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London, Monday, Aug. 11.

TIME FOR ANOTHER STEP FORWARD

City life has its drawbacks, especially to those whose vacation and income necessitate great economy, and oftentimes privation. But there is no reason why the lot of the people in centers of population should not be rendered much more enjoyable than it now is, without causing the corporation to be in any degree the loser. The co-operation plan is now carried out in lighting the streets, in laying out the thoroughfares and in keeping them in repair, in providing police and fire protection, and in otherwise doing for the people what they cannot accomplish for themselves unless at a very serious expense.

Why should this method of adding to the aggregate health and comfort of the population by co-operation, under the management of the civic authorities, not be extended to the supplying of other necessities of life? It would be difficult to find a negative answer for this query that would bear investigation. Take the matter of public baths, for example. Old world cities, such as Birmingham and Glasgow, have solved this question of encouraging cleanliness, by municipal aid, in a manner that affords a strong incentive to action on the part of those of whose lot is cast among an urban population. There are in busy, money-grubbing New York, even indications that not only public baths but public laundries and public co-operative kitchens will be established and confer immense benefits on a large section of the community long before another decade elapses. The editor of the Cosmopolitan magazine has taken the matter in hand, and has secured the encouragement and aid of such leading citizens as Cornelius Vanderbilt, Richard M. Hunt, president American Institute of Engineers; Seth Low, president Columbia College; Bishop Potter, Edward Everett Hale, Professor Foster, George F. Bowdoin, and Hon. Charles F. Smith. To these gentlemen were submitted the designs for public baths called for by the editor of the Cosmopolitan. The first prize was taken by an architect who presented a beautiful building, containing bath not only for men and women, but Turkish baths and laundry as well, both wholly isolated from the rest of the building. The plunge in each case is made the distinctive feature, while at the same time ample accommodation is offered for shower and private baths, toilet rooms, etc. In the second story, which extends over the central portion of the building, is a commodious lecture room. This room, intended to be devoted for sanitary instruction, opens upon a balcony from which it is possible to witness swimming contests in the plunge below. This structure will, of course, be adapted for the needs of a large population like that of New York, and the interest on its first cost, wages, heating, etc., would be about \$28,000. Against this there would be receipts estimated at \$43,820, leaving a clear gain of \$15,820 a year—certainly a good investment.

The scheme here outlined suggests the question why London should not possess baths. There would be no good sense in constructing a magnificent pile such as it is suggested should be established and made to pay in New York city. If our municipal authorities took the matter in hand they could easily proceed on a much less pretentious scale, and still provide public baths that would be of immense value as health-preservers, while virtually paying their way.

Let us outline a scheme that could be carried out: We have a splendid sulphur spring, convenient to all parts of the city, sending out an enormous quantity of the purifying fluid every day, all the year round. It is in the hands of private parties, and the water is used for bathing purposes. But it is not appreciated as it ought to be. Why should the civic authorities not acquire the property at an arbitrated value, remove the unsightly buildings, lay out the grounds at a small cost and establish a bathing establishment that would be a boon to the citizens, and be of great sanitary advantage to them as well as to many visitors who would be drawn to the city through the fame of the waters? The value of the mineral waters are undoubted, and there is no reason why they should not be much sought after.

One inducement to the City Council to seek control of the baths, lies in the fact that while the requirement would result in the beautifying of a spot that now is an eye-sore, the reform need not necessarily be costly. Indeed the baths might be made to pay interest on the investment. In New York, the proposition is to divide the baths into three classes—one for which 7 cents will be charged, which includes one towel and soap; the 15 cent bath will include two

towels and extras, and the Turkish baths will cost 25 cents. These divisions are made for the convenience of the patrons, not for the purpose of arbitrarily dividing the bathers according to their social standing. Somewhat similar arrangements might be made as to our public baths. There is no reason why a sulphur bath could not be provided for 5 cents, if the bathers furnished his own soap and towels, as many citizens no doubt would prefer to do.

As bathing in the river in its present condition cannot be regarded as adding to cleanliness, and as the commissioners are not inclined to grant water from the domestic supply for the purposes of public bathing, we submit that the scheme we have outlined is the only feasible project within the reach of the public purse. What say the aldermen about it?

THE TURNING TIDE IN THE STATES

There seems to be little doubt that the people of the United States are waking to the monstrous folly and injustice of continuing war taxes in time of peace. One by one prominent journals even on the protectionist side are convinced that the time for a new departure has arrived. The latest is the Daily Champion, of Atchison, Kansas. For more than a quarter of a century it has been the active defender of the protective idea. It says to-day that the West has no use for protection. It declares that, all sentiment and partisan bias aside, while a protective tariff may be a benefit to the East, for the West, the great agricultural area of the land, it is a positive injury, a barrier to its progress, an insurmountable hindrance to its development, and an effectual stepchild to its true material prosperity.

What has led the Champion to this conclusion, this radical change in its economic opinion? Briefly this: It has found that under the dominance of the protective idea the East has steadily grown in wealth at the expense and to the detriment of the West. In other words, that Eastern manufacturers and capitalists have increased their accumulations enormously while the farmers of the West have, during the same period, made no proportionate gain, but on the contrary have been reduced to a condition of vassalage, of tribute-paying serfs. To put it in still another form. The capitalists and manufacturers of the East, aided and abetted by a protective tariff, have made money in fabulous sums while the farmers of the West have been scarcely able to maintain themselves respectably. Not only so, but Eastern manufacturers and capitalists have, by reason of this protective tariff, been placed in a position where their financial power gives them practical control of the Government in all its departments, despite the votes and wishes of the people of the Western States, who, by reason of being large creditors, of necessity borrowers of and dependents upon the East, are virtually politically disfranchised.

These facts have induced the Champion at this time to make public its conviction, that a protective tariff is one of the many things the West does not want and cannot afford to sustain.

The farmer has no interest whatever in a protective tariff. His interest rather lies in the direction of free trade—of access to all markets—wherever his products may be in demand. It is for his interest to sell what he raises wherever in all the wide world he can find a purchaser, and thus provide himself with the means of disposing of his surplus in securing all possible markets, but equally no in buying what he needs as cheaply as possible. Sell where he may and buy at the lowest figures—this, selfish as some may call it—is what most concerns the farmer.

Free trade will give the West the markets of the world, and an opportunity to buy what it requires at less than half it now pays for these same articles.

Lumber, hardware, furniture, clothing, groceries and agricultural implements, these the West needs principally. Free trade brings these things at figures far below protective prices.

"This question," exclaims the Champion, "is broader than party lines. It is more vital than mere political organizations and more essential than the dominance of any particular set of politicians, for it touches our life and is indissolubly interwoven with our existence."

The conclusion of the whole matter is thus given by the Champion:

Protection continued twenty years longer and the West, with its vast agricultural possibilities, would be a pauper and a beggar. Let us who live here in the West be fools no longer, but let us exercise our common sense and protect our own interests by obtaining just as quickly as possible the freest trade with all its attendant benefits.

ON FRUIT-THE VALUE OF GOOD AND DANGERS OF BAD.

The Canada Health Journal has an excellent article on the above subject, the main portions of which we propose to give our readers.

Some one once said: "It will beggar a doctor to live where orchards thrive." Fruits are a well-known enemy to a torpid liver, to many forms of indigestion, and hence to general derangement of the bodily functions. The author of "Eating for Strength" says: "Writers on dietetics, because they are guided by the chemist, do not rank fruits as highly as they deserve. From the standpoint of the chemist, who finds but little acid matter in them, fruits rank low as foods; but they possess 'precious qualities' hardly yet known to the chemist. 'Their juices distilled pure in Nature's laboratory' need no boiling or filtering to destroy or remove the germs of disease; while they go easily through the tissues of the body, 'leaving their valuable salts and taking up and carrying off' the waste products. 'Their acids, how refreshing; their salts, how stimulating; their delicious flavors, how they play on the nervous system.' The aroma of good ripe fruits is believed to have an animating, exhilarating, 'inspiring' effect on the human body when they are eaten. And while it appears that the 'fruit of the tree' was the special food of man in his earliest pur-

fed or glorified condition, it appears that more special attention is now given to the cultivation of fruits than to almost any other product of the earth.

But while we would thus highly exalt pure ripe seasonable fruits, we would as strongly condemn any in any way damaged, and all unripe fruits. It appears that in nature it is very common that the best—the finest and the most elegant things are the most perishable, the most easily injured and destroyed. Fruits being given to man in such great variety, "come in" ripe at all seasons; but being so especially perishable, they can be eaten with safety only in their season, only as they ripen, unless most scientifically, well and carefully preserved, and even then they are not nearly so valuable. Probably the only evil effects ever arising from eating fruit, when not eaten in glutinous quantities, arise from damaged or unripe fruit.

No particle of anything that has commenced to decay or decompose should ever be used as food by anyone having regard for body cleanliness, purified and health. Even mould will not grow on fruit until a certain amount of decay has commenced in it, forming suitable soil for the new growth. The heat of cooking checks the decay, but the fruit has lost much of its value, more in proportion than most people would suppose, while it is not nearly so wholesome and is more likely to disturb digestion than pure, sound, cooked fruit. Unsoured fruit in an uncooked state is of course still much more objectionable. While it is easy to buy and use only the best, purest foods of their kind, this is especially so with regard to fruits. It is very much better to buy only a small quantity of that which is good and sound than much more that is deteriorated and sold at a low price.

During hot weather the digestive tract is in a measure, like the entire body, in a relaxed condition and is then much more easily irritated and disturbed by improper food, and at this season great care should be exercised in selecting fruit, and all should be very carefully looked over, in a good light, and every bad spot or part cut away and rejected. Mouldy fruit remains in a decayed fruit.

A system of careful inspection, and with a small magnifying glass, should be carried out wherever fruits are marketed. This point is sadly neglected.

OTHER NEWSPAPERS.

DISCRIMINATION.
The Voice.
The farmers may be a little radical in their demands upon the Government that it build sub-treasury warehouses over the country for the storage in bond of farm products, but that is just what the Government does for the liquor man. It does not, indeed, lend them money on their whisky, but it gives them warehouse receipts that are readily negotiable. If it is a "wild idea" in the case of the products of the soil?

ABOUT ADVERTISING.

The Money Maker.
Few advertisers value sufficiently the prestige a first-class newspaper advertisement brings in the business world. You may spend \$50,000 in circulars or pamphlets, but you will realize only the cost of one at a few cents. A page advertisement in a first-class daily at \$500 will probably impress your name and business on the mind of every reader for a lifetime, and each will realize that it cost that amount if not more, and rate your standing among your fellows accordingly.

THE PROTECTIVE TARIFF IN GERMANY.

L'Independent Belge.
The matter to which German statesmen have given the most serious consideration is the economic condition of Germany. The protective tariff which that country owes to Prince Bismarck begins to bear fruit which is far from satisfactory. The Department of Statistics of the Ministry of Commerce and Industry has just published the general statistics of commerce in 1889. It appears by these figures that in the year ended the 31st of December, 1889, the enormous sum of 750,000,000 marks, while the exports diminished during the same period by 900,000,000 marks. More remarkable still is it that since the introduction of the protectionist system by Prince Bismarck, that is to say, since 1880, the amount of imports has not ceased to increase, while the exports, with some alterations of increase and diminution, have much diminished. The comparative figures of the last ten years show that protectionism gives favorable results only during the first year or two of its application. After the third or fourth year the situation changes, and the protective tariff steadily drains a country of its money.

Constipation,

If not remedied in season, is liable to become habitual and chronic. Drastic purgatives, by weakening the bowels, confirm, rather than cure, the evil. Ayer's Pills, being mild, effective, and strengthening in their action, are generally recommended by the faculty as the best of aperients.

"Having been subject, for years, to constipation, without being able to find much relief, I at last tried Ayer's Pills. I deem it both a duty and a pleasure to testify that I have derived great benefit from their use. For over two years past I have taken one of these pills every night before retiring. I would not willingly be without them."—C. W. Bowman, 26 East Main st., Carlisle, Pa.

"I have been taking Ayer's Pills and using them in my family since 1887, and I can testify that they have been of great benefit to me. Then I began to take Ayer's Pills, and soon the bowels recovered their natural regular action, so that now I am in excellent health."—S. L. Loughbridge, Bryan, Texas.

"I have induced them for the purpose for which they are recommended."—T. Conners, M. D., Centre Bridge, Pa.

Ayer's Pills,

PREPARED BY
Dr. J. C. Ayer & Co., Lowell, Mass.
Sold by all Druggists and Dealers in Medicine.

Those answering an Advertisement will confer a favor upon the Advertiser and Publisher by stating that they saw the Advertisement in the LONDON ADVERTISER.

A POPULAR SUCCESS.

NORTHROP & LYMAN'S Vegetable Discovery

A GREAT BLOOD PURIFIER AND HEALTH REGULATOR

No Medicine Equals It.
Its Properties are such as to
Rapidly Insure Sound Health and Long Life.

Pleasant to the Taste, and Warranted
FREE FROM ANYTHING INJURIOUS
To the Most Delicate Constitution of Either Sex.

Milk of Magnesia

Cures
Dyspepsia,
Indigestion,
Sick
Headache,
Heartburn.

Bad Taste
in the Mouth,
Nausea,
Sour Stomach,
Impure
Breath.

PREPARED ONLY BY
The Phillips' Pharmaceutic Co.
LIMITED,
No. 4 St. James Street, Montreal



"ASSISTANCE"

In all nature there is no more timely assistance than that which is afforded by the old idea of bleeding, blistering, purging, etc., has been superseded by that of a sure, that is, to diet and sanitary surroundings and giving medicine to act gently but just as effectively as a blood purifier.

MALTOPEPSIN

(An artificial gastric juice) is a remedy on every bottle aids the weakened stomach by putting into it what it lacks, namely, gastric juice, which assists the digestion of the food, relieves the pain or heavy feeling, and cures the constipation usually accompanying stomach troubles. As you value your future health, avoid Bitters, Blood Purifiers and Purgatives, which only irritate and weaken the stomach, aggravating the Dyspepsia. The disease is in the stomach, so aid the stomach. Endorsed by physicians in all cases of Stomach Troubles, Indigestion, Dyspepsia, etc.

Prepared by HAZEN MORSE, INTERNATIONAL DRUG CO., OMAHA.

EDUCATIONAL.

WESLEYAN LADIES' COLLEGE

HAMILTON, ONT.
Will reopen Sept. 1, 1890 (39th year). The first of this college's course has university education; graduation course in literature, music and art, followed by Diploma in each. Music department stronger than ever before. Rooms may be secured now. For terms address the principal.

A. BURNS, D.D., LL.D.

LIVERY STABLES.

LILLY'S CROWN LIVERY NO. 619 Dundas street, East, London. Telephone No. 606.

STAR LIVERY

Robt. Tripp, Prop.
Richmond street, near C. P. R. station. Mr. H. M. Potter has sold out to Mr. Robt. Tripp, who will be pleased to meet all the old customers of this well-kept livery. Telephone 423.

LEADING HOTELS.

ROSSIN HOUSE

TORONTO.
Remodeled and refurbished. The most complete, luxurious and liberally managed hotel in Toronto. Immunity from noxious gases and malaria guaranteed by the most perfect system of ventilation traps and thorough plumbing known to sanitary science.

GRIGG HOUSE

LONDON.
THE UNDERSIGNED having assumed the proprietorship of the above first-class commercial hotel, trusts, by strict attention to the wants of the traveling public, to merit a continuance of the patronage so liberally bestowed upon his predecessor the past eleven years. Everything of the best.

THOS. K. GRIGG.

HOTEL METROPOL

(LATE SHAKESPEARE HOTEL).
Corner of King and York Streets TORONTO.

This centrally-situated hotel has been thoroughly refitted, and is now first-class in every particular. Rates \$1.50 and \$2.50, according to location. A call respectfully solicited.

JOHN McGOVERN, Hamilton.

THE LATEST.

THE MANHATTAN COLLAR

ALL SIZES.
Burns & Bapty

The Furnishers.
DR. W. H. GRAHAM

198 King Street West, Toronto, Ont.

TREATS CHRONIC DISEASES, and gives special attention to SKIN DISEASES, as Pimples, Ulcers, etc.

PRIVATE DISEASES—Diseases of a Private Nature, as Impotency, Sterility, Varicocele, Nervous Debility, etc. (the result of youthful folly and excess), Gleet and Stricture of long standing.

DISEASES OF WOMEN—Painful, Profuse or Suppressed Menstruation, Uteration, Leucorrhoea, and all Displacements of the Womb.

Office Hours—9 a.m. to 8 p.m.; Sundays, 1 p.m. to 3 p.m.

FURNACES.

COAL OR WOOD.
Cast Iron or Steel Domes.

Quick, Powerful and Economical.
Full guarantee of Perfection of Construction, Detail and Operation.

NEW DESIGNS IN REGISTERS.
Write our nearest house for prices and estimates.

The McCLARY MFG. CO.

London, Toronto, Montreal, Winnipeg.

SMOKE "FRAUD"

A 5-cent Cigar.
Its merit will recommend it to the taste of the most cultivated smoker.

OF FINE QUALITY AND EXCELLENCE

SOLE PROPRIETORS,
BRENER BROS.,

CIGARMAKERS,
LONDON, - - - ONTARIO

3-GREAT BARGAINS THIS WEEK--3

AT OUR—
Mammoth New Store, 151 Dundas Street,

Clothes Wringers, Carpet Sweepers, Table Cutlery,
SOME GREAT BARGAINS OFFERED.

WHEELER & McLEAN

BINDER - TWINE

Morris Bros.' "Red Cap" Brand.

THE BEST AND MOST RELIABLE TWINE ON THE MARKET

Red Cap Mixed, Red Cap Pure Manilla.

TO INSURE PROMPT DELIVERY SEND YOUR ORDERS IN EARLY.

BOWMAN, KENNEDY & CO.,

WHOLESALE ONLY. - LONDON, ONT.

Hood's Sarsaparilla

is a peculiar medicine. It is carefully prepared from Sarsaparilla, Dandelion, Mandarilla, Juniper Berries, and other known and valuable vegetable remedies, in a peculiar combination, proportionately giving to Hood's Sarsaparilla curative powers far beyond other medicines. It effects a cure where other preparations fail.

Hood's Sarsaparilla

is the best blood purifier which eradicates every impurity, and cures Salt Rheum, Boils, Pimples, all Humors, Biliousness, Sick Headache, General Debility, Catarrh, Rheumatism, and Liver Complaints, overcomes the lag, creates an appetite, and builds up the system.

Hood's Sarsaparilla

Has met peculiar and universal demand, where it is made, that whole households are taking it at the same time. It cures all cases of impurities or blood diseases, and is the only Sarsaparilla sold more of Hood's Sarsaparilla than all other Sarsaparillas or blood-purifying drugs. \$1.50 for \$5. Prepared by J. C. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar

THE FIELD OF

All-Corers Defeat the Locals at Cricket.

Result of the C. A. O. Reg. game—Toronto at Toronto. Variety of Sporting Events.

CRICKET.

The record of the Australians up to date is 5 wins, 7 lost and 4 drawn. An All-American team, made up of the natives of Scotland, England, Ireland, etc., for money for next year, is proposed for the season. It is not the slightest bit that the season will be commensurate with the season in the American cricket. The tour will begin on the 1st of May, and will last until the end of the season. The tour will be a very successful one, and will result in the defeat of the English team.

DETROIT, Aug. 11.—The Toronto team, defeated them by 34 runs, 49, Detroit, first, second, and third.

On Friday Chatham will play London, and as the result will be a very interesting one, it is expected that a large number of spectators will be present.

THE BAKERS DEFEAT. A very interesting and close contest was played on the ground between the London Cricket Club Saturday afternoon, and all corners stood as follows:

WATSON, b Cooper. 100
Baker, b Cooper. 100
Robinson, b Cooper. 100
Gordon, b Cooper. 100
Leifroy, b Cooper. 100
Harris, b Cooper. 100
Whelan, not out. 100
Extras. 100

Total. 1000

Cooper, c Whelan, b Baker. 100
Baker, b Leifroy. 100
Harris, b Leifroy. 100
Gordon, b Leifroy. 100
Leifroy, b Harris. 100
Whelan, b Harris. 100
Extras, b Harris. 100

Total. 1000

ALBERT VS. RIVERSIDE. The baseball match at Tecumseh Saturday afternoon between the Riverside and one of the most contented clubs in the city, since the formation of the amateur league, which was to be a purse of \$50, which was to be divided between the players and the interest of the spectators.

At New York—New York Brooklyn, 5, 10, 1. Batteries—Clark and Beckley, Terry and Pire—Powers.

At Philadelphia—Philadelphia Boston, 9, 14, 4. Batteries—Bennett, Gleason and Clemens—Lynch.

At Pittsburgh—Pittsburgh, 4, 6, 2, 1. Batteries—Gumbert, Luby and Nagle. Umpire—S.

At Cleveland—Cleveland, 4, 8, 3. Batteries—Harrington, Young and Zimm—Strid.

AMERICAN ASSOCIATION. At Columbus—Columbus, 10, 8, 7. Batteries—Columbus, 10, 8, 7. Batteries—Columbus, 10, 8, 7.

At Toledo—Toledo, 3, 7, 7, 11, 2. Batteries—Cushman, McMahon and Baldwin. Umpire—S.

At Louisville—Louisville, 1, 2, 3, 6, 3. Batteries—Stratton and Bitter. Umpire—S.

At St. Louis—St. Louis, 3, 4, 4, 1. Batteries—St. Louis, 3, 4, 4, 1. Batteries—St. Louis, 3, 4, 4, 1.

At Boston—Boston, 2, 6, 6, 9, 6. Batteries—Daily and

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