

Major-General Drayson, once well-known in Halifax, claims that he has made a discovery which will prevent much suffering to humanity. He asserts, and with a good show of reason, that the object of all exercise is to stimulate breathing, and thus give a larger supply of oxygen to the blood. Therefore, he says, why take vigorous exercise for the sake of exercise, when the body is already weary. A simpler way will be to obtain the necessary oxygen by stimulating the action of the lungs by rapid breathing—a process which may be effected while one lies back quietly in an arm-chair. If the process is kept up long enough the effect on the system is the same as if a long walk had been undertaken, while the body is not correspondingly wearied. Of course it is necessary that only pure air should be thus inhaled. Another advantage of the discovery is, that this same rapid breathing will ward off restlessness and sleeplessness. The man who tosses about at night has but to pace the floor a few minutes, puffing like a steam-engine; when he again reclines it will be to fall into a peaceful sleep. The Major's remedy has the advantage of being extremely simple, and is probably harmless.

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The illuminated address presented to the captain of the Blake while at New York, reference to which was made a few issues ago, was lithographed for the canteen committee who purpose presenting each person then serving with a copy.

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For some time past the military authorities have been missing stores. So numerous have the losses become, that in the article of blankets alone the quartermaster sergeant swore the other day that over £20 worth of blankets had been taken or are missing. On Saturday Private Tudwell, who is in charge of this kind of store, was arrested and two blankets and a pair of stockings were found on him, having the broad arrow of the war department on them and no mark of having been sold. This morning Lieut. McGowan appeared in court to conduct the prosecution, and J. T. Bulmer, who was retained for the defence, objected on the ground that a lawyer could not appear at a court martial far much less could an officer appear in court. The loss could not be proven or connected with the accused, in fact the defence elicited the information that the prosecution could not tell whether the loss was in the store department or outside. T. Robinson swore he gave the accused one of the blankets and that Major Harvie gave him the other. The magistrate stated that the prosecution had failed to make out a case, and Tudwell was honorably acquitted. Lieut. McGowan said they wanted the matter examined at the citadel, but Mr. Bulmer said they needed to proceed with great caution after an acquittal in a civil court.

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Captain Hon. A. G. Curzon-Howe was offered the flag captaincy of the new Mediterranean flagship, but refused it as he prefers to remain commodore of the Newfoundland fishery fleet.

## THE MILITARY RIFLE LEAGUE.

The following is a complete return of the shooting in No. 4 match, 22nd July:

Military—	
No. 3 Co. C.R.I., St. John, Que. - -	515
No. 4 Co. C. R. I., 1st team, Fredericton, N. B. - - - - -	648
No. 4 Co. C. R. I., 2nd team, Fredericton, N. B. - - - - -	356
B. T. Man. Dragoons, Portage la Prairie, Man. - - - - -	752
H. G. Art., 1st team, Halifax, N. S. -	793
H. G. Art., 2nd team, Halifax, N. S. -	648
H. G. Art., 3rd team, Halifax, N. S. -	439
H. G. Art., 4th team, Halifax, N. S. -	220
N. B. G. Art. - - - - -	546
Montreal G. Art., 1st team, Montreal	697
Montreal G. Art., 2nd team, Montreal	487
B. C. G. Art., 1st team, Victoria, B.C.	469
B.C.G. Art., 2nd team, Victoria, B. C.	404
B.C.G. Art., 3rd team, Victoria, B. C.	225
B.C.G. Art., 4th team, Victoria, B. C.	396
B.C.G. Art., 5th team, Victoria, B. C.	387
B. C. G. Art., 6th team, New Westminster, B. C. - - - - -	724
B. C. G. Art., 7th, team, New Westminster, B. C. - - - - -	505
N. W. M. Police, Fort Saskatchewan, N. W. T. - - - - -	589
G.G.F.G., 1st team, Ottawa - - -	775
G.G.F.G., 2nd team, Ottawa - - -	548
1st P. of W. R., 1st team, Montreal	568
1st P. of W. R., 2nd team, Montreal	157
2nd Q. O. R., 1st team, Toronto - -	772
2nd Q. O. R., 2nd team, Toronto - -	690
2nd Q. O. R., 3rd team, Toronto - -	650
2nd Q. O. R., 4th team, Toronto - -	606
2nd Q. O. R., 5th team, Toronto - -	523
2nd Q. O. R., 6th team, Toronto - -	468
6th Fusiliers, 1st team, Montreal -	821
6th Fusiliers, 2nd team, Montreal -	511
7th Fusiliers, London, Ont. - - -	833
8th Royal Rifles, 1st team, Quebec -	725
8th Royal Rifles, 2nd team, Quebec -	648
8th Royal Rifles, 3rd team, Quebec -	477
10th Royal Grens, 1st team, Toronto	722
10th Royal Grens, 2nd team, Toronto	631
10th Royal Grens, 3rd team, Toronto	605
12th York Rangers, 1st team, Toronto	740
13th Batt., 1st team, Hamilton - -	785
13th Batt., 2nd team, Hamilton - -	777
13th Batt., 3rd team, Hamilton - -	747
13th Batt., 4th team, Hamilton - -	679
13th Batt., 5th team, Hamilton - -	631
13th Batt., 6th team, Hamilton - -	636
20th Batt., Milton, Ont. - - -	751
21st Batt., 1st team, Essex Centre	560
21st Batt., 2nd team, Windsor - -	711
21st Batt., 3rd team, Leamington -	688
25th Batt., St. Thomas, Ont. - - -	581
33rd Batt., 1st team, Seaforth, Ont.	615
36th Batt., 1st team, Brampton, Ont.	283
36th Batt., 2nd team, Brampton - -	461
37th Batt, Hagersville, Ont. - - -	659
38th Dufferin Rifles, Brantford, Ont.	444
39th Batt., Simcoe, Ont. - - -	628
40th Batt., 1st team, Campbellford -	503
40th Batt., 2nd team, Hastings, Ont.	505
43rd Batt., 1st team, Otatwa, Ont.	782
43rd Batt., 2nd team, Ottawa, Ont.	741
43rd Batt., 3rd team, Otatwa, Ont.	687
43rd Batt., 4th team, Ottawa, Ont.	636
43rd Batt., 5th team, Ottawa, Ont.	512
45th Batt., 1st team, Lindsay, Ont.	820
45th Batt., 2nd team, Lindsay, Ont.	598
45th Batt., 3rd team, Bowmanville	642
48th Batt., Toronto - - - - -	628
49th Batt., 3rd team, Stirling, Ont.	580
57th Batt., 1st team, Peterboro, Ont.	777
57th Batt., 2nd team, Peterboro, Ont.	502
62nd Batt., 1st team, St. John, N.B.	679
62nd Batt., 2nd team, St. John, N.B.	447
66th Batt., 1st team, Halifax, N. S.	798
71st Batt. 1st team, Fredericton, N.B.	790
71st Batt. 2nd team, St. Stephen, N.B.	514
74th Batt., Sussex, N. B. - - -	314
77th Batt., 1st team, Dundas, Ont.	730
77th Batt., 2nd team, Dundas, Ont.	451
77th Batt., 3rd team, Dundas, Ont.	375
96th Batt., Port Arthur - - - - -	764
St. John Rifle Co., 1st team, St. John, N. B. - - - - -	702
St. John Rifle Co., 2nd team, St. John, N. B. - - - - -	297
Rifle Associations—	
Alberta, Calgary, N. W. T. - - -	635
Cambellford, Campbellford, Ont. -	427
Canning, 1st team, Canning, N. S. -	725
Canning, 2nd team, Canning, N. S. -	640
Carleton County, Woodstock, N. B.	504
Cobourg, Cobourg, Ont. - - -	668
County of Perth, 1st team, Stratford, Ont. - - - - -	594
County of Perth, 2nd team, Stratford	471
Egerton, Hopewell, N. S. - - -	684
Erin, Erin, Ont. - - - - -	749
G. T. R., Point St. Charles, Que. -	639
Guelph, 1st team, Guelph, Ont. - -	874
Guelph, 2nd team, Guelph, Ont. - -	708
Hampton, Hampton, N. B. - - -	670
Hespeler, Hespeler, Ont. - - -	819
King's County, 1st team, Kemptville, N. S. - - - - -	716
King's County, 2nd team, Kemptville	687
Levis, 1st team, Levis, Que. - - -	550
Levis, 2nd team, Levis, Que. - - -	367
Mattawa, Mattawa, Ont. - - -	503
Orillia, Orillia, Ont. - - - - -	741
Oshawa, Oshawa, Ont. - - - - -	522
Ottawa Rifle Club, Ottawa, Ont. -	634
Regina, Regina, N. W. T. - - -	121
Saskatchewan, Prince Albert - - -	659
Temiscouata, Fraserville, Que. -	569
Tilbury East, 1st team, Tilbury East, Ont. - - - - -	462
Tilbury East, 2nd team, Tilbury East, Ont. - - - - -	464
Truro, Truro, N. S. - - - - -	690
Victoria, Victoria, B. C. - - - -	674
Woodstock, Woodstock, Ont. - - -	350

## 1st P. W. R. MATCHES.

The annual matches of the Prince of Wales Rifle Association took place at the Cote St. Luc ranges on Saturday 5th. The day was a fair one for shooting. The results were as follows:

Maiden Match—	Score.
Sgt. Patterson, company 1 - - -	22
Pte. W. J. Pendleton, company 3 - -	18
Pte. Haslet, company 4 - - - - -	18
Pte. J. McCallum, company 4 - - -	16
Lt. D. D. McCrae, company 1 - - -	16
Pte. G. Watson, company 6 - - -	13
Pte. E. Duff, company 4 - - - - -	11
Capt. Dobbin, company 4 - - - - -	6
Battalion Match—	
Lt. Col. Hood, Co. 1 - - - - -	66
Pte. D. McCallum, Co. 4 - - - - -	66
Pte. D. Finlayson, Co. 3 - - - - -	62
Pte. Lindsay Co. 3 - - - - -	61
Col. Sgt. Cunningham, Co. 1 - - -	61
Capt. Finlayson, Co. 3 - - - - -	59
Pte. J. Sharpe, Co. 3 - - - - -	58
Pte. Burd, Co. 1 - - - - -	57
Capt. Porteous, staff - - - - -	57
Sgt. Paterson, Co. 1 - - - - -	53