and Lanark, conditions up.

Innisville, June 15, 1872.

WEAR BACKS AND GAO SEATS.

The small of the back is the weak of strong point of every person. It is the center of voluntary motion. Nearly 300 muscles are directly or indirectly control of control of the small of the back is the pivotal center. Hence, while those who are strong, and lits, wark the small of the back is the pivotal center. Hence, while those who are strong, and lits, wark the small of the back is the pivotal center. Hence, while those who are strong, and balanced, know nothing of sphal weak news or vertebral distortion, invalids are forever complaining of this part of the body.

One very prominent cause of weak backs and crooked spines is, the unhygienic and unanatomatical seats and benches of our school-houses, churches, and halls; nor are the seats provided in statutors of the content of the seats provided in that the content of the content of the surface of the content of the con