

over a great deal of territory from the Atlantic dealoard to the great lakes; he was naturally somewhat weary, and the only thing that spurred the neutron of Dr. Macallum from South Atlantic dealoard to the great lakes; he was naturally somewhat weary, and the only thing that spurred the neutron building the lady meds. The opening lectures in medicine will thoro knowledge of the requirements of his office. The problems he was called upon to attempt to solve made it neces-sary for him to form some judgment himself, so that he should not be en-tirely dependent upon the able ment around him. It was to the advantage tirely dependent upon the able men around him. It was to the advantage the country and the department that

of the country and the department. It was important that he should know the peo-ple, and that they should know him. Public men, he exclaimed, dilating upon this theme, were not always what

they were represented: "You read of this man or that man and you wonder and exclaim 'What manner of man is this?" 'he observed. manner of man is this? The observed. Continuing, he said every public man should be able to bear the searchlights of public opinion. There has been a great evolution in the Dominion. Citi-zens of Canada had enlarged their views with regard to their own coun-try. We have an expanding Canada,



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Students of Hygiene Differ on Many Points, But All Agree That the Right Kind of a Breakfast is Essential.

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not the part of Canadians as a whole to object to expenditures of this hature if the first object to be attained way the promotion of commerce. He had come to Port Hope, he explained, in a receptive mood—to absorb ideas. It was necessary that he should know something of the department over which he had been called to preside, and in order to obtain a birds-eye view of the canal system he had undertaken the present trip. Since July he had been over a great deal of territory from the Atlantic eaboard to the great lakes;

This year, the students' registration
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Cookery, sewing, algebra, trigonometry, south with registration or construction in the contrast of the work country superior to theirs, work tatis in the country?.
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Constantion.</ As the years pass, the majority of progressive, thinking people are giving more and more carnest thought as to how to start off each new day so as to how to start off each new day so as to put themselves in the best possible physical and mental condition for the work of the day. It is an interesting subject, so interesting, indeed, that it has attracted the attention of a host of the world's leading scholars and au-thors on hygiene, and much has been written for the guidance of the peo-ple. Various practices are adopted to revive all the physical and mental activi-ties of the body. Some students of hy-giene hold to the cold bath and rough giene hold to the cold bath and rough towel immediately upon arising. Others tie their faith to the brisk walk with deep and regular inhalations in the fresh morning air. Still others believe in the brief session with boxing gloves. And so on and so on- Perhaps all are right, and on one point at least all are agreed. This is that the right kind of

Marker for the conduction of the conduction of the conduction will driver in the source of the conduc agreed. This is that the right and of a breakfast is essential. A perfect breakfast is impossible without Malta-Vita, that lelicous, crisp, whole-wheat food. Being a pure grain product it is rich in food ele-ments-all the food elements of the best white wheat grown and the finest barley malt extract-intensely vitaliz-ing the food you want to begin ; just the food you want to begin day with. In making Malta-Vita the whole of the wheat, after being cleaned, 18 thoroughly steamed and cooked in ab-solute purity and then mixed with the malt extract. You understand, of course, that the cooking and steaming gelatinize the starch of the wheat, and the malt extract, a powerful digestive agent, converts this starch into maltose or malt sugar. Maltose is great food and the weakest stomach digests and assimilates it without effort. After be-ing rolled into thin, wafer-like takes, the malted wheat is baked under such intense heat that it comes from the ovens crisp and brown-positively the most delicious and the most healthful food in the world. Always ready to eat. course that the cooking and steam

eat. As we said above, a perfect breakfast is impossible without Malta-Vita, but it's good three times a day. Try a bowlful with cream or fruit. You will be glad we told you about it. All grocers now sell Malta-Vita, large machages at 10 cents

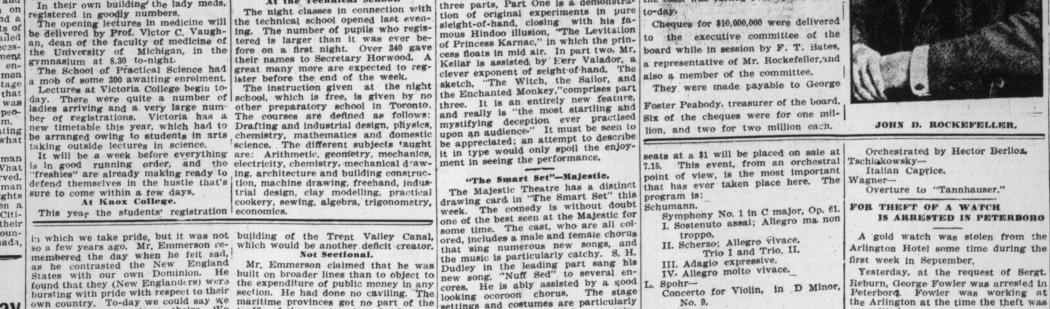
and is as popular as ever. Jack Norworth has a good selection of stor-New York, N.Y., Oct. 2.-The \$10,000,ies and gags. An exhibition of trick riding and driving is given by Helena Girard on her beautiful horse. The program closes with new pictures on the Kinetograph. 000 gift of John D. Rockefeller to the general education board, which was announced last June, was paid to the 000 gift of John D. Rockefeller to the

Kellar-Grand.

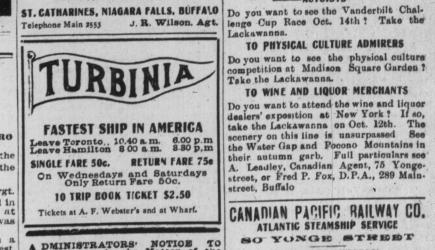
Kellar has sustained his reputation as an entertainer. His performance at the Grand last night, tho similar in feller announced that this gift would

at the Grand last night, tho similar in some respects to his previous work, is for the most part a revelation in the art of legurdemain. It is arranged in three parts, Part One is a demonstra-tion of original experiments in pure sleight-of-hand, closing with his fa-mous Hindoo illusion, "The Levitation of Princess Karnac," in which the prin-essay for the session by F. T. Bates,

The Majestic Theatre has a distinct drawing card in "The Smart Set" this week. The comedy is without doubt one of the best seen at the Majestic for Symphony



committed. The stolen watch was found in a pawnshop here by Detective Forrest, and Fowler answers the description of "Invitation to the Dance." Rondo Brilliant. the party who pawned it. Peterboro is Fowler's home. He was working in an hotel there when arrested. Forrest will



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KOREA Oct. 12 COPTIC.. Oct. 21

SIBERIA., Nov. 4 MONGOLIA Nov. 15 CHINA Nov. 25

Champlain

A DMINISTRATORS' NOTIOE TO Creditors-in the Matter of the wstate of Bessie Break well. Late of the cased. Lake Champlain Lake Erie. Lake Manitoba.

Fowler's home. He was working in an hotel there when arrested. Forrest will so after him this morning. COAL GOES UP. Thiladelphia, Oct. 2.—Because of the scarcity of cars, soft coal has advanced \$1.25 a ton at the mines. Prominent operators say that unless relief comes within the next few days the wholesale price will reach \$2 a ton. Not in months has there been such a demand for bituminous coal as at this time. For Malicious Destruction. The police have received complaints that plumbing has been destroyed in the new building being erected by the Bank of Commerce, opposite Eator's. Last night Thomas McKeown, aged 14, who lives at 274 Victoria-street, was arrested on the supposition that he is one of the gang of boys who have been doing the damage. In another column will be 'ound an

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