

Miscellaneous.

The Art of Fast Walking.

Persons who have never been trained to walk fast generally quicken their gait by bending forward and lengthening the stride, as the same time possibly the knees very much at each step. It is pretty safe to say that no one can possibly adopt this style and keep a fair walk at a faster gait than six miles an hour. The fast walker must keep himself erect, his shoulders back and chest thrown out. He must put down his forward foot and heel first, and with the legs straight. He must take strides so quick that they look short. He must, if he expects to get a good stride, work his hips considerably, overcoming the sidewise tendency of the hip movement by his compensatory striding of the arms. The length of stride in fast walking is astonishing to those who look at it. A little figuring will make it clear why this is so. There are seventeen hundred and sixty yards in a mile, or seventeen hundred and sixty strides three feet long. To do a mile in eight minutes a walker must cover two hundred and twenty yards a minute, or eleven feet a second. Now, two hundred and twenty steps a minute, or twenty-four a second, is pretty quick work, so any one may discover for himself. Even three steps a second, or one hundred and eighty to the minute, seems quick. The chances are that your eight-minute man, although his legs move so quickly that he seems to be not doing as many as two hundred steps to the minute. And, consequently, that the stride is at least three feet six inches. With a little practice a man six feet high can easily maintain a four-foot stride for a half mile. It is true that fast walking is an artificial gait; but it is also true that practice at fast walking will quicken a man's unartificial gait. One who can do his mile in 7.30 in racing trim and on the same path, can walk in the street at a six-mile gait without either getting out of breath or becoming red in the face, and without attracting attention by any peculiarity of his gait except in swiftiness. It is a real gain for any man to be able to walk nearly ten or twelve minutes without over-exertion or fatigue; to be able to walk five or six miles for every four he used to walk without any more conscious effort, and with a sense of enjoyment in the mere exercise that he never had before.

A Useful Rat.

An English post-race was once saved considerable expense by the assistance of a rat. As most people know, the main telegraph wires in London run through the subways in which the gas pipes and sewers are placed. The principal arteries are so large that it is easy enough for men to work in them; but the pipes through which the side wires branch off are much smaller, and great care must be taken to preserve the connection between the main and the lateral wires. Some years ago men were repairing one of these latter, and carelessly omitted to attach it to a leading line by which it could be drawn to the wire when mended. The blunderer, however, was not content with this, but he thought that the whole of the lateral pipe would have to be dug up in order to get at the broken wire. But one of the men came to the rescue with a happy thought, suggesting that a rat should be procured, and with a piece of wire attached to it, sent through the pipe. This was done; but to the dismay of the workmen, the new hand came to a stop after it had gone a few feet. However, at the end of his resources, and by his advice a ferret was procured and started on the dilatory rat's track. There was a moment of suspense before it was settled whether the rat would show fight or run away; but this was soon ended by the paying out of the wire, and in a short time the latest addition to the staff of the post-office appeared at the other end of the pipe.

His First Ocean Voyage.

It isn't very hard to recognize the veteran transatlantic traveler and the person who wears good clothes, apparently, and has an ocean trip. He is likely to have a pair of glasses hanging from his shoulder. And his sprits 'so gay, so light, so exuberant. He is overflowing with zeal, light and enthusiasm. He thinks of his promenade on deck which he went to see soon after he had sailed. The grizzled and silent captain smiles. But the red old land salt, who has crossed the "pond" time and time again, who has seen the same kind? His suit is just what you would choose for a comfortable go-as-you-please outfit. His glass is in his case, and when he needs it he sends for it. He is not an imposing person. He does know how to cross the ocean, however, and when the gay novice in ocean travel with the many of suffering and misery, and he breathes an easy laugh that is a tanned face, over which fits a grim smile when there appears before him the perfect dress, the festive cap, the moustache and the wavy curls, who so soon as the sea breeze whips the waves of melancholy look 'round writing play from the heart of any one give a good sailor. There is no commiseration for the woes of the inexperienced. It is like having at college. "On take your punishment when a freshman. Then you rate the trials of the next class and hug your self."

Shilo's Consumption Cure.

This is beyond question the most successful Cough Medicine we have ever sold, a few doses invariably cure the worst cases of Cough, Croup, and Bronchitis, while its wonderful success in the cure of Consumption is without a parallel in the history of medicine. Since its first discovery it has been sold on a guarantee, a test which no other medicine can stand. If you have Cough we earnestly ask you to try it. Price 10 cents, 50 cents, and \$1. If your Lungs are sore, Chest or Back lame, use Shilo's Porous Plaster. Sold by Drs. DeWitt's & Primmer, Bridgetown, and Dr. Morse, Lawrentown.

Davitt's New Paper.

London, Sept. 30.—Michael Davitt's paper, the *Labor World*, made its debut yesterday. It is a laboratory in its name. The new progressive labor movement demands: 1st, A better and more energetic organization of labor; 2nd, That the community and not to the landlord should secure the immediate and complete emancipation of the general industry and enterprise; 3rd, An extension of state and municipal control and ownership of the means of production and distribution of goods, so that they can be managed by public bodies in the public interest.

Mining News.

Mining experts note that cholera never attacks the bowels of the earth, but its mainy in general find it necessary to use Dr. Fowler's Extract of Wild Strawberry for bowel complaints, dysentery, diarrhoea, etc. It is a sure cure.

Agricultural.

Economy in Stock-Raising.

This is an art which is but little studied by the average stockman of the Dominion. This arises in part from the general supposition that a domain not yet stocked to its full capacity. But all this must change, at least in the older provinces. Now that the lands are becoming fully stocked in many localities, according to present estimates, it will be found as necessary to practice economy in stock-feeding as in the management of the affairs of the household. Economy in stock-feeding has a regard to the kinds of stock to be raised and to the kinds of food fed, and to the system of feeding. When meat is the object sought, those of the scrubby order will not produce it at the same profit as those which have been well bred. Notwithstanding all that has been said and proven on this point many still cling to the idea that the difference is mainly one of food. We find farmers clinging to this delusion who would give to waste even the gleanings of their fields, and yet from year to year they waste a large amount of food on animals which do not make the best use of it, and which cannot from the very constitution of their nature. The amount that is thus wasted every year in the older provinces is probably more than the value of the grain crops grown there. This waste applies equally to the production of muscle, meat, and milk.

Economy in stock-keeping is much affected by the object sought. When growth alone is the aim, as in the case of young animals, an under-supply or an over-supply are equally to be avoided. If the supply of food is limited that in three years the beast attains the weight which, with liberal feeding it would reach in two years, the loss is the food of maintenance for one year, whatever that may be. In a farm to be concentrated, the after development is seriously interfered with, so that here too, there is waste. But this mistake is much less frequent than that of under-feeding, when men or butters in the case of the stockman, unless the cows are kept in full flow of milk during the milking period, there is loss. The cost of the maintenance is increased, and this may prove a very large proportion of the cost entailed in feeding. That such is the case will be at once apparent, when we consider that if two cows do the work of three, other things being equal, the cost of maintenance of the third cow is a total loss. The kinds of food fed materially affect the economy of stock-feeding. To get the best results the farmer should raise as much of the food as he can with profit on his own farm. Where this is done the cost of drawing food home and drawing it equivalent away in some other form are saved. But it is wise to attempt to grow food where a full crop cannot be produced with a good deal of regularity. In such a case, it would be better to buy that kind of food or its equivalent in some other form. Again, combinations of foods are usually preferable to single rations, but the combinations to be adopted must to some extent be gauged by the relative prices of the different kinds of food. Sometimes it may be wise to sell one kind of grain rather than another, but the following year to be the kind fed is the price you get for it should be sold. In some instances, but not very many, it may be prudent to sell one kind of grain and buy another. At other times the ration raised on the farm may be incomplete and so should be supplemented by a ration purchased by the addition of some purchased foods.

The System of Husbandry Practised may have an Important Bearing on the Subject at Issue.

When in a mixed system there need not be much grain or food purchased at any; but when some special line is followed, as fruit growing, it may pay well to buy food and feed cattle when the manure is the only profit.

The Fruits of Progress.

The demand of the time has resulted in giving to the dairyman of 1890 improved systems of farming. We have adopted special machines. We have an insight into the underlying principles that govern and follow them, rather than believing in luck. Co-operation have been carried to such a point of perfection that I doubt whether a valid argument can be used for the home manufacture of butter and cheese. It is possible for the farmer to become a manufacturer, and to put the gross product of his farm ready for consumption into the hands of the consumer. With all these advantages, dairymen should step out into the broad, clear light of victory, and prove to the world the worth of that attitude, which besides the need of industry (for victory must always perch on the standard of those who do and dare for progress), honesty, purity and justice. The times demand for this a final and lasting triumph. To make your dairy pay, the milk should be sold for what it contains in milk solids. No one can make butter or cheese out of water, or even of the sugar in a cow's milk. The milk of some cows is richer than that of others. This is also true of dairies. If 40 lbs. of milk from one cow have 1 lb. more butter in it than exist in the same quantity from another cow, the owner of the first milk should have pay for an extra pound of butter, and not be compelled to give half of it to the other farmer, or to write play from the heart of any one give a good sailor. There is no commiseration for the woes of the inexperienced. It is like having at college. "On take your punishment when a freshman. Then you rate the trials of the next class and hug your self."

Dairying acts for co-operation.

Secure the best butter-maker and pay him the best wages. Make butter, or cheese if you please, so good that the buyer can trust himself to take it without testing it. Such co-operation is possible with men who are broad between the eyes, and it will pay. We must make what the market calls for. —John Gould, *Portage County, O.*

Some hogs are much heavier eaters than others, so that feeding a given quantity to each is not an economical plan. In feeding for growth what is necessary to keep a good healthy condition should be supplied, but in fattening all that they will eat up should be given, let the quantity be what it may.

Contented, well fed pigs should form a part of the stock on every farm. Properly managed they will yield more other-wise go to waste.

What is a Day's Labor?

One day's work for a healthy laborer is to secure a pound and a half pounds of meat, and the bill secured is deficient, constituting a loss. If, in profuse, biliousness and jaundice arise. Black Blood Bitters is the most perfect liver regulator known in medicine for preventing and curing all liver troubles.

'90 YARMOOUTH S.S. CO. '90 (LIMITED)

The Shortest and Most Direct Route between Nova Scotia and the United States. The Quickest Time, Only 11 hours between Yarmouth and Boston. THE FAST STEEL STEAMER, YARMOOUTH, WILL leave Yarmouth for Boston every Wednesday on Saturday. On arrival of the train of the Western Counties Railway, returning, will leave Yarmouth on Tuesday at 10 a.m. On Tuesday and Friday, consisting at Yarmouth with train for Halifax and Intermediate Stations. The YARMOOUTH carries a regular mail from Yarmouth to Boston, and is the fastest Steamer plying between Nova Scotia and the United States. Fitted with Triple Expansion Engines, Electric Light, Bilge Keels, etc. The steamer CITY OF ST. JOHN leaves Yarmouth every Monday evening for Yarmouth and Intermediate ports, returning leaves Yarmouth every Thursday at 7 a.m. standard time. For all other information apply to F. Crosswell, Station Agent, Bridgetown, or to W. A. CHASE, L. E. BAKER, Secretary and Treas., Yarmouth, March 1, 1890. Manager.

SALE OF FARM BY PUBLIC AUCTION.

LETTER A. No. 205. In the SUPREME COURT, 1889. BETWEEN DANIEL CLARK, Plaintiff, AND CHARLES S. STRONACH and HORATIO N. BENT, Defendants.

To be sold by the Sheriff of the County of Annapolis, at Bridgetown, in front of GLENACROSS HOTEL, on SATURDAY, the 4th day of October, 1890, at 2 o'clock in the afternoon, the heretofore described Farm and Premises, situate at Nictaux Falls, in the County of Annapolis, now in the occupation of Daniel Clark, to N. Bent, and pursuant to an Order of Foreclosure and Sale granted in the above suit by His Honour the Chief Justice of the Supreme Court, on the 23rd day of October, 1889, unless the amount due to plaintiff for debt and costs is previously paid.

ALL the estate, right, title, interest and to the following described farm, premises and appurtenances, situate as aforesaid, and bounded as follows: Beginning at an angle on the outside of road leading to Nictaux Falls, thence running south and east one-half degree, east two hundred and ninety-eight rods, or until it comes to the improved land boundary, settled by William Randall and Thomas Woodcock, in the year 1845, and thence running north and east one-half degree, east two hundred and ninety-eight rods, or until it comes to the place of beginning, containing by estimation thirty-two acres more or less.

Ten per cent of the purchase money payable at the sale, and remainder on delivery of deed.

J. AVARD MORSE, T. W. CHESLEY, Plaintiff's Solicitor. Sheriff. Bridgetown, September 18, 1890. 22 21

EXCELSIOR Package DYES ARE UNEQUALLED. SIMPLICITY OF USE, BEAUTY OF COLOR, ECONOMY OF GOODS EACH DYE WILL COLOR. 8 CENTS! CHEAPEST AND THE BEST MADE Economical! Only 8 CENTS! At all Druggists and Grocers. Every package warranted good and true to name, and the best on the market, as well as the cheapest.

C. HARRISON & Co., Cambridge, Kings Co., N. S. March 12th, 1890. 7m

EXHAUSTED VITALITY. THE SCIENCE OF LIFE. THE great medical work of the age on Manhood, Nervous and Physical Weakness, Premature Decline, and all other ailments consequent thereon, 300 pages, 8 vols., 125 prescriptions for all diseases. Cloth, full gilt, only \$1.00, by mail, sealed. Illustrative sample free to all young and middle-aged men. Send now. The Gold and Jeweled Medal awarded to the author by the National Medical Association. Address P. O. Box 1985, Boston, Mass., or Dr. W. H. PARKER, graduate of Harvard Medical College, 25 years practice in Boston, who may be consulted on all medical, Speciality, Diseases of Man, Oculist, N. S. Bridgetown, N. S.

DR. T. A. CROCKER, Graduate Philadelphia Dental College, having fitted up rooms in his new residence at 101 St. John's Street, is prepared to fill the 6th of each month. Those requiring his services will be attended with care and skill, and at reasonable rates. DENTAL APPLIANCES, LATEST PATENT. Address, 101 St. John's Street, Bridgetown, N. S. 12 1/2

FOR SALE A GOOD SECOND-HAND TOP BUGGY. Apply at the M. K. PIPER, Bridgetown, April 23rd, 1890.

NOTICE Pictures and Framing in variety. Christmas Cards, And Fancy Goods. I am also selling the Celebrated Raymond Sewing Machine. JOHN Z. BENT, Bridgetown, Dec. 1889.

R D C is Guaranteed To Cure DYSPEPSIA

WINDMILL CURE. The Most Successful Remedy ever discovered. It cures all kinds of Coughs, Croup, Whooping Cough, Sore Throat, Hoarseness, Bronchitis, Asthma, Hay Fever, and all other ailments of the Throat and Lungs. It is a sure cure, and is sold by all Druggists and Grocers. Price, 25 cents per bottle. Sent by mail, sealed, for 50 cents. Address, WINDMILL CURE, 101 St. John's Street, Bridgetown, N. S.

KENDALL'S SPAVIN CURE. Dr. R. J. Kendall, Co., Rochester, N. Y. This is a very good cure for Spavin, and is sold by all Druggists and Grocers. Price, 25 cents per bottle. Sent by mail, sealed, for 50 cents. Address, KENDALL'S SPAVIN CURE, 101 St. John's Street, Bridgetown, N. S.

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HOYT BROTHERS, DEALERS IN AND MANUFACTURERS OF MONUMENTS, TABLETS, HEADSTONES, &c. American & Italian Marble. Marble, Granite, and Freestone. MONUMENTS, IN THE MOST GRACEFUL STYLES. Our charges are reasonable in every respect, and we guarantee perfect satisfaction to all who may favor us with their patronage.

J. Hoyt, A. Hoyt, Bridgetown, N. S.

THE KEY TO HEALTH. BURDOCK BLOOD BITTERS. Unlocks all the clogged avenues of the Bowels, Kidneys and Liver, carrying off gradually all the impurities of the system, all the impurities and foul humors of the secretions; at the same time corrects the Acidity of the Stomach, curing Biliousness, Dyspepsia, Headache, Constipation, Dryness of the Skin, Dropsy, Dimness of Vision, and all other ailments of the system, and restores the system to its normal state.

W. H. BISHOP & Co., Proprietors, Toronto.

The Schooner Temple Bar is again to the Front. This well-known packet will make regular trips to the coast, carrying freight and passengers. The subscriber keeps constantly on hand and for sale. Apply to J. H. LONGMIRE, Master, or to P. Nicholson when the schooner is not in port.

Administrator's Notice. All persons having legal demands against the estate of the late Henry B. Piper, deceased, are hereby requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to H. ANDREWS, Executor. Gates Mountain, March 27th, 1890. 5d 1/2

EXECUTORS NOTICE. All persons having legal demands against the estate of the late J. P. PAPER, late of Gates Mountain, in the County of Annapolis, deceased, are hereby requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to H. ANDREWS, Executor. Gates Mountain, March 27th, 1890. 5d 1/2

EXECUTORS NOTICE. All persons having legal demands against the estate of the late DAVID G. LANDERS, late of Nictaux, Annapolis County, deceased, are hereby requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to D. W. LANDERS, Executor. Nictaux, July 21st, 1890. 10 3m

Administrator's Notice. All persons having legal demands against the estate of the late WILLIAM SMITH, of St. Croix Cove, Annapolis County, deceased, are requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to G. B. SMITH, Administrator. St. Croix Cove, July 21st, 1890. 3m 1/2

Administrator's Notice. All persons having legal demands against the estate of the late GEORGE W. MORSE, of Melvern Square, in the County of Annapolis, deceased, are hereby requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to JOHN MORSE, Executor. Melvern Square, July 7th, 1890. 3m 1/2

Administrator's Notice. All persons having legal demands against the estate of the late SAMUEL NIXON, of Melvern Square, in the County of Annapolis, deceased, are hereby requested to render their accounts daily attended to, within three months from the date hereof, and all persons indebted to the said estate are requested to make immediate payment to SAMUEL NIXON, Executor. Melvern Square, July 7th, 1890. 3m 1/2

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Nova Scotia Central Railway.

TIME TABLE No. 2. COMMENCING MONDAY, JUNE 9th, 1890.

Table with columns: Station, P.M., A.M., P.M., A.M. Rows include Lunenburg, Middleport, Bridgewater, etc.

MIDDLETON TO LUNENBURG. Daily - Passengers and Freight.

Table with columns: Station, P.M., A.M., P.M., A.M. Rows include Middleton, Middleport, etc.

Trains run on Eastern Standard Time. Indicates that trains stop when sign indicates that there are passengers to be taken on or off.

Trains connect with Windsor and Annapolis Railway at Middleton for Annapolis, and with Express Trains of L. C. R. at Windsor Junction.

Steamer "Evangelina" makes daily connection between Annapolis and Lunenburg, connecting with Western Counties Railway at Annapolis.

Steamer "City of Montserrat" leaves St. John's for Annapolis every day except Wednesday, returning leaves Annapolis every day for St. John's.

Steamer "New Brunswick" leaves Annapolis for Lunenburg every day except Wednesday, returning leaves Lunenburg every day for Annapolis.

Steamer "State of Maine" and "Cambridge" leave St. John's every Monday, Wednesday and Friday, a.m. for Digby and Annapolis.

Trains of the Provincial and New England Rail Lines leave St. John's for Digby and Annapolis every day except Saturday evening and Sunday.

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Confederation Life Association.

Head Office - Toronto.

J. K. MacDONALD, Managing Director.

January 1st, 1890.

Assets, \$2,894,502.41

Liabilities, 2,664,263.75

Surplus, \$230,238.66

1889. New Assurance, \$2,369,500

Total, 17,711,404

Premium Income, 561,293

Total, 721,973

RESULTS OF BUSINESS OF 1889. Increase in Assurance, \$948,467

Assets, 241,440

Liabilities, 51,100