marital excess—impotency, innutrition, emaciation, barrenness, palpitation of the heart, hysteric feelings in females, trembling, melancholy, disturbing dreams, etc., are all symptoms of this terrible habit, oftentimes innocently acquired. In short, the spring of vital force having lost its tension, every function wanes in consequence. Scientific writers and the superintendents of insane asylums unite in ascribing to the effects of self-abuse the great majority of wasted lives which come under their notice. If you are incompetent for the arduous duties of business, incapacitated for the enjoyments of life, No. 8 offers an escape from the effects of early vice. If you are advanced in years, No. 8 will give you full vigor and strength. If you are broken down, physically and morally, from early indiscretion, the same. If you are broken down, physically and morally, from early indiscretion, the strength. If you are broken down, physically and morally, from early indiscretion. The result of ignorance and folly, send your address and 10 cents in stamps for M. V. LUBON'S Treatise in Book Form on Diseases of Man. Sealed and secure from observation. Address all communications to M. V. LUBON, 47 Wellington St. E., Toronto.

A Man without wisdom lives in a fool's paradise. CURES GUARANTEED. HEAL THE SICK.



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**Inflammation of the Bladder.**

Also called Catarrh of the Bladder.

Caused by habitual retention of the urine, intemperance, recession of cutaneous affections, rheumatism, gout, etc. It may be due to colds, irritating injections, gravel, enlarged prostate gland, stricture, masturbation. It may occur at any period of life, but it oftenest appears IN THE AGED, and associated with some obstruction to the flow of urine. Symptoms: The urine is scanty, and passed with difficulty; pain in back and loins; heavy sensation in the bladder; if the urine is allowed to stand it deposits more or less mucus; sometimes the quantity is so great that on exposure to cold it becomes solid, great difficulty is experienced in expelling it from the bladder. Impotency and loss of sexual desire and, nocturnal emissions are apt to ensue; sometimes the patient is unable to urinate, has sensation of scalding in the urethra; pus may occasionally be seen in the urine, etc.

Send 10c. for book. Address—

M. V. LUBON, Toronto, Ont.

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RUPTURE REMEDY

For the Speedy Relief and Permanent Cure of Hernia or Rupture.

Lubon's Rupture Remedy must be applied exactly in accordance with the directions accompanying each package. The Remedy allays inflammation, separates adhesions, softens indurations, *and strengthens the abdominal wall*, so that in a few weeks or a few months, depending of course upon the age of the patient and the length of time he has been ruptured, the use of the truss may be entirely discontinued. A box of the Remedy for a single rupture usually lasts six or eight weeks, and in recent cases is quite sufficient to effect a permanent cure; double rupture and cases of long standing naturally require a larger quantity. Young children are often quickly cured without the aid of a truss by simply applying the Remedy morning and evening, rubbing it well in with the hand, while the child is lying down. If, however, the good effects of the Remedy are not apparent after several days' use, I would recommend that a truss be obtained. Trusses alone fail to cure; but Lubon's Remedy, with the aid of any good truss, never fails.

Address: M. V. LUBON, Toronto, Canada.

**PILES** Instant relief and final cure, by using M. V. Lubon's Specific No. 20. Price $2. To be had only from M. V. Lubon, 47 Wellington St. E., Toronto.

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## NORTH AMERICAN LIFE ASSURANCE CO'Y

Incorporated by Special Act of Dominion Parliament.

HEAD OFFICE: TORONTO, ONTARIO

A CANADIAN INSTITUTION

Which has made the greatest progress of any Home Company during the same period of its existence.

NOTED FOR PROMPT PAYMENT

Of Death Claims immediately upon satisfactory completion of proofs.

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VICE-PRESIDENTS—Jno. L. Blaikie, Hon. G. W. Allen.

MANAGING DIRECTOR—William McCabe, F.I.A.

## THE CANADA SUGAR REFINING COMPANY,

(Limited.) MONTREAL,

OFFER FOR SALE ALL GRADES OF REFINED SUGARS AND SYRUPS OF THE WELL-KNOWN BRAND OF

Redpath

CERTIFICATES OF STRENGTH AND PURITY.

OFFICE OF THE PUBLIC ANALYST,
MONTREAL, September 9th, 1887.

*To the Canada Sugar Refining Co'y, Montreal:*

Gentlemen,—I have personally taken samples from a large stock of your Granulated Sugar, "REDPATH" brand, and carefully tested them by the Polariscope, and I find these samples to be as near to absolute purity as can be obtained by any process of Sugar Refining.

The test by the Polariscope showed in yesterday's yield 99.80 per cent. of Pure Cane Sugar, which may be considered commercially as ABSOLUTELY PURE SUGAR.

JOHN BAKER EDWARDS, Ph.D., D.C.L., F.C.S.,
Public Analyst for the District of Montreal, and Professor of Chemistry.

CHEMICAL LABORATORY.
MEDICAL FACULTY, McGILL UNIVERSITY,
MONTREAL, September 9th, 1887.

*To the Canada Sugar Refining Company:*

Gentlemen,—I have taken and tested a sample of your "EXTRA GRANULATED" Sugar, and find that it yielded 99.88 per cent. of Pure Sugar. It is practically as pure and good a Sugar as can be manufactured.

Yours truly,
G. P. GIBBWOOD.

## I CURE FITS!

THOUSANDS OF BOTTLES GIVEN AWAY YEARLY.

When I say Cure I do not mean merely to stop them for a time, and then have them return again. I MEAN A RADICAL CURE. I have made the disease of Fits, Epilepsy or Falling Sickness a life-long study. I warrant my remedy to Cure the worst cases. Because others have failed is no reason for not now receiving a cure. Send at once for a treatise and a Free Bottle of my Infallible Remedy. Give Express and Post Office. It costs you nothing for a trial, and it will cure you. Address:—H. G. ROOT, M.C., Branch Office, 186 WEST ADELAIDE STREET, TORONTO.

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HIGHEST AWARDS IN PRIZES AND MEDALS.

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## ERRORS ON HEALTH.

THE INFLUENCE OF CLIMATE AND WEATHER ON OURSELVES.

Longevity in America—Regular Habits not Always Conducive to Length of Days—Heredity Is a Necessary Element to Attain Old Age.

Bulwer has somewhere said that, "when a lie once gets into the world, it is astonishing how hard it is to get it out. You may beat it about the head until it seems to have given up the ghost, and then, the next day, meet it on the street as healthy as ever." Nevertheless, lies of all sorts should be clubbed at every opportunity. Else how shall truth prevail?

On scarcely any subject are more false notions current than on that of health; and among these few are more commonly accepted than this: that a changeable climate is an unhealthful one. "What horrible weather!" "How can any one keep well in the midst of such sudden and frequent changes!" "It is a wonder we do not all die!!" Such expressions are trite, and on the lips of even intelligent and educated people.

Our most variable and trying season is that of spring. And it is true (as is proved by the census) that it forms the most fatal quarter of the year. Then consumption reaps its harvest. The old and feeble succumb. Even the fierce heats of summer, if unaccompanied by epidemics, do not destroy so many lives. But are these results justly and wholly chargeable to the violent atmospheric changes of the season? By no means. Other factors are at work here which at present we have no space to discuss.

But let us look for a time at the reverse of the picture. No life at all could have birth or continuance without the stimulus of external forces. All life would be extinguished were the swing of these forces too widely extended. Life, on the average, is longest and best where a happy medium between deathlike stagnation and volcanic explosion of natural forces exists. Let there be no change marked by the thermometer or barometer; let the sun always shine or never shed his blessed beams; let electricity and magnetism be withdrawn, and how quickly would this globe be depopulated!

On the other hand, who could survive a doubled range of heat and cold? What form of animal or plant life could withstand a reduplication of any of the natural forces which environ mankind? The question, then, is narrowed to this: What climate must nearly approaches the aforesaid happy medium which is conducive to the most perfect health, as well as the greatest longevity? The appeal must needs be to facts of a comparative nature, as to which, unfortunately, we are but partially informed. Concerning the average duration of life in our own and other civilized lands we are pretty well instructed. But of that in countries of comparatively invariable climate we are very ignorant. No estimates of the latter are upon record.

It can scarcely be doubted, however, that in such climates as prevail in the Middle and Eastern States and Eastern Canada modified as they are by the inventive genius and art of man, the average extent of life equals, and probably exceeds, that of any other portion of the globe. True, our population suffers from certain forms of disease from which the inhabitants of milder regions are partially or wholly exempt. But, on the other hand, they are subject to maladies to which we are strangers. Here the organs of the chest suffer most; there those of the abdomen. They have also to endure malaria in its more violent forms, as well as fevers, both epidemic, which are here unknown. When, therefore, we take into account the greater number and severity of the diseases to which dwellers in invariable climes are exposed, and rightly estimate the protections from inclement weather afforded to the feeble by our intelligent civilization, there can be little doubt that, even in respect to mere longevity, we possess a decided advantage.

But there are other and worthier ways of measuring life than by numbering its days. Life, in its fulness and richness and fruitfulness, is developed and enjoyed only where the climate is fickle. The ambition, energy, inventiveness, and general capacity which have made our civilization what it is, and which are yet to make America a greater nation than the world has seen, are, to a large extent, the results of a variable climate. Henry Ward Beecher used to say that the land where no cellar was dug was the land of feebleness and insanity. Doubtless we owe much of our development to free institutions. But we owe more to climate. It may even be doubted whether free institutions or constitutional government could have birth and growth under changeless skies. Certainly, as we understand and enjoy them, they never did so originate, for the republics of Greece and Rome were far from our ideas and realizations.

It may be set down as axiomatic that any external force applied to a living being, which is not too intense or prolonged to allow full reaction, provided that no disintegration of tissue is caused by it and that the necessary time is afforded for such reaction, is beneficial—contributes to both growth and endurance. It acts as a stimulus, awakening otherwise latent forces; and brings into fullest play the energies of both body and mind. As one creeps half-alive from his bed after long and deep slumber, to be roused into full vitality by a shower bath, thus also do climate changes act upon him.

It is said that to become a true poet one must experience the baptism of suffering; that one cannot be a true artist till his eyes have been opened to behold what ordinary men fail to discern; that he who would lead the mass must stand above it. All such truths find parallels in the physical sphere. He who knows what it is to get his "second wind" stands this point practically, if not philosophically. And there is a mental "second wind," as well as a physical; both, to a large extent dependent upon climatic changes. A chilly rainy day or week in spring time benumbs and depresses every faculty of body and mind and soul. But when it is over, and the sun bursts out, the rebound takes us to otherwise unknown and unconceived elevations. Hence the enervated inhabitants of unchangeable climes and unheard of as originators of thought and action. They exist. They do not live.

Which of the glorious achievements of man who have found birth and growth in the regions so much envied by the grumbler who loudly complain of the fierce, swift buffetings of our climate? Where were born and nurtured the great poets, historians, novelists, scientists, musicians, inventors, orators, statesmen, dramatists, warriors, explorers, of earth? No sluggish air, no torrid heat, no frozen land, no changeless clime produced them. Storms swung the cradle; rocks obstructed their footsteps; they were tossed about at the sport and caprice of nature in her liveliest mood; relaxed by heat and then benumbed by cold; and sunshine followed each other swiftly over their pathway; they had to fight for their very existence, not gorge food ready at their hands or fallen at their feet. Thus were their natures made robust and capacious; thus they became such men as the rapid, placid, changeless region ever saw.

Let us, then, cease to bewail that unsteady and fickle climate which mocks "weather bureaus" and laughs prophets to scorn. Rather let us welcome the changing seasons and praise their blessings, as well as their beauties they unfold around us.

Exceedingly common is the notion that length of life is controlled by habits, and that a careful observance of what are called good habits must necessarily insure to every one longevity. Indeed, some appear to think that such self-denying persons ought never to sicken or die.

It was my fortune, many years ago, to know a man who held to this idea and carried out to the full such a course of