



What remains of Old Fort Garry.

Climb Stairs for Health.

Persons who live in top flats and who have to climb what seem to them endless staircases to reach their homes should not take the matter to heart, for a well-known physician declares that stair-climbing is the very best thing for health, when performed in the proper manner, says the Boston Journal.

Usually a person treads on the ball of the foot in taking each step. This is very tiresome and wearing, as it throws the entire suspended weight of the body on the muscles of the legs and the feet. In walking or climbing stairs the right method is to seek for the most equal distribution possible of the body's weight.

In walking upstairs the feet should be placed squarely down on each step, heel and all, and then the work should be performed slowly and deliberately. In this way there is no strain upon any particular muscle, but each is doing its

duty in a natural manner. Climbing stairs in this manner is an excellent form of exercise for the lower limbs, and, provided the chest is thrown well back and the climber does not get into the habit of bending half double, it is excellent for the lungs and heart. The latter is excited to a more rapid action, and the lungs get full play.

Doctors who are in the habit of prescribing systematic stair-climbing for their patients who are suffering from dyspepsia or lung trouble, say that many a case of incipient consumption has been cured by the patient having to climb stairs.



The particular attention of the reader is invited to the progress which this company has made and the wonderful growth of the premium income, which is greater than that of any other Canadian company, although the assurance in force in the Sun Life of Canada is exceeded by at least one other company.

—Hamilton Spectator.



The Last of the Buffalo.