

No Sanatoria "more judiciously . . . and economically" managed.

CANADIAN OPINION

DR. R. W. BRUCE SMITH, Inspector of Public Charities, Province of Ontario. Official Report:

"I was specially pleased with the attention paid to conduct the institution carefully and economically. The patients I found cheerful, happy and evidently well looked after by those in charge. I found particular attention is paid to provide nourishing dietary, carefully prepared, and the quality of the food served was excellent. This hospital depends for its maintenance largely upon the voluntary contributions of the public."

FOREIGN OPINION

DR. H. L. RUSSELL, President of the Advisory Board of the Wisconsin State Sanatorium:

"We have just recently returned from our eastern trip, in which we had an opportunity of inspecting practically all the sanatoria in the east that are designed for the treatment of tuberculosis. I am very glad to be able to write you that the very favorable impressions that we received at Gravenhurst have continued with us after this round trip. We have found no place in our travels in which money seems to have been expended more judiciously and economically than in connection with the two institutions that are under the control of the National Sanitarium Association."

The Muskoka Free Hospital for Consumptives

Increases the Accommodation by Twenty-five Beds . . .

This means twenty-five extra beds to be furnished; twenty-five additional patients to be fed every day (three regular meals and three lunches is the bill of fare daily); twenty-five extra patients to be cared for by physicians and nurses, calling for increase of staff.

The entire cost of management is increased one-third.

But so pressing are the calls of those on the waiting list, and increasingly urgent the new applications received each day, that the trustees have decided upon the step indicated, confident that the Canadian people will see that these new beds are furnished and maintained.

\$50.00 Furnishes a Bed Complete

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PATIENT UNDER EXAMINATION.

Breathing

Of all the substances utilized in the maintenance of health and life, none is so absolutely indispensable as oxygen and as this is taken in with the air we breathe, whether we receive a sufficient supply or not depends entirely upon how and where we breathe.

But the supplying of oxygen is not the only function, although it is the most direct and vital one of proper breathing. Thorough expansion of the chest ensures the proper filling of the lungs with air, dilates all the minute air-cells, especially those at the summits of the lungs, where motion is least, and where the seeds of consumption are usually first planted, and increases the circulation of the blood throughout all parts of these organs.

Still another effect of proper breathing is a beautifying one. The chest is broadened, the shoulders are thrown back, the figure is erect and the carriage graceful.

Perfect breathing is not natural to most men and women of sedentary occupation and indoor life. Like all good things it must be worked for, and the work must be persevered in until full and deep respiration has become a habit.

The means of attaining this object are various and cannot be recounted here; but they are all based upon the principle of removing permanently every obstacle to the free entrance of air into the lungs.

School children sitting at their desks, clerks bending over their ledgers, seamstresses at work with the needle or the sewing machine, type-writers, and all who must stoop as they earn their daily bread, should learn to stop from time to time, sit back in the chair, or rise, throw back the shoulders, and draw in ten or twelve deep, slow inspirations, holding the breath for three or four seconds each time the lungs are filled.

These exercises, like breathing in general, should always be done with the mouth closed, for the nose is the only proper channel for the passage to and from the air. A school-teacher who will interrupt the studies once every hour through the session, and teach the class to do this breathing exercise, will be contributing more than she can ever

realise to the future well-being of her youthful charges.—Casket.

Salt the Civilizer

The use of salt as a necessary supplement to diet has had much influence in shaping the civilization and exploration of the world. It is most probable that the oldest trade routes were created for the salt traffic, as salt and incense formed the chief necessities of the ancient days. This was certainly the case with the caravan routes in Libya and the Sahara, while the mines of North India were the centre of a large trade before the time of Alexander.

Another interesting fact is that salt has played a considerable part in the distribution of man. When it became absolutely necessary to him, as it did at an early stage of his development, he was forced to migrate to places where it could be obtained. This brought him to the seashore, where he gained his ideas of maritime commerce. Lastly the preservative effects of salt on flesh food made long oceanic voyages possible and thus opened up the world to commerce and civilization.

DROPPED ALL OTHERS

"I dropped all liniments but Nerviline because I found Nerviline the quickest to relieve pain," writes E. S. Benton of St. John's. "If my children are croupy or sick, Nerviline cures them. If a case of cramps or stomach ache turns up, Nerviline is ever ready. We use Nerviline for neuralgia, rheumatism and all kinds of aches and pains; it's as good as any doctor." The great Canadian remedy for the past fifty years has been Polson's Nerviline—nothing better made.

Better Be Careful

A sporting paper recommends a certain way of avoiding the bites of a dog however savage. All one has to do is to stand perfectly still and hold one's hand out. The dog, says the writer, will take the hand into his mouth, but will not bite it. But what guarantee have we that the dog knows this?—London Globe.

Force of Habit

A courtly old gentleman of the old school, De Vere Howard, recently found himself an honored guest in the gorgeous Grosvenor Square residence of the Snookes.

His hosts took him over the mansion, and took care that he should not miss any of the magnificence.

"We've even got a musical arrangement in the bathroom," he remarked casually, "so you can take your bath to the accompaniment of sweet music. Good idea, isn't it?"

The old gentleman said it was, and announced his intention of trying it next morning. When he came down to breakfast they asked him how he liked it.

He sniffed in aristocratic disgust. "It is an abomination, like all modern inventions," he said. "Bah! If you'd believe me, sir, that beautiful musical box struck up 'God Save the King,' and kept playing it, and I had to take my bath standing up, sir. I expect I shall catch my death of cold. Ugh."—Answers.

JUBILEE OF THE "V.C."

Fifty years ago the Victoria Cross was instituted by Queen Victoria. A little bronze cross, made out of cannon taken at Sebastopol, intrinsically worth nine cents, it is, nevertheless, the most coveted of all decorations that a British subject can wear. The reason for the high value set upon it is to be found in the simple legend on its face: "For Valor." The cross, which is awarded to soldiers and sailors for valor in the face of an enemy, has been won 522 times; and as it is awarded impartially to officers and men, being thoroughly democratic in its regulations, the men have won slightly more than the officers.

It is interesting to pick out the regiments that have won the most V.C.'s. At the head of the list—if we except the Royal Artillery and Royal Engineers as being too large corps to be counted as regiments—are the South Wales Borderers with sixteen to their credit. They won the greater number of them in Zululand, at Isandhlwana and Rorke's Drift. The Rifle Brigade is second on the list, with fifteen, and the 9th Lancers, the King's Royal Rifles, and the Gordon Highlanders, come next with thirteen each, and they are followed by the Cameronians and the Black Watch with ten each. The campaign which provided most V.C.'s was the Indian Mutiny, in the course of which 182 heroes won the decoration; the Russian war accounted for 111, and the late war in South Africa for 78, the Zulu war for 23, the Afghan war (1878-80) for sixteen, the New Zealand campaign for 12, and the operations on the Northwest frontier of India (1897-8) for 10. These wars accounted for 432 crosses, and the remaining 90 were distributed among the many other campaigns in Africa, India and elsewhere that have been fought during the past half century.

In a few rare instances the V.C. has been won by more than one member of a family. The most conspicuous case is that of the Gough family, which can boast of three V.C.'s—General Sir C. J. S. Gough, General Sir H. H. Gough and Lieut.-Col. J. E. Gough, all of whom are, happily, still alive. The first two were brothers, and the last named is a son of the second. Major-General E. H. Sartorius, and Colonel R. W. Sartorius are another case of brothers wearing the decoration. Another instance of a father and son winning the cross is seen in Lord Roberts and his gallant son, Lieutenant the Hon. F. H. S. Roberts, who lost his life in gaining the V.C. at the battle of Colenso.

There are some 200 odd recipients of the Victoria Cross still alive. Among them are three Field Marshalls—Lord Roberts, Sir George White and Sir Evelyn Wood, and the Admiral of the Fleet, Sir Nowell Salmon. Among other well known names on the list of survivors are General Sir Redvers Buller, Vice-Admiral Sir A. K. Wilson, General Sir Dighton Probyn, and three Rear-Admirals (Lucas, Blythessea, and Raby), who were among the first four to receive the decoration, Rear-Admiral Lucas being actually the first.

Brown—"That fellow, Smith must be a hummer."

Green—"Why do you think so?"

Brown—"He says he sleeps like a top."

However others may think of it, yet I take it as a mercy that now and then some clouds come between men and my sun, and many times some troubles do conceal my comforts, for I perceive if I should find too much friendship in any inn in my pilgrimage I should soon forget my father's house and heritage

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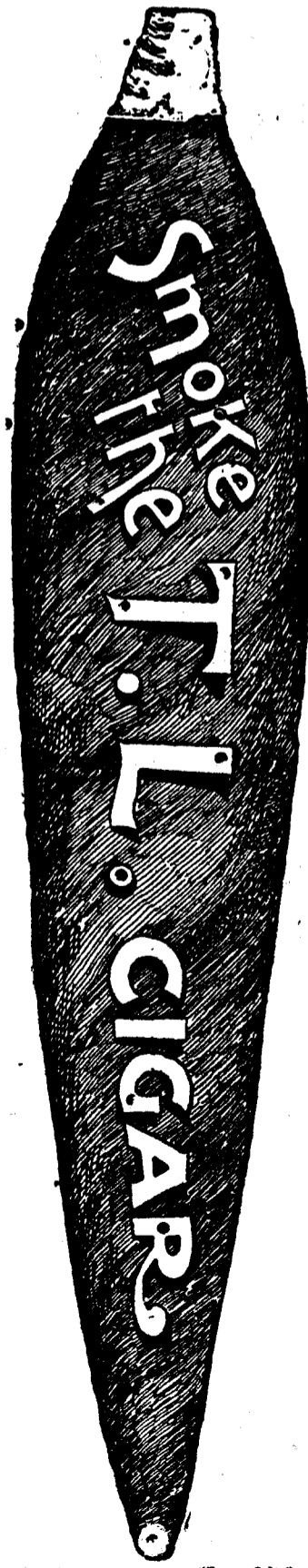
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C. M. B. A.

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