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October, 1899, ill ren Daily

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The School Room. What are the physical conditions that surround a child in the average school youn, asks Dr. Bissell, writing in Harp-er's. This young being must have sun-light, fresh air, food, and exercise seough to grow, as we have learned, from one-ad a half to two inches in height annu-ally, and to gain from four to ten pounds in weight yearly, with other develop-ment in proportion. In order to do this to ercquires from 1,800 to 2,000 cubic feet of fresh air per hour; he should have an amount of exercise equal to two or three miles of walking per day, depending upon his age, as well as nourishing food, with ita fair proportions of nitrogen and carbon and hydrogen. As regards a first requisite, vir., sunlight, even in our best city (private) schools, which are for the most part held in private houses, the admission even of light, to say publing of sunlight, per pupil is gener-ally indecuate.

JNDERS, st. john, n. b IOWE, URE! TS, TABLES, STANDS, Etc.

IN ST. PAOTOEN: UNION STREET, N: B.

THE FARM.

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MESSENGER AND VISITOR.

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This saving is worth thinking of by all orchardists. Dummins ron Cowa--Miloh cows of the Jeney Jianda are largely fod on par-sance, high-colored buttler. It is quite possible that the feeding of paramins, to-gether with the mild elimate of the Jeney Islanda, is under your of the the end of the second second second second time and buttles at been for the olimatic buttles at been for and this contact of the second second second second elimates the tendency to produce milk rather than flesh or fat.

If you wish your Linen to



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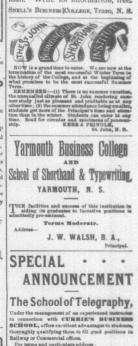


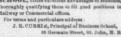
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Clergymen !

Is it not worth while for you to se shorthand in your regular ork? You can save three-fourths work ? You can save three-tourns, of your time writing out sermons, taking notes and writing out memo-randa of all kinds. You can write shorthand in a week as fast per-haps as longhand; more practice gives case and speed. Simple Shorthand can be read as easily as onghand, because the vowels are written in their natural order as in longhand. Here is what a Presbyterian

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Burrell-Johnson

Iron Co., Ltd., YARMOUTH, N. S. CLAIM that they manufacture th

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not the best way to de-cide the master ? First by enquiring what the experience is of those who silres dy use it. Secondly, by a fair trial yourself. You are not committed in say way to use thout belay, we to use thout belay, we it the nort washing day. Save \$49 on your ticket to Ca'ifornia.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ■ ■ Practica Doast point laws = Botton (Boston and Albany) HARDING & SHITH, Saint John, Agenth for New Erronwick. SHITH, Saint John, SHITH, Shith Shith, S

We shall publish in this paper from time to what the people think of it. what the people think of R. ¹⁷ For almost spar pour Model Grand Las been in use in the Massen. To-day I asked my wife, and then our domentic, the following quantities: ¹⁶ What foult have you to find with the Model Grand ¹⁵ to which they replied. ¹ None winaters: ¹. These asked shapes. Hor ruphy was: ¹. The Model Masser (Bigned) ADDRISON ROORERS. The Manse, Windson N. S., Jan. 6, 1992. be White be white as snow, Sunlight Sunlight JOHN WHITE & CO., Manager Halifer, N. S. Branch. **************** BBB CURES DYSPEPSIA

Dyupoptia arises from wrong action of the Somach and is the cause of much misery and many discover such as Completion filter in a block Head one. It is a super-lited littic at a block Head one is and ever block littic and the stormach and discussion is tongs the stormach and discussion. Case and removates the entire system. Cas which seemed past hope have been on plotoly cured by B.B.B. LIFE WAS A BURDEN.

"Life second a burden, the simplest ford disagreed with me, and I was in minory from Dyneroid, but we botkles of B 3.3, sectored breed, no from 15," mays Miss La A. Ening Hamilton, Ont.