

perhaps when you get your 'night off' you help to keep yourself in misery by drinking too much of that which was only intended to be drunk in moderation. Do you wonder that you feel bad? and can you be surprised when you look around and see hundreds, yes thousands, of your tradesmen suffering from dyspepsia, indigestion, loss of appetite and ambition, and others who are farther advanced toward the grave with consumption?"

But happily nature has bestowed on us a cure for all this, and this cure is simply the proper amount of muscular exercise, coupled with regularity and a reasonable quota of fresh air.

But when are we to find time to exercise and obtain this fresh air which is so essential to good health? Surely we cannot find time when we work, and when we are not working we feel like doing little else than going to some place of amusement, perhaps to a theatre packed full of people and foul air. We must take time. It is just as necessary that we should exercise as it is that we should eat and sleep. Let us walk a few blocks in the fresh air now and then after our work is over. It will give our limbs a rest from the cramped positions which they have assumed for seven long hours and our lungs a chance to expand, whereas they have suffered all night from the fumes of a red-hot composing room. Let us be regular in our hours for sleeping, going to bed and arising

at as near a given time as possible. We cannot be too careful of what we eat, and the same regularity in regard to our sleeping should be always observed in eating. What ever you may eat, take your time, and do not bolt your food. A day in the country now and then will be found very beneficial.

If printers would conform to a few of the foregoing suggestions we would not see the hollow-chested, dyspeptic, consumptive looking men that one so often finds in the newspaper offices of our large cities.—The Union Printer.

News agents have the control of a great deal of advertising such as Wants, Business Chances, Insolvent Notices, etc. Might we suggest to them the advisability of giving trade papers a share of this business. For instance, suppose a grocery stock is to be sold out, or a grocer's clerk wants a situation, or somebody wants to buy out a grocery or general storekeeper. What better medium could he use than the Canadian Grocer, which is published weekly at Toronto? Or if it is anything about the metal business, why not use Hardware, also published weekly? and if it is books or stationery, surely BOOKS AND NOTIONS is the best place to advertise.

Elizabeth McCrane has succeeded to the stationery business of M. McGavin & Co. of Montreal.

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