FOOD AND STRENGTH.

Men Who Perform Wonderful Feats of Endurance on a Starvation Diet.

From The St. Louis Post-Dispatch.

Keeping it out of the heat, Henry L. Sherwood, of Astoria, Ore., who is at the Southern, in the course of conversation with a Post-Dispatch reporter to-day said: "Having been for the last thirty years engaged in the fur business, I have been called upon very frequently to visit China, and have taken a number of trips to the islands of the Pacific and certain parts of India. I have been obliged to learn a good deal about medicine, and from the works I read conceived certain notions as to the best diet for the development of muscular strength. I studied the matter carefully, and after a long series of observations came to the conclusion that the medical writers knew little or nothing of the subject, and that diet, as long as it was not absolutely deleterious, has little or nothing to do with physical development and endurance. In the early '50s I was called upon to live for months among the Indians of the Northwest, especially among the Blackfeet, Flatheads and Gros-Ventres.

"With the exception of the latter, who eat a great quantity of fish, these tribes were almost exclusively meat-eating, and their vegetable diet was not worth reckoning. Never among white men have I seen anything like the same endurance that they displayed. They were never of heavy physique, few of them weighing 160 pounds, and most of them falling below 145, but their runners were unequalled on this continent. With a few pounds of pemmican meat dried in the sun and pounded into a homogeneous mass, one of the Blackfoot runners would set out on a journey of 300 miles over a rugged, mountainous country and never take more than five days in making the trip, while the first of them would arrive at his destination in a little over four. On a trip of one hundred miles the best horse would stand no chance against them, even on level ground, and when once among the mountains they would laugh at all mounted pursuit, no matter how close the horseman might be to them. The Gros-Ventre, on a fish diet, would start off to a trading post with a pack of furs weighing 150 lbs. on their backs and travel forty or fifty miles a day without apparent distress. So much for diet exclusively compounded of of either fish or flesh.

"When I went to China," Mr. Sherwood continued, "I was astonished at the wonderful feats of the coolies engaged in unloading the vessels. They were usually men rather under than above the average stature of whites, but of immense depth of chest and of limb. Never in my life have I seen such muscular development as that of some of these coolies. The knotted muscles stood up in great ridges and bunches all over their chest, arms and shoulders, and their short, sturdy legs bore them up like towers. I have seen one of them come up to a vessel carrying a long elastic pole over his shoulder with ropes at each end to fasten a package to it. He would take two packs of furs, tie them to the pole, stoop down so as to get his shoulder under it and trot off with his load as if it were nothing unusual. Each of these packs had been carried to the wharf by two strong seamen, one being deemed unequal to the task, and yet those coolies would move off easily under what had been considered a good load for four sailors. Four hundred pounds was no uncommon load, and some were said to be able to carry 600 to 700 pounds for long distances. These men, whose muscles were far more powerful than those of any human being I ever saw, never tasted anything but rice from year's end to year's end. A few of the most prosperous occasionally, my once a month, get a bite of meat or fish to eat, or now or then a little bread, but fully two-thirds of them never had anything more nutritious than rice. Bread and water, which among Americans and Europeans is considered the most meagre of all diets, would have been a feast to them, and yet their strength far exceeded that accorded those who live on a diet far more generous and nutritious according to medical science. The same thing was true of the Chinese river boatmen, who were magnificently built men, and could pull their heavy oars twenty-four hours at a stretch, receiving as food during this time a couple of handfuls of rice—about as much as an American would eat at a single meal when he had a number of other dishes on the table."

MALADIES MULTIPLY ONE ANOTHER. A simple fit of digestion may—especially if the constitution is not naturally vigorous—throw the entire mechanism of the liver and bowels out of gear. Sick headache follows, poisoning of the blood by bile ensues, and there is grave and serious disturbance of the entire system. Check the threatened dangers at the outset with Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure, the medicine that drives every impurity from the blood.

Brain Growth.

What is called a "head product," says La Nature, may be fairly regarded as representing the average brain volumes. It is obtained by multiplying the maximum length of the head by its maximum breadth and its maximum height above a certain plane. This result represents the contents of a rectangular box that would just fit over the head. This is only rudely proportional to the brain mass in individuals, but would be closely proportional to it in the average of many cases. Mr. Francis Salton makes an interesting report on measurements of the heads of Cambridge (England) students, from which the following conclusions have been deducted: (1) that while, in the population at large, brain growth ceases after the age of nineteen, this is not true of university students; (2) that men who obtain high honors have considerably larger brains at nineteen years than those who do not; (3) that this predominance is reduced to about half its extent at the age of twenty-five, the brain of the "high honor" man increases about three per cent, that of the "poll" man by about six per cent. in this period (4) that of the "high honor" men are presumably a class both more precocious and more gifted than the others.

Mother Graves' Worm Exterminator has no equal for destroying worms in children and adults. See that you get the genuine when purchasing.

Contagious Diseases.

Scarlet fever, a contagious disease producing a large annual mortality, is says Dr. G. A. Collamore, produced by a specific poison which emanates from the person of the patient, and can be caused by no other means, and this poison is remarkable for the tenacity with which it affixes itself to objects, which, if portable, may convey it long distances, and for its tenacity of life, which renders it difficult to destroy. Diphtheria, also a contagious disease, and largely fatal, may also arise from other causes than contagion notably from fermenting filth, and requires, not only isolation, but cleanliness, for its extinction. Typhoid fever and Asiatic cholera, while not directly communicable from person to person, are spread by the dejecta of their victims, which contaminate the water supply, and thus an efficient disinfection of these dejecta is a very desirable thing to accomplish. Small pox may be exterminated by vaccination, and this, I am happy to concede, is a fact on which the public requires less information than most others, albeit there are skeptics here. It is evident if the public knew how diseases arise and are disseminated, it would prepared to more heartily and effectually second the endeavor of sanitarians to limit and subdue them. In proportion to its knowledge of sanitation would its zeal increase.

—Caswell, Massey & Co's Emulsion of Cod Liver Oil with Pepsin and Quinine, is recognized as the best preparation known. Prescribed by the leading physicians. W. A. Dyer & Co., Montreal.

New Brunswick Coal Field.

From The Daily Times, Moncton N. B.

A large enterprise is looming up in the Grand Lake coal fields, which will in a few months be opened up in the tariff by the Central railway. New York and Philadelphia capitalists are the leading stockholders in the new company that is being formed to operate these coal fields, and they claim that they have a bonanza. The coal lies near the surface and it is claimed can be mined and sent to market at a great profit. Coal hauling on sleds in the winter season may now be numbered among the things of the past.

Thos. Sabin of Eglington, says: "I have removed ten corns from my feet with Holloway's Corn Cure." Reader, go thou and do likewise.

Watching the Game.

Deacon—I was terribly shocked, my dear, to discover on my way home from church a match game of baseball being played on the vacant lot near the park.

Wife—Was it that which makes you so very late, Deacon?

BUY YOUR COAL NOW.

The Movement for a September Advance Has Been Inaugurated.

From The New York Herald.

The word was passed around yesterday; and going into affect Sept. 1, the various transportation lines will raise their traffic for carrying anthracite coal from the Pennsylvania mines to market.

The raid upon the consumer has begun.

It won't be much of a "raise"—only twenty-five cents to Western and ten cents to Eastern distributing points—but it is enough for a beginning. Later on the screws can be applied again.

It was done secretly—all these things are—and there will probably be denials. But it is a fact, nevertheless. The time has arrived for the annual raking in of the shekels, and who cares?

How will it affect the householder—the actual consumer?

Why, in this way.

The railroads advance the price of hauling coal to the Atlantic seaboard to the wholesale dealers. Yes, only ten cents, but——

The wholesaler advances the price to the retailer. Yes, only the amount the railroad has advanced it to him, but——

The retail dealer! Well its his opportunity.

"The cost of transportation has been increased by those leeches—the railway companies. The man from whom we buy our coal has put up the price on us. It's a shame, a dreadful shame I we admit.

"But don't you see that it is impossible for us to continue to sell to you at the same price. We are very sorry, but, really, we shall have to charge you—well, twenty-five cents more a ton. That's no more than fair, you know.

"Sorry! Can't be helped, though. You must see the position we are in."

No it can't be helped—that gathering in of fifteen cents per ton by the philanthropic retailer. In fact, he wouldn't help it if he could.

But it is a clever scheme, isn't it? And merely a forerunner—a sort of entering wedge as it were!

One dollar and twenty-five cents freight charges per ton of anthracite to market was not enough for railway companies. The wholesalers, of course, have to look out for their own interests. The retailers, equally as a matter of course, must have their little profit. The consumer——

Well, he will have to grin and bear it whether he likes it or not.

Buy your coal now!

There's no telling what may be in store for him who waits. The dark complexioned individual in the woodpile already shows signs of returning animation, and Christmas is some way off.

Buy your coal now!

Motts Celebrated Golden Russet and Maryland Peach Cider.

Mara & Co., grocers and wine merchants', 280 Queen-street west, have just received from Motts Co. their celebrated sparkling golden russet cider, price 85 cts. per gall., and their Maryland peach cider 90 cts. per gall. The finest manufactured on this continent. Send for their price catalogue of groceries, wines, &c. Twenty dollar orders delivered free at any railroad station within 100 miles from Toronto. 135

Complex Family Relations.

The way people can mix up themselves and their relations in the matter of marriage was perhaps never better illustrated than in the case of a backwoods Maine family, of which a correspondent writes:

A father, son and grandson married three sisters.

That looks simple enough, doesn't it?

It hasn't dawned on you yet.

Well, see here:

1. Amos, the father, married Abigal.
2. Benjamin, the son of Amos, married Betsey.
3. Charles, son of Benjamin, married Caroline.

What then?

Amos is a brother to his son.
Amos is grandfather to his daughter.
Amos is grandfather to his wife.
Amos's father to his grandson.
Amos is his own grandfather, his own son, and brother-in-law to himself.
Benjamin is brother to his father.
Benjamin is brother to his son.
Benjamin is brother to his mother.
Benjamin is brother to his daughter.
Benjamin is the son of his sister.
Benjamin is the husband of his sister.
Charles is brother to his father.
Charles is brother to his grandfather.
Charles is brother to his mother.
Charles is brother to his grandmother.
Charles is grandnephew to his wife.
Charles is grandchild to his aunt.
Charles is married to another aunt.
Charles is the son of his aunt.
Charles is the husband of his sister.

The First Time in Racing History.

In the third race at Brighton Beach on Monday a deplorable accident occurred. George Angus was left at the post after breaking up several good starts. The other horses meanwhile went on, and Poet won, with Dolo second. They were returning to the scales when Angus, who had been finally got away came on down the stretch and collided with Pilot, who was walking back. His jockey, Kelly, was sitting loose, and being thrown on the rails he broke his left leg just above the knee. After having been treated by Dr. Morgan, he was conveyed on a stretcher to the Atlantic Hotel, near the track.

A nice question of racing law now arose. Kelly could not return to the scales to weigh, and consequently under the rules his mount, Pilot, who had finished second, could not be placed. A meeting of the Executive Committee was at once held, and acting under the rules of the American Jockey Club, which provide for action on the part of an executive committee in case of an emergency, they decided to waive weighing the jockey and placed Pilot second. It would obviously have been brutal to carry the maimed and unconscious jockey to the scales, with saddle, &c., for weighing.

This is the first time on record in racing history that a case like this has occurred of a jockey meeting with an accident after having passed the post, and the decision is likely to form a precedent.

CAN'T SLEEP!

Sleeplessness and fearful dreams are the earliest and surest signs of brain exhaustion. In healthy sleep brain force is being stored up to meet the next day's demands. But nowadays the nervous system has been so overtasked that it is unable to control the mind, and at night the worries, troubles, and work are as present as during the day. Hence the brain has not time to recuperate its energies. The proper medical remedies are sedatives, nerve tonics, laxatives, and regulators of the general functions. Coca and celery are the best sedatives and nerve tonics de manded, and in Paine's Celery Compound their full benefical effect is obtained. Italsocontains, in scientific proportions the best remedies of the materia medica for constipation and kidney and liver disorders. This is a brief description of the medicine which has brought sweet rest to thousands who tossed in sleeplessness from night to morning, or whose morbid dreams caused them to awake more tired than ever. All nervous, sleepless, debilitated, or aged people will find vigor and perfect health in the great nerve tonic, Paine's Celery Compound.

Price, $1.00.

Sold by druggists. Circulars free.

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MONTREAL, P. Q.

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Subscribers Call No. 500
Electric Despatch Company
82 YONGE STREET.
For MESSENGERS to deliver LETTERS and PARCELS to all parts of the CITY.
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BATTLE OF SEDAN
COR. FRONT AND YORK STS.
Toronto's greatest attraction.
Open daily from 9 a.m to 10 p. m.
Admission 50c., Children 25c.

THE QUEEN'S ROYAL HOTEL NIAGARA-on-the-Lake. Tournament Week.
The Annual Tournaments begin on Aug 21, Tuesday Golf Competition on the Links.
Gentlemen's singles begin on Wednesday and will be followed by other events. Particulars will be furnished on application to R. G. Dickson, Hon. Secretary.
Concert Hall on Thursday evg. and week will close with Grand Ball on Saturday evg. Aug. 25.

JACOB'S & SHAW'S TORONTO OPERA HOUSE.
Week commencing Monday, Aug. 20th.
Matinee—Saturday
WALTER S. SANFORD
IN
UNDER THE LASH
Tickets—15 cts., 25 cts., 35 cts., and 50 cts.
Next week—Under the Gaslight.

5 PER CENT. loans of $50,000 and upwards promptly negotiated on first-class Toronto property.
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TORONTO CONSERVATORY OF MUSIC
INCORPORATED BY GOVERNMENT
Hon. G. W. Allan, President
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OVER 600 PUPILS FIRST SEASON
50 TEACHERS: Virtually all departments of Music, from beginning to graduation, including piano, vocal art, organ, violin, sight-singing, harmony, etc.; also elocution. Certificates and Diplomas.
Tuition, $5 and upwards per term. Both Class and Private Instruction. Board and room provided. FREE ADVANTAGES: Elementary harmony and violin instruction; lectures on Acoustics at University College, lectures on Musical History, etc.; concerts and recitals. Calendar mailed on application.
FALL TERM BEGINS WEDNESDAY, SEPTEMBER 5TH
There being private schools bearing names somewhat similar, it is particularly requested that letters for the Conservatory be addressed
EDWARD FISHER, Director.
Cor. Yonge Street and Wilton Ave. TORONTO. 235

VICTORIA UNIVERSITY
SESSION 1888-9.
LECTURES in ARTS, SCIENCE and THEOLOGY will be resumed OCTOBER 1st, 1888.
Supplementary Matriculation Examinations commence September 25th. Application on or before Sept. 1st should be made to Rev. E. H. Walsh, B.D., Registrar.
An enlarged staff will afford increased facilities in Theology and Civil Polity.
N. BURWASH, S.T.D., President.
Cobourg, Aug. 1st, 1888. 135

Collegiate Institute, TORONTO.
Classes assemble September 3rd, 9 a.m. Preparatory form for boys and for girls.
ARCHIBALD MACMURCHY.

MR. J. BAYLEY,
Teacher of Piano and Violin,
Begs to notify his pupils that he will resume tuition at his residence, 80 Gould-street, on Monday Sept. 3rd.
Pupils thoroughly prepared for ensemble and solo playing. 624

MRS. FLETCHER'S
Boarding and Day School
For young ladies, 142 Bloor-st, west, Toronto. Efficient and experienced teachers in all departments. French and German practically taught. Fall term begins Monday, Sept. 10, 1888. For circular and all information apply to Mrs. Fletcher, The Poplars, 142 Bloor-st. w., Toronto. 554

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CARSLAKE'S
ST. LEGER SWEEP.
$20,000.00.

1st Series.		2nd Series.	
1st horse	$8,000	1st horse	$3,000
2nd horse	2,000	2nd horse	2,000
3rd horse	1,000	3rd horse	1,000
Other starters	2,000	Other starters	2,000
Non-starters	2,000	Non-starters	2,000

4,000 TICKETS AT $5 EACH.
Drawing Sept. 10th. Race Sept. 12th, 1888. Result of each drawing sent to all subscribers. Ten per cent deducted from all prizes.
Address, GEORGE CARSLAKE, Prop.
Manson House. Montreal.

TALMAGE AT GRIMSBY PARK, THE CHAUTAUQUA OF CANADA.
Sermons, Sunday, Aug. 26th. 11 a.m., CHANCELLOR O. N. SIMS, D.D., LL.D.; 2.30 p.m., REV. T. DE WITT TALMAGE, D. D. 7.30 p.m. Rev. Wm. Butler, D.D. Lectures, Monday, Aug. 27th, by
REV. DR. TALMAGE!!
At 2.30 p. m., "Big Blunders." At 7.30 p. m., Rev. Wm. Butler, D.D., subject: "The Pessimistic Views of Lord Byron and Voltaire Contrasted."
TUESDAY, 28TH, MISSIONARY DAY, address by Dr. Butler, "Mexico revisited in 1888 after 15 years of Christian teaching." Also addresses by Rev. Dr. Burns and Rev. Dr. A. Sutherland.
THURSDAY, 30th, FARMERS' DAY, addresses of special interest by L. Wolverton, M.A., Prof. J. Hoyes Paulin, M.A., and others. Principal J. Mills, M.A., presiding.

LOOK AT THIS!
We are now selling the Improved
CLAMP FRAME
Steel Wire Door Mat
20 per cent. cheaper than usual prices. This is the best mat in the world. Everybody should have one for their door. They never wear out. Send to the
UNIVERSAL MANUF'G. CO.,
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Special discounts to the trade. 561

GRATEFUL—COMFORTING
EPPS'S COCOA.
BREAKFAST.
"By a thorough knowledge of the natural laws which govern the operations of digestion and nutrition, and by a careful application of the fine properties of well selected Cocoa, Mr. Epps has provided our breakfast tables with a delicately flavored beverage which may save us many heavy doctor's bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame."—*Civil Service Gazette.*
Made simply with boiling water or milk. 5-lb only in packets, by grocers, labelled thus:
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WANTED, GOOD GENERAL SERVANT Girl.—Mrs. MILLICHAMP, 504 Church-street.

WANTED AT ONCE—A GOOD BREAD Baker. Must be a sober man. Apply to Box 234, Niagara Falls South.

WANTED at 18 Queen-street east, two Machinery Moulders.

WANTED—MAN AND WIFE (WITHOUT children) man to attend warehouse, wife must be good plain cook—good wages will be given to suitable parties. Apply immediately. Box 34 World office.

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COMMERCIAL HOTEL, 60 Jarvis-street, Toronto. Harry Keeble, proprietor. One dollar per day. Warm rooms, good table, stabling for 100 horses.

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W. R. Bingham desires to inform the business men of Toronto that he has opened a first-class Cafe and Merchants' Lunch Counter at 12 Colborne-street, 1st door east of the "Hub." First-class in every respect. All delicacies of the season. Private dining-room upstairs. Reading and smoking-room in connection. 246

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40 Elegant Bedrooms at Graduated Prices. The only Cafe in Toronto patronized by Ladies. 246 KEACHIE & CO.

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TEETH EXTRACTED and filled (new system) absolutely without pain, by most skilled operators. Teeth with or without a plate; satisfaction guaranteed; prices lower than ever at 294 Yonge-street, near Alice. JAMES C. BATES, Dental Surgeon. 136

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J. W. ELLIOT, Dentist, 43 and 45 King west. New mode, celluloid, gold and rubber base, separate or combined, natural teeth regulated, regardless of malformation of the mouth.

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A SUM OF $80,000.00 TO LOAN, IN SUMS to suit borrowers: private funds; lowest rates of interest on approved property security. KERR & PENROSE, Real Estate and Financial Agents, Room 3, upstairs, 61 Adelaide-street east. Telephone 1418.

BARTON & HILLOCK—Real Estate Brokers and Accountants, 30 Adelaide-street east. Rents and accounts collected, money to loan at lowest rates, commercial paper discounted. Telephone 1358.

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Burlington Beach and return 40c
Hamilton and return 50c.
For the Popular Steamer
HASTINGS.
Boat leaves Geddes wharf, Yonge-street, at 9 a.m., calling at Queen's wharf; returning leaves Hamilton at 5 p.m.

$10.50 $10.50
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VIA.
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AND ERIE RAILWAY.
Good for 10 days. Leave Toronto via Empress on Sept. 1st. For tickets and all information apply to all Empress of India ticket agents, and S. F. Sharp, passenger agent, Erie Ry., Toronto, and on board steamer.
This will be the nicest time to visit New York. Don't miss it.

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Church-street Wharf 2 p. m., Yonge-street Wharf 2.15, calling at Queen's Wharf. Saturday's only—Church-street Wharf 2.45 a.m., 2 p. m. Yonge-street Wharf 15 minutes later. Fare only 25 cents; children 15 cents. This is the most delightful time of the year to visit the Park. Hotel and Refreshment Tent Open.

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STEAMER
RUPERT
(Special change). Will leave Geddes' wharf
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THE
STEAMER GREYHOUND
Will run daily between Toronto and Grimsby Park leaving Church-street wharf at 8.45 a. m. Yonge-street, (Geddes' wharf) 9 a.m.
SATURDAY, AUGUST 25th,
Will make one trip only, leaving Church-street wharf at 1.45 p.m., Yonge-street (Geddes' wharf) 2 p.m. and will leave Grimsby Park at 11.5 a.m. Monday. She will be the only boat to land passengers at Grimsby Park.
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Parry Sound, Byng Inlet
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By Muskoka & Nipissing Navigation Company's Steamers "P. D. Maxwell" and "Imperial."
Leave Penetanguishene at 1.10 p