

forearm, 19 inches; calf, 17½ inches; under axilla and over deltoid, 17 inches; under axilla and over the shoulder 21 inches. The maximum chest expansion is said to be 14 inches. With respect to the points of interest which Sandow affords the anatomist, the author observes: "Special stress has been laid upon the 'checker-board' appearance of the abdomen seen in various works of art by the old masters as an illustration of this defect. In Sandow, however, the anatomist will notice a division of the abdomen into rectangular areas of muscular eminences which are more prominent than those of any painting or statue with which I am acquainted." Not without interest, too, is the statement that when at rest Sandow's muscles and skin are soft and pliable, but when the muscles are contracted from voluntary effort, it is well-nigh impossible to pinch up the superlying tissues.

But the process by which Sandow has acquired his phenomenal muscularity will probably cause most surprise to those who learn it for the first time. Strictly speaking he had a system, and this system consisted "essentially in the acquirement of perfect voluntary control over the various groups of muscles, and where possible, of single muscles. By this specializing he was able to localise his muscle building where it appeared to him to be most needed. Having acquired a fair degree of development and control of the group selected, he then devoted his attention to another, and so on, until he had succeeded in acquiring the foundation of the remarkable general development which he now presents." In his preliminary training the only apparatus used was a pair of five-pound dumb bells night and morning, and this is all that is necessary to attain a superb natural development. Regarding his mode of living, astonishment can only be felt that Sandow observes no rules of diet or restriction. He eats, drinks and smokes just as he pleases, and even practises no abstinence from food, wine or cigars before giving one of his marvellous performances. In contradistinction to what might have been the case, examination of this strong man's lungs and heart reveals that they are sound. The heart is not disproportionately developed, and its action is normal. Even under severe strain the respiration and heart's action are but little disturbed. Speculation has always been rife as to what the effect would be if, as a pugilist, Sandow were to strike a man. Sandow furnishes the answer himself: he says that he would not dare to do so. This opinion certainly bears the impress of truth about it when it is further qualified by the statement that this strong man can break a four-inch plank with a blow of his fist! Unhappy man, therefore, would he be who unfortunately happened one day to take the place of the four-inch plank. Dr. Lydston's prognosis of the ultimate effects of the great muscularity upon Sandow is not a very reassuring one. In either case he thinks trouble is in prospect for this athlete, whether the feats be continued or whether he retires to a well-earned repose. In the first place, he holds that the probable disastrous effects of a continuance of his work will involve degeneracy of the blood-vessels, degeneration of arterial walls and cardiac fibres will occur, and dilatation of the heart with trouble with the coronary and minute cerebral arteries is likely to develop. In the second case, disuse, he holds, and degeneracy offers a constant invitation to disease of various kinds. After all, Sandow, even if this prognosis in the end proves to be true, may congratulate himself upon having achieved a most enviable reputation in the world.—*Medical Press.*

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PUBLIC OPINION.

Hamilton Spectator: In all new countries there will be some failures. There have been failures in the Canadian Northwest. But it remains true that the man who understands farming, who has enough money for a fair start, and who is gifted with industry can do well in Manitoba, or in the territories beyond Manitoba.

Ottawa Free Press: Newfoundland has been ordered by the Imperial Government to legislate for the enforcement of the French treaty rights, and asked to agree to the appointment by the British Government of the judges who will see that the proposed law is carried out. Premier Whiteway is said to have introduced such a bill but finds a strong section of his party opposed to it.

Regina Leader: It is reported that negotiations are in progress with the object of inducing Mr. Meredith, leader of the Opposition in the Ontario Legislature to accept a portfolio in the Dominion Cabinet. Mr. Meredith's entrance would greatly strengthen the Government, especially in Ontario, where he is regarded as one of the noblest and ablest characters in Canadian politics.

St. John Telegraph: Senator Hill's declaration of his opposition to the income tax feature of the tariff bill, and his statement in regard to protection, show clearly enough that there was some truth in the rumors which were in circulation some time ago that he had made a deal with the Republican senators. It now looks as if all hopes of tariff reform in the United States were about to be defeated by the action of the Senate.

Quebec Chronicle: It is believed that Mr. Gladstone himself favors Lord Rosebery, and the Queen is not at all averse to him. Indeed, he is said to be a great favorite with Her Majesty and the Prince of Wales. Not many months ago, it was even rumored that the Foreign Secretary intended marrying one of the Prince's daughters. His wealth is very great, he is an untiring worker, and the stiff and bold manner in which he has conducted the affairs of his department—notably during the Egyptian and Siamese crises—and his remarkable tact, have given great satisfaction to the nation.

Montreal Star: It is, of course, impossible for a Protectionist to agree with some of the phraseology apparently borrowed by Mr. McCarthy from the Liberals; but nevertheless he stands to many Conservatives as a stalwart tariff reformer, clearly differentiated from the Liberal camp and representing in italic the demand of the country for tariff reduction on some lines. This it is that makes McCarthy strong when—happily for the life of the country—racial and religious differences fade away; and the circumstances should warn the Federal Ministry, with a penetrating voice, of the imperative need of really reforming the tariff in the bill about to be presented to Parliament.

Victoria Colonist: There are large stretches of the coast which vessels are compelled to navigate as best they may, without either a light or a buoy. The contrast between the lighting and buoying of the East coast of the Dominion and its West coast is most marked. In the East there are lights and buoys wherever they are required, in the West they are in many places few and far between, and in others, as we have already stated, they are altogether wanting. There is no reason why this should be so. The Dominion treasury gets enough every year from this Province to warrant it in keeping all its services in the very best condition. It pays into the Federal Treasury many times as much per capita as the richest of the Eastern Maritime Provinces, yet it is not half so well served.

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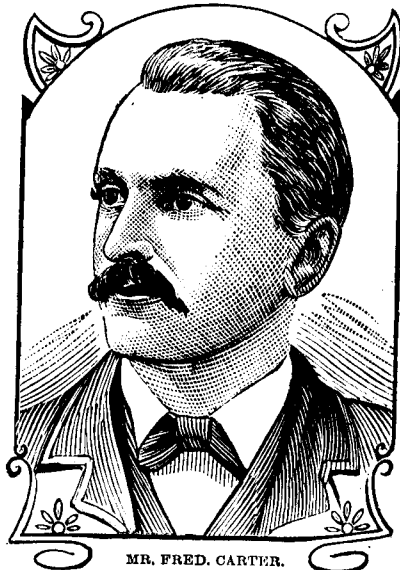
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