

THE ANTIDOTE

Published every Saturday at the offices, 171 and 173 St. James Street Montreal. It is issued by the JOURNAL OF COMMERCE plant and machinery, in time for the evening suburban trains. Personal inquiries may be made of the proprietor or Louis H. Boulé. Subscription ONE DOLLAR per annum, single copies FIVE CENTS. May be obtained at all the leading stationers and newsdealers, in Montreal, Toronto, Quebec, Hamilton, Ottawa, London, Halifax, St. John's, Kingston, Winnipeg, Victoria, Vancouver, &c. All communications and remittances should be addressed to "THE ANTIDOTE" as above. We do not undertake to return unused MSS. or sketches.

Published by M. S. FOLLY at 171 and 173 St. James Street, Montreal.

OUR PRIZE LIST

To any one obtaining for us One Thousand new annual subscribers before 31st January, 1893, we will send one first-class Upright Sewing Machine; for Five Hundred subscribers we will give one first-class ticket to Europe and return; for Two Hundred and Fifty subscribers, one first-class Sewing Machine; for One Hundred subscribers, a Gold Watch; for Fifty subscribers, a New Webster's Dictionary, Unabridged; and for Twenty-five a Silver Watch.

EXERCISE.

At this season when cities are deserted for the seaside, the mountains or the rivers, a few words upon the subject of exercise may not be out of place. Exercise has had its most enthusiastic supporters on the one hand, while latterly warning voices have been raised against the worship of bone and sinew, which tends, so we are told, to heart disease, mental decay and so forth, backed up by the argument that athletes are all, or nearly all, short lived, and constantly break down at an early age. As Sir Roger de Coverly observed "much may be said upon both sides"; the excess of any virtue becomes a vice, and it is the abuse not the use of gifts, which constitutes the evil. That greediness commenced with our first parents, who were too fond of fruit as we all know.

We can make no rule, with regard to athletics and recreation, which will suit everyone, for habits and constitutions vary considerably and whereas there are some who are benefitted by walking or other exercise before breakfast, there are others whom, such either fatigues for the entire day, or otherwise disagrees with. In like manner sea air is beneficial in many cases, has occasionally the reverse effect and without wishing to detract in the least from the medical profession, we main-

tain that every man and woman should and can know best, what suits their own particular constitution as to both food and exercise, if they will only make a study of the matter. This however, a large proportion never do, and we constantly find young men, who, fired with an admiration for those who excel in rowing, running or other physical pastimes, rashly attempt to emulate and compete for, what they have not the necessary stamina. We have often met with men, whose occupations are sedentary, rushing madly into a pedestrian tour over mountains during their holidays, such as is only fit for those who are sound in mind and in good condition, returning to their desks jaded instead of refreshed, as they had foolishly expected.

No doubt it is exhilarating, for a man confined to the city throughout the year, to breathe the pure sea or country air, but he should remember that his muscles are flacid, his lungs unused to a sudden demand upon their full powers, and his system is no more capable of a heavy strain than is a colt fresh from the grass, of winning the Derby. Again while a twenty mile walk is a pleasant recreation for one man, another will find half that distance sufficient, and of this each should be able to judge for himself, and not over-tax his powers. If after a day's sculling, you find in taking your evening siesta that the rest is truly delightful, you may know that you have benefitted by the exercise, but should there be, in place of that enjoyable rest a feeling of exhaustion with perhaps an uneven pulse and loss of appetite, then you have gone too far.

It is the height of absurdity for those unaccustomed to physical exertion, to attempt feats of strength for which they are totally unfitted, and many instances of strains and permanent injuries have arisen from this want of common caution, but such examples should not make us utterly condemn athletic sports. A child may cut itself with a knife, but that is no proof that knives are too dangerous as articles of utility, and for those, who can spare the time, we strongly recommend an hour's game at cricket, ten-

nis, golf, or the like, to brace up the limbs and expand the chest, after the day's work at the desk, by practising which they will have a good chance of being in a better condition for the pleasant annual holiday, such as we trust all our readers will have the opportunity, health and strength to enjoy to the utmost, during this and for many years to come.

THE EDITOR'S FYLE.

Had the immortal Bard of Avon lived in these days he certainly would have written "Uneasy sits the man who wield's the Editor's pen and scissors," for compared to that seat, the pillow on which the crowned head rests is a perfect elysium! Here is one of the epistles the Editor finds upon his fyle. "Sir,"—what an amount of indignation and withering contempt some darling fair ones can cram into those three letters to be sure!—"Sir: I was both surprised and annoyed to find that you omitted to insert my contribution upon which I spent a great deal of time and labor. From henceforth, I shall consider your paper beneath my notice. —Yours, &c., Anastasia —"

The contribution in question purported to be a review of a recently published novel which was described as "A well drawn story." The character of the hero, we are told, "is well drawn" and "no one can deny" the reviewer proceeds, that the "charming heroine is very well drawn." The villain of the book—though of what his villainy consists no clue is given—is also "well drawn" and the self same praise is bestowed upon all the minor characters, while the plot of the tale—of which not a word is hinted—the reviewer maintains is thrilling and extremely "well drawn." That was about the entire substance of the review, in reading over which the Editor felt his lips being "well drawn" together, since he counted no fewer than ten of the same expressions in a single paragraph.

The Editor trusts that his fair correspondent will not be too cruel and crush him utterly, but except this gentle rebuke, as it is intended, in good part, remembering that the price of "The Antidote" is so moderate that we cannot afford to insert so many "well-drawn" pictures in a single number.