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The British Columbia Elections.

The British Columbia elections have resulted in a deadlock for the time being, though the Opposition may claim moral victory in wiping out the Government's majority.

Premier Turner and most of his colleagues are Conservatives, but political lines were not drawn tightly as in other provinces. The issues were purely local, and hinged chiefly on the Administration's financial policy, which the Opposition denounced as vicious and extravagant. It pointed to the growing debt as a menace to the future of the Province. Bribery by public works was also charged. The Government raised the cry that British Columbia was not obtaining its due proportion of federal funds, and was very vociferous in asserting the province's rights so called. The natural rivalry between Vancouver Island and the mainland was projected into the contest. The Premier was accused of partiality for Victoria, as the capital, and it is probably due more to sectional feeling than anything else that the island went solidly for Turner, while Vancouver city and most of the mainland ridings went against him.

Personalities were rife, and were flung about with true western vigor. Hon. Joseph Martin ex-M.P., formerly of Winnipeg, was one of the Opposition leaders, and was vehemently attacked by the Government press. Among other things he was stigmatized as an annexationist, though without sufficient reason. He was one of the four Opposition candidates elected for Vancouver. Premier Turner was also assailed in the canvass for alleged complicity in some doubtful deal, which is now before the courts.

As our fellow-countrymen in the Gold Province appear to like their politics hot, the prospect of being kept on the gridiron for a while may console both sides for the absence of a decisive victory.

Health on the Bicycle.

Much has been written about the bicycle in an entertaining strain. It is usually treated in its social aspect, and it is literally the vehicle of a good deal of cheap wit, but it has a hygienic and physiological side, which must not be overlooked. It is interesting to find it discussed seriously from this standpoint by an authority in the Contemporary Review, Dr. E. B. Turner. He is friendly to the bicycle. There are few exercises, he says, more healthful to the ordinary individual than bicycling in a moderate and discreet fashion. It combines the maximum of fresh air and change of scene with the minimum of injurious effort. He goes on to point out some of the pitfalls which bicyclists should avoid.

The writer says that seven years is the earliest age at which a boy or girl may be allowed to mount a wheel, and even then great care is necessary to see that the machine is in every way fitted to the child. The reach must be carefully adjusted to the length of the leg; the saddle must be accurately adapted to the rider; the crank should not be too long—four to five inches is sufficient; and the gear should not exceed 62 inches. Young growing tissues are easily distorted, and it is important that the handle-bar be raised to such a height that the rider can easily sit upright; otherwise a permanently humped spine may be the result. Excessive distance is bad, excessive speed is worse, and excessive hill-riding is worst. If after a ride a child is found to refuse his food, and to be feverish, restless and sleepless at night, it is a sure sign that he has done too much.

There are some instances, says the writer, where men who have passed the allotted three-score years and ten have learned to cycle, and are living instances of the benefit of it, but any veteran who has passed a sedentary existence should count well the cost before he risks the over-strain which might easily result from a new and unaccustomed pastime. This applies with double force to women of a mature age in whose youth the only exercises considered "ladylike" were dancing or a mild walk. No old man or elderly woman should, therefore, begin to cycle unless pronounced sound. Those who are already expert cyclists, however, may look forward to a continuance of their cycling through a green old age.

As a broad rule it may be laid down that those of any age who are unsound or delicate should not commence to ride except under the advice of a competent physician. There are some ailments in which, cycling, properly regulated, acts like a charm in restoring

health. It does most good in functional diseases, and in such as arise from insufficient exercise. It prevents and assists in the cure of such diseases as gout and rheumatism, and few regular cyclists are troubled with indigestion. In the bloodiness of young girls it sometimes does more good than pints of iron drops, though in such cases moderation is most essential until the heart is well drilled in its new work, and very few instances of pure "nervousness" survive a regular course of bicycle rides. No person, however, with any organic disease, especially if the heart be affected, should attempt to cycle, except under the direct orders of his physician.

With regard to the saddle, each person must suit himself or herself. "One man's saddle is another man's blister," it is most necessary to be careful about the adjustment and position. It should be placed just so high that when the rider is sitting at ease he can touch the pedal with his heel when it is at its lowest point. This will give him perfect command over the wheel and allow him to use his ankles in pedalling to the best advantage. If the saddle be too low it is impossible to use the full power of the muscles of the leg, as the knee must always be kept bent. If the saddle be too high the danger of losing control of the machine in an emergency is doubled, as the guiding power of the feet on the pedals is lost for about half a stroke. Some are able to do better with the saddle well forward, and some with it in a backward position; but extremes should be avoided. If a plumb line be dropped from the peak and fall about four or five inches behind the crank axle, the most suitable place will have been discovered. The saddle should be sufficiently broad at the back to allow of the rider sitting fairly and squarely upon it and using the bones intended by nature to support the weight of the body. The peak should cause no undue pressure anywhere. The springs should be adapted to the weight of the rider.

All underclothing should be of wool, with a thickness regulated according to the temperature; shoes always; boots never should be worn; and no garment should be at all tight. For women the skirt should be well cut and not too large round the hem; three yards will be found sufficient, and it should clear the ground by about four inches when the wearer is not on her machine. Knickerbockers should take the place of the petticoat, and thin woolen stockings should be worn by those who mean to ride more than a mile or two. The writer agrees that "rational dress" and the diamond frame wheel are safer and more convenient for women, but beyond the proto-martys and pioneers of the movement it does not seem that many, in America at least, will adopt the new fashion. The looking-glass forbids.

As for food, a mixed diet and regular meals are the best. It is unwise for anyone to start riding directly after food, and stimulants between meals, even in the case of fatigue, must be bad. Their effect soon passes off, and the reaction leaves the rider worse than he was before. Bicycle racing and violent athletics should be subject to two stringent rules: One, that no person should take part in any competition unless he be properly trained and fit; the other, that no person organically unsound should, under any circumstances, be allowed to commence training.

The American troops in Cuba find quinine a better ally than General Garcia.

Evidently the crews of French steamships are not taught the Birkenhead drill.

Cervera was sure of being well treated in the United States, anyway. He is a real live marquis.

The golden orb of conquest has quite eclipsed the silver dollar as a political issue over the border.

Emperor William is about to tour the Holy Land. It is to be hoped he will have the propriety to leave his mailed fist behind.

Strange to say, Great Britain's first cash profit from the war came from Spain, not the United States. Camara paid it in Suez Canal tolls.

The Spanish sailors captured off Santiago have been clothed in American navy uniforms, but no one can accuse the poor fellows of being turncoats.

Hugh John's thrust at Sir Charles Tupper must have put Sir Mackenzie Bowell in a reminiscent mood, with particular reference to the spring of 1896.

While the Opposition press is multiplying the failures of Laurier, the people of Canada notice with pleasure that

commercial failures show a diminishing ratio.

Orthodox political economy is against state paternalism as a rule, but not the kind practiced by the Ottawa Government in determining to protect the Crow's Nest Pass laborers.

The survivors of La Bourgoigne's crew blame all the fighting and inhumanity on passengers. Considering the proportion of the crew that escaped, it must be admitted that they defended themselves well.

Cervera hints that the money intended for big guns for his ship went into the pocket of the chief of ordinance. It is notorious that nearly every Spanish official acquires a competence. Perhaps this accounts for the incompetence of the rest of the crew.

Ald. Greenlees will have public support if he brings in a reasonable bicycle bylaw. No one will endorse it more heartily than sensible cyclists, who need as much protection against the reckless bicycle element as do pedestrians.

The bylaw should entitle wheelmen to the right side of the road when passing rigs in opposite directions. Some drivers are boorish enough to refuse them this. A local judge has decreed that a bicycle has no privileges on the highway, but the city council will doubtless show more justice and common sense.

We observe that some of our contemporaries have been commenting on a report that Mr. George E. Casey, M.P., was likely to be selected at an early date as Deputy Minister of Agriculture. We have no doubt that Mr. Casey would prove a very competent person for that position, but we are not aware that Mr. Scarth is about to be retired. The Minister of Agriculture is away in England at the present time, and it is hardly likely that the subject of the appointment of his deputy would be taken up by his colleagues in his absence. Mr. Casey has been a member of Parliament since 1872. He is a graduate in arts of Toronto University, and is possessed of good abilities, but it may well be that neither Mr. Casey nor the Minister of Agriculture desire any change during the continuance of the present Parliament.

AN ECONOMIC QUESTION.

[Washington Star.]

"Hit do happen," said Uncle Eben, "dat a man's hand puzzled whethuh ter pay \$2 tax on 'is watchdog or spend de money foh sumpin wuf watchin'."

CONSERVATIVE HARMONY.

[Belleville Sun.]

What's this? Hugh John Macdonald cannot fully endorse Sir Charles Tupper's policy as leader of the opposition! How the old party is working in harmony, to be sure!

A DAILY NECESSITY.

[Chicago Times-Herald.]

The dependence of the public on the daily newspaper never was demonstrated better than it has been in this city since the stereotypers placed their embargo upon the publication of the news. The people know it now, if they never knew it before, that the daily newspaper has become one of the necessities of life.

HOW TO PRONOUNCE SPANISH.

[Pittsburgh Dispatch.]

The principal requirements for accurate Spanish pronunciation is to thrust out the lower jaw one inch, stiffen the muscles which operate it, close the throat to a falsetto, use the continental "a" look imbecile, and lip at the proper moment. The habit is easily acquired by all those who are born in Spain.

PASSING PLEASANTRIES.

MAUD MILLER.

[San Francisco Argonaut.]

Maud Miller, in the summer heat, Raked the meadow thick with wheat.

The judge rode slowly down the lane, Smoothing his horse's chestnut mane.

"With wheat at a dollar per," said he, "This maid is about the size for me."

Then he smiled at her and she blushed at him, And over the meadow fence he clime.

"Will you marry me, sweet maid?" he said, And she told him "Yes," and they were wed.

Alas for maiden, alas for judge, For old designer and wheat-field drudge.

Lord pity them both and pity us all, For Maud didn't own the wheat at all.

And the judge remarked when he learned the cheat, "Don't talk to me about dollar wheat!"

THE WARSHIP MAN.
Hot, hot, hot,
In these warships, on the sea;
But I wish that my pen might tell you
What hotter than hottest can be.

Ah, well for the ice-cream seller,
As he twirls his freezing can;
All right for the root-beer doctor,
And the red-napped bold iceman.

But these broiling ships grill on
In the blistering sun until
I sigh to sit on a ton of ice,
And melt it down at my will.

Hot, hot, hot,
In these red-hot ships on the sea,
But the cooling click of ice in a glass
Will never be heard by me.

—Marvin R. Clark.

The Fly is a bald-headed fact.

AMERICA'S FIGHTERS

How Uncle Sam Feeds His Soldiers and Sailors.

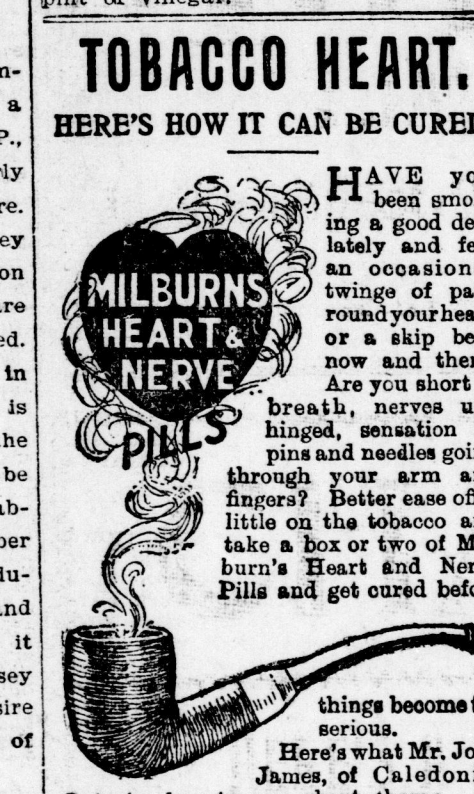
The meals that the government provides for the army and navy, known in the services as rations, are really scientific combinations of food and drink. They are not hastily improvised affairs, like many busy-day dinners at home, but are the result of experimenting with staples, condiments, and other articles, extending over many years. They have been thoroughly tested in peace and war, in the camp and on the march, and are sanctioned by the highest medical and hygienic authorities.

The service ration of the army consists of a pound and a quarter of beef, or three-quarters of a pound of pork, eighteen ounces of bread or flour, and at the rate of ten pounds of coffee, fifteen pounds of sugar, two quarts of salt, four quarts of vinegar, and four ounces of pepper for every 100 rations. Long was eaten sh du emfwy xadit.

Tobacco is furnished to enlisted men at cost price, in quantities not exceeding sixteen ounces per month.

The navy ration is slightly larger and more varied than the army ration, because the sailor does not have the same opportunity as the soldier for purchasing extras and delicacies. It consists of the following daily allowance to each man: a pound of salt pork, with half a pint of beans or peas; or one pound of salt beef, with half a pound of flour and two ounces of dried fruit; or three-quarters of a pound of preserved meat, with half a pound of rice, two ounces of butter, and one ounce of desiccated mixed vegetables; or three-quarters of a pound of preserved meat with two ounces of butter and two ounces of desiccated potatoes; together with fourteen ounces of biscuit, one-quarter ounce of tea, or one-quarter ounce of coffee or cocoa, and two ounces of sugar; and a weekly allowance of half a pint of pickles, half a pint of molasses, and half a pint of vinegar.

TOBACCO HEART.
HERE'S HOW IT CAN BE CURED.



HAVE you been smoking a good deal lately and feel an occasional twinge of pain round your heart or a skip beat now and then? Are you short of breath, nerves unbalanced, sensation of pins and needles going through your arm and fingers? Better ease off a little on the tobacco and take a box or two of Milburn's Heart and Nerve Pills and get cured before things become too serious.

Here's what Mr. John James, of Caledonia, Ontario, has to say about them: "I have had serious heart trouble for four years, caused by excessive use of tobacco. At times my heart would beat very rapidly and then seemed to stop beating only to commence again with unnatural rapidity. 'This unhealthy action of my heart caused shortness of breath, weakness and debility. I tried many medicines and spent a great deal of money since I became aware of my condition, but could not get any help.

Last November, however, I read of a man, afflicted like myself, being cured by Milburn's Heart and Nerve Pills. I went to Loper's drug store and bought a box. When I had finished taking it I was so much better I bought another box and this completed the cure. My heart has not bothered me since, and I strongly recommend all sufferers from heart and nerve trouble, caused by excessive use of tobacco, to give Milburn's Heart and Nerve Pills a fair and faithful trial."

Price 50c. a box or 8 boxes for \$1.25. All druggists. T. Milburn & Co., Toronto, Ont.

LAXA-LIVER PILLS cure Constipation.

THERE is more soap to the cake in Sweet Home Soap and more cakes for a quarter than in any other first-class soap. Sweep Home Soap washes clean and easy without any miracle about it. It's just made to do the work. It's the washer. All kinds of premiums for all.

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The Fly is a bald-headed fact.

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Wednesday 8 a.m. 1 p.m. THE RUNIANS, GRAY, CARRIE COMPANY. Wednesday 8 a.m. 1 p.m.

DOORS CLOSE AT 1 O'CLOCK

Five Hours to do your buying here Wednesday. We make it interesting for you to shop early.

Elegant New Wash Goods

Five Items That Have the Stamp of Genuine Economy:

Fifteen pieces new Crash Skirting, opened yesterday; special at 12½c, 15c, 20c and 25c per yard.

Forty-seven pieces 36-inch Percalé Prints, fast colors; worth 12½c, very special at 8c.

Twenty-two pieces Domestic Gingham, blues, browns, pinks, etc.; warranted fast colors; special at 8c.

Table Linens, 25c, 35c, and 50c. A bargain.

Twenty-two inch Glass Toweling, worth 12½c; special at 8c.

Flowers.

400 bunches, all kinds; worth 50c, 75c, \$1, on sale Wednesday at 15c.

Skirts.

Ladies' five-gored Skirts, worth \$3, Wednesday morning for \$2.

Ladies' seven-gored Skirts, worth \$3 50, special \$2 75.

Ladies' fine Black Drilling Skirts, worth \$5, special at \$3 50.

Ladies' Blouses.

Another big lot just to hand, and go on sale at prices little enough to induce you to buy three or four.

Blouses in Percalés and Cambrics, collars attached; worth 50c and 75c; very special at 25c.

Lace Stripes Muslin Blouses, worth \$1 25; special at 90c.

White Skirts.

Six Tucks 12-inch Embroidery; special, 75c.

Corsets.

50c Summer Corsets, only 25c a pair.

Men's Flannelette Shirts.

Worth 35c, Wednesday morning only 20c.

Handkerchiefs.

Men's Linen Handkerchiefs, worth 15c, special at 5c.

Four Specials.

1.—349 Ladies' Straw Sailors, worth 25c and 50c; very special at 15c.

2.—Six dozen Boys' Fancy Straw Hats; very special at 20c and 25c.

3.—Ten dozen Straw Hats, odd sizes, odd lines, in men's and boys'; special to clear at 5c and 10c each.

4.—Boys' Galatee Suits, sizes 21 to 27, worth \$1 to \$1 50; very special at 50c, 65c, 75c and \$1 to clear.

Embroidery.

Regular 40c, Wednesday morning 15c.

Smallwares.

Handkerchiefs, worth 5c; special, 2 for 5c.

Handkerchiefs, worth 7c, special at 6 for 25c.

Palm-Leaf Fans, 3 for 5c.

Black and Fancy Fans, specials, 10c.

New P. K. Insertion, just in.

Wednesday morning our 50c Ladies' Belts go for 25c.

Neckwear.

Five dozen Knots, worth 20c, special at 10c.

Ten dozen Bows, Strings, and Four-in-Hands, worth 12½c to 15c, special at 5c.

Summer Coats.

Six Men's Light Summer Coats in Flannel, etc., regular \$1, special at 60c.

Men's Suits.

Broken lines, odd sizes, all colors, etc., to be cleared out at less than cost of manufacture. Come at once.

SHOP EARLY
Tomorrow, as we close at 1 o'clock.

THE RUNIANS, GRAY, CARRIE CO.,

OAK HALL.

BOYS' CLOTHING.

Boys' 3-Piece Suits, \$2.75, \$3.00, \$3.50

Boys' 2-Piece Suits, \$1.50, \$2.00, \$2.50, \$3.00

You never know what will happen to a boy. Whatever it is generally happens to his clothes first. The result is disaster to the clothes—BOY ALL RIGHT.

MORAL: When you buy Boys' Clothes get the kind that things can happen to with the least ruin. You buy this kind at

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cago, Ill., for proofs of cure. Capital, \$250,000. Worst cases cured in 15 to 25 days. 100-page book free.