A Protest Against Long Street Dresses -The Use of Walking-Woman in the Sick Room, etc.

That mysterious tyrant, Fashion, is the modern Nero, who slays alike health and good taste. Her unwritten dictates make void the doctor's orders and the protests of good sense. That fashion has decreed a thing shall be done, shall be worn, shall be used, is the reason it is done, worn and used; the weak devotees may heroically make some modification, but the tyrant's will is always to be recognized. The power of this tyrant is the more mysterious when even her warmest devotees disapprove of of this tyrant is the more mysterious when even her warmest devotees disapprove of her mandates and voice their disapproval. One of the decrees that promise to make life miserable for women this winter is the long skirt on the street. It would be pitiful, if it were not comical, to see the struggle a woman of cleanly habits has with this new behest when once he is weak enough to yield and go on the to see the struggle a woman of cleanly habits has with this new behest when once she is weak enough to yield and go on the street with a trailing skirt. She is on the alert to avoid every muddy, dirty spot, and makes frantic dabs—nothing else expresses the movement of her hands—to lift her skirt to escape them. A lady was going through a quiet street not long since in a new dress that trailed about three inches on the walk. The morning had been damp, and the walks in places retained the dampness. To the eyes they presented the appearance of an irregular checker board. The lady had on one of the new coats that are quite long. She wished to appear unconscious of her new clothes, but the moist spots in the side walk made that impossible. Frantically the tightly gloved hand would grasp at the skirt behind, but would only succeed in lifting the skirt of the coat, leaving the newly-made dress to drag over the walk. The effect was not only extremely awkward, but it was very uncleanly; before three blocks had been covered, a rim of dist and moisture about three inches deep bordered the back of the dress. The fashion is unsanitary, uncleanly, grossiy extravathree blocks had been covered, a rim of dist and moisture about three inches deep bordered the back of the dress. The fashion is unsanitary, unclennly, grossly extravagant and ungraceful, because out of harmony with the place; the public thoroughfare is not the place for trailing garments. It is even immodest. Many women, when they succeed in lifting the dress skirt, lift it above the line of modesty. A dress skirt that clears the walk permits the wearer to forget it, and to use her mental force in some other way than in caring for the hem of her garment, which should always be suggestive of cleanlinest and modesty. How the wretched beheat of long dresses on the streets has found one woman to yield and obey it is past understanding by the normal mind. Every woman who speaks of it condemns it, vows she will not wear it—and has her last dress made at least so that it touches. Women's clubs are recognized as a force in modern civilization, a power to accomplish ends. It is a cause worthy the combination of the members to unite to drive the trailing skirts from our streets. Hevery woman's club would culist its name for the opposing of this noxious practice that is rapidly becoming prevalent, its

fashion's decree always do, on the acquies-ence of the many.

Railing at fashion does not condemn a foolish, an unhealthful or ungraceful garment—a refusal to wear it settles its fate; and it is the refusal of the individual woman that sums up a majority that is be-yond question.—[Christian Union.

Walking for Exercise.

Walking for Exercise.

By exercise the blood, which is the great distributer of nutriment to the bodily tissues, is quickened in its flow. The lungs, which purify and revitalize the blood, are aroused to deeper and fuller inspirations, and the processes of secretion and excretion are stimulated to greater activity. Thus, while digestion, absorption and assimilation are rendered more effective, the poisonous waste, the abnormal accumula-tion of which means disease and death, is hastened out of the system.

Not a muscle vigorously contracts which

confined to small pieces. Two groups of cords (they are not really cords, but very small tucks to look like cords) in back and front. The outside and back should be made separately and well pressed, then put together. For a kilt it makes no difference how many times it is pieced, so it be done neatly and pressed well. Therein lies the success of all made-overs.

The pretty flannel shirts so much worn now make just the nicest shirt or sailor waists, to wear either with kilts or pants; or the bottoms make good warm skirts to wear under kilts. Even sock tops may every one be utilized for the hoys, sewed on the ends of sleeves of cotton flannel underwaists. They make a neat finish, and on the bottoms of drawers make the stockings fit more smoothly.—[Housekeeper's Weekly.

The Sick Room.

The sick-room should be in the quietest part of the house—away from the noise of the street, the ringing of the door-bell, the voices of family callers, and the operations of the kitchen. It should receive the disinfecting power of sunshine, and yet have the means of lessening or shutting off the light at will.

It should contain no more furniture than is necessary. In some cases a single bed is best, because it may be conveniently approached on either side. In other cases a double bed is preferable, in order that the patient may be moved from one side to the other. A bed with a contrivance for lifting the occupant into a half-sitting position is often desirable.

The room should be capable of the most thorough ventilation. Pure air is essential to those in health, but vastly more so to the sick. It is of more value than most medicines.

Movements about the sick-room should The Sick Room.

Movements about the sick-room should Movements about the sick-room should not be unpleasantly suggestive. Noiseless slippers are less disturbing than tiptoe tread. The tones of the voice and the expression of the face should be quiet, cheerful, and as natural as possible. While the

rui, and as natural as possible. While the room, except in special cases, should not be darkened, the eyes of the patient should be shielded from direct light.

A good nurse is more helpful than the doctor—at least she may treble his efficiency; but she should be emphatically a good one—duly trained, with a natural aptitude for her calling, and in fullest sympathy with the physician. A self-compioned nurse may

duly trained with the physician. A self-opinioned nurse may more than undo all the doctor's work.

One of the most difficult things to manage is, not unfrequently, the matter of visitors. Comparatively few persons can mist the sick without doing more harm than good. Bedridden people and persons confined to their chambers or their homes by chronic ailments may often be greatly the confined to their chambers are the greatly than the sick without doing more harm than good. Bedridden people and persons confined to their chambers or their homes by chronic ailments may often be greatly the confined to their chambers of the confined to the connect to their chambers or their homes by chronic aliments may often be greatly helped by friendly calls, by various little tangible expressions of sympathy, and in general, by sunshine brought from the out-side world, although, even in such cases,

wisdom is required.

But in the case of the actually sick, visitors are commenly an evil. As a rule, they remain too long, and weary the patient with untimely talk. It should never be forgotton that one of the main conditions of recovery is complete quiet. The question of the admission of visitors should be left absolutely to the decision of the physician and the good sense of the nurse.

A Clever Man's Opinion This is spoken of by an exchange as

for the opposing of this noxious practice that is rapidly becoming prevalent, its refgn would be over before the holidays. Fashiou is not the dictate of one woman, but the acquiescence of many. The re-fusal of the majority to follow the lead of "clever man's" opinion:

"To my mind the judicial woman is a blot on the face of the universe. We don't want women who can reason and work things out. We want dear, delightful, frivolous things who will float by us in butterfly fashion, making us no end of trouble, and inducing us to be willing to kill each other. one makes null any decree that depends, as fashion's decree always do, on the acquiesfor their sakes. The time when woman was at her best, to my way of thinking, was in the middle ages, when she sat up in a window of a turreted castle, threw her handkerchief down to one knight, and a hated rival rushed at him as he grasped it, and they flew at each other and knocker. and they flew at each other and knocked their tin hats off, the hated rival was stretched out stiff and cold, and the maiden in the turret applauded her gallant knigh and believed that he had done well."

CLAD TIDINGS.

Cruelties

The photonous waster, the diseases and control of the photonous waster to the last of the work, as still as the control of the vitif field, South waster to the work, as still as the work, as still as the work, as still as the work, as the photonous the photonous waster to the work of the work, as the photonous the photonous waster to the work of the work, as still as the work, as the photonous the photonous waster to the work of the work of the still as the photonous waster to be beautiful. Here the work as still as the photonous waster to be beautiful. Here the work as the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be beautiful. Here the work was the photonous waster to be a first waster to be beautiful. Here the work was the photonous waster to be a first waster to be a fi Recent letters from the Eng-lish Baptist missionaries on the Congo, while speaking encour-Heathenism.

with greasy straight hair, languid eyes and flat feet and corpulent gingham umbrellas; flat feet and corpulent gingham umbrelias; as bookish, self-indulgent and indolent to a degree. If they only knew the facts they would not bear such false witness against would not bear such false witness against their neighbors. There is no sparing of themselves at Norfolk Island, or the other islands of the mission, and the missionaries are as menly a class of men as one could

are as menly a class of men as one could wish to see.

I found native boys and girls, numbering about 175, as near as I can remember, cleanly in habit, neatly dressed, quiet and respectful in demeanor, studious in school, deveut in public worship and exemplary in industry. Some were printing, for they had a printing press of their own; others were learning carpentry, house-work, gardening, etc. At 7 o'clock each morning, and at about 8 o'clock in the evening, each day, the boys and girls could be seen going to public worship. They marched in single file, the boys on one side and the girls on the other, each one reverently kneeling down in prayer on entering the church. None spoke to each other in the church, and there was no irreverent trifling, such as is too often seen amongst Christians in

is too often seen amongst Christians European congregations. After service is the svening I found some of the scholar with their teachers, in their private rooms with their teachers, in their privace conversing and singing in their native conversing and singing in their native tongues to tunes familiar to all Britist church goors—"Jesus, Lover of My Soul, "Rock of Ages Cleft for Me," etc. I wished I could see the same obedience, reverence, I could see the same obedience, reversite, intelligence and gentleness amongst an equal number of European children. Those children I saw at Norfolk Island had, not very long before, been running wild as colts in their native places, ignorant heathen.

"Work Bewn." Mr. Meigs finely said at the late National Missionary Convention in Indianapolis that the object of that gathering was to "work down the missionary spirit." He explained that usually missionary interest first struck the head, and after awhile got as far as the mouth, then the heart, conscience and will, and by-and-bye the pocket, and last of all the legs and feet! Blessed are they on whom the missionary spirit works down far enough to produce those winged sandals—the alacrity of a messenger of the Gospel!

An Old Edict. The old edict was, "So long

MERRIMENT.

"Now, ma'am, 'ow will you 'ave the duck day? Will you heat it cold, or shall I o-day? Will y eat it for you?"

"Can your little brother talk now?"
"Yes. He can say some words real well."
"What are they?" "I don't know. They're words I never heard before." +++

"Where's the proprietor?" asked a man as he entered a down-town restaurant. "He's gone home to dinner, sir," replied a waiter.—[Harper's Bazar.

"Oh-er-Jarvis, would you mind pre-tending to pick a quarrel with me, and just give me apush, you know? I want to test the pluck of this big dog of mine."

the phase to the state of the phase the smaller his brain becomes. This explains why young men know everything and old men nothing.—[Boston Courier.

When the average man says frankly, "I can't afford it," you will usually find on investigation that it is something his wife wants instead of something he wants himself.—(Somerville Journal.

"So Fordham Hights has married Mrs. "You must be mistaken. Fordy told me she had five children." ###

What Couthop & Byman's-

Vegetable Discovery-

It Gives Strength. - Mr. J. S. Driscott, of Granite Hill, writes; "I have derived great bene fit from the use of your VEGETABLE, DISCOVERY My appetite has returned, and I feel stronger"

If you're Despondent, Lowspirited, Pritable and Peevish, My appetite has returned, and I feel stronger and unpeasant sensations are Ripon, P.Q., writes; "It is with great pleasure I inviriably after eating, and unpleasant sensations are

a trial, I did so, with a happy result, receiving great benefit from one bottle. I then tried a second and third bottle, and now I find my appetite so much restored and stomach strengthened, that I can partake of a hearty meal without any of the unpleasantness I formerly experienced. I consider

NORTHROP & LYMAN'S VEGETABLE DISCOVERY; one

Has Hone.

Mr., Gro. Tolen, Druggist, Grav LYMAN'S VEGETABLE DISCOVERY Say that it has c them more good than anything they ever use

ngs: A New York farmer had a houseful summer boarders, and one morning was busily engaged in killing chickens for din-ner. Just as he was about to decapitate an old, black hen the house was discovered to old, black hen the house was discovered be on fire, and a scene of confusion ensued. The farmer rushed hither and thither, holding the hen under his arm, and doing nothing whatever towards putting out the flames. At length his wife caught sight of him as he was prancing about, and indighim as he was prancing about, and indig-nantly asked him why he was not fighting the fire. "Why, Maria," he exclaimed, "how can I do anything? Aint I holdin' the old black hen?"

In the privately printed autobiography of the late Rev. Dr. S. K. Lothrop is re-lated a bit of his life at Harvard which is

alated a bit of his life at Harvard which is amusing, and which at the same time shows his tact and shrewdness.

In 1826 he was appointed proctor, and was assigned to a room in Holls. The students in the building were at once resolved to test the spirit of the new proctor, which they did by rolling a cannon-ball downstairs, somebody on each floor being ready to give it the necessary push from one stairway to the next, so that it went from the top to the bottom of the house.

Mr. Lothrop waited until the ball had rolled down three times, and then went out into the hall and picked it up. He carried it to the room of a student who, he was convinced, was the originator of the disturbance.

ance. "I was afraid, Mr. Blank," "I was afraid, Mr. Blank," he "that your reading might be disturt this cannon-ball."
"I did hear it," the student are the generally and the student are the generally as the student are the generally as the student are the

"I did hear it, the states are rather confusedly, "I thought so," the proctor said, brought it here so that you migh responsible for it. I do not objerolling of cannon-balls downstait think it is only fair that there she general consent among the occup the time of doing it, so that i wishes to work need he disturbe wishes to work need he disturbe will see to this, the young gentle entry may roll cannon-bals dow they wish."

The next evening Mr. Blank ca proctor, and said, "I have sp fellows about the cannon-ball, little this little was a control of the cannon-ball, little this little was a control of the cannon-ball, little this little was a control of the cannon-ball, little this little was a control of the cannon-ball, little was a control of the cannon-ball of the cannon

And thenceforth there was no turbance in Hollis while Mr. I

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thing?"
A merry twinkle at them, 's eye, "In them, 's eye, "In the to do with a good I romance of most ain wills stowed as box that have occas the square inch, a ter which I fancy ye are three letter ich created somethiness circles in the time gave my he time gave my he it has never quit ghted to find my micative mood, I and happened by of Manzanii

ac of rare sweetness, ing eyes, this was all from a sober man of became possessed of an the beautiful grounds villa, and gave my coacfor securing me this avenue of palms, the flowers, were not sufficient. avenue of palms, the flowers, were not suffice curiosity. I desired alguide always spoke of interior of Don Raphae was not granted me. Me sure, understood my fethized with me, but he aid me. Even the per agent would scarcely ha the bulwarks with we surrounded himself and walked once more in the not meet the senorita fancy-work in an arbot to carry it away, lea to carry it away, lea exchange, a volume of l which Lappened to be my name inscribed on the strolled once more strolled once more tow returned to the carriage ill succees.

"My ccachman greete 'One of ze domestic di book of blue,' he said, 'cc been left by mischance b "Then give it to

"But my inscrutable m pression of great surpris of blue was zen indeed b Ab, Santiago! what hav assure to ze domestic gotten of ze senorita, and take it to ze house." "This was my last c realizing that I was spend purpose, I gathered up of mind to tear mysels second glanes at the beau I was paying my hack far landing my coachman c citedly.

"Ze senor is in good fo ed. 'Don Raphael has to hat ant for Havana. It is he long coat.'
"'Ah! what?' I asked not enough to marid ze

father?'
"I turned aside with "I turned aside with pression of my contemp but for all that I foun the stranger with fur when later in the day advances toward acque not spurn them. I foun and talkative. He about his own business, questions relative to the "I have often thoug me before we parted," tions with some comm. New York, but have he not known whom to true not known whom to tru

I care to reproduce—it the efforts of my coache plained that he wrote Spanish; but incohe sentences, he conveyed tinctly, and appeared perfectly. As he expl ests which he hoped so some trustworthy Nev saw the importance of saw the importance of a patron to our own hecards so well that bef was over he had promire present him. I was the necessity of engagiread and write Spanist explained that his part would be conducted had studied English in "It is well," he add know something of bi

"It is well," he add know something of bronly heiress."
"If I had been eager acl's agent before, I w I could scarcely belied. Here I had labored cess, simply for a gimission to correspond as it were from the skithat our letters were rum, sugar and mole cudgeling my brains winking the old Don, them other sweets of How anxiously, how the first advices from not explain.

not explain.
"At length there ca "At length there es these three perfumed see, on rose-colored curving hand. Read me what your wome such a letter:
"Ma

"MOST APPRECIABL