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Cambrian	Jan. 22
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DOMINION LINE—	From Boston.
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MAIN LINE	
Morris, Emerson, St. Paul, Chicago, Toronto, Montreal, Spokane, Tacoma, Victoria, San Francisco.	
Lv. Daily	1.45p.m.
Ar. Daily	1.30p.m.
PORTAGE BRANCH.	
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Lv. Daily ex. Sunday	4.30p.m.
Ar. Mon., Wed., Fri.	10.35a.m.
Ar. Tues., Thur., Sat.	11.25a.m.
MORRIS-BRANDON BRANCH.	
Morris, Roland, Miami, Bauder, Belmont, Wawanesa, Brandon, also Souris River Branch, Belmont to Elgin	
Lv. Mon., Wed., Fri.	10.45a.m.
Ar. Tues., Thurs., Sat.	4.30p.m.
H. SWINNEY, C. P. A., Winnipeg.	
J. T. McKENNEY, C. P. A., Winnipeg.	
CHAS. S. FEE, C. P. & T. A., St. Paul.	

Tight Shoes and High Heels.

Unimportant as the matter of clothing the feet may seem, it is nevertheless true that health and comfort are largely dependent upon the form and quality of shoes and stockings. The decree of fashion in styles for shoes and boots are rigorous, and most men and women are in bondage to them, being keenly sensitive to criticism for any variation from the prevailing mode.

Strange as it may seem, the habit of cramping the feet and exposing them to cold and dampness leads often to illnesses that are serious. Many cases of congestion of the lungs, bronchitis or pneumonia are caused primarily by the want of care in keeping the feet dry and warm. Severe and permanent inflammation of the pelvic organs may be brought on by such unwarrantable exposure, and result in lifelong misery through confirmed ill health.

Both the uppers and soles of women's shoes are too thin, as a rule, to secure sufficient warmth, but the majesty of women and girls become so accustomed to cold feet as not to be aware that they are cold, and this condition is productive of disturbances in circulation that are liable to end in serious functional derangements of the pelvic and abdominal organs, and even of the brain. Every woman should understand the necessity of wearing warm and loose covering for the feet if she would be free from illness due to unequal circulation of the blood, and particularly to congestion or inflammation of the pelvic organs. The habit which so many have in their own homes of wearing low-cut slippers, with only a thin stocking over the top of the foot, is especially harmful, and is only safe in the warmest weather. No invalid who is able to be about the house should wear such slippers without warm stockings or garters, for the continued chilling of the extremities may be the one provoking cause of illness. In any case, it is a decided hindrance to a return of the normal healthful circulation.

The feet, being most remote from the heart, are consequently farthest from the source of power over the blood current, which therefore reaches the feet with comparatively less force. Common sense would therefore call for more warmth at the feet and less pressure than in other parts of the body. If by cold or pressure the current of blood is retarded on its way to the feet, or if its quick return is interfered with, the inevitable result is obstruction and congestion.

In addition to the evils arising from derangement of the circulation due to cold feet, there is another class of ills affecting the nervous system as the result of pressure. Pressure causes corns, bunions and ingrowing nails. Will any sane person contend that these pestiferous affections do not disturb the nervous system and so create unrest, irritability, pain and all the train of wrong conditions growing out of these when long continued? If epilepsy can be caused by compression of nerve tissue, as by pressure on the brain from a depressed bone of the skull, or by pressure on the spinal cord, or from a nerve filament caught in and pressed upon by the calcareous tissue of a healed wound, why may not pressure upon the feet, with or without corns and bunions, cause numerous and sometimes serious nervous derangements?

The foolish practise of wearing high and small heels is cruelly ruinous to health, comfort, grace and beauty. High heels not only break down the arch of the foot upon which ease and grace of movement depend, but also destroy the beauty of the foot itself by crowding it into the front of the shoe and producing in effect of continued walking down the hill. Hence come numerous deformities and derangements. In the case of girls who wear high heels there is positive alteration of muscular structure and function, accompanied not infrequently by inflammation, contraction and partial paralysis of the muscles of the legs.

Raising the body upon high heels throws it out of the natural center of gravity, and this natural gravity or equilibrium passing from brain to feet cannot be disturbed and displaced day after day without deranging the normal relations of muscles and organs, and thus inducing disease. An unnatural strain is also put upon the muscles of the foot, leg and thigh. Many a backache, persistent and grievous to bear, is induced by the strain upon the muscles connecting the lower part of the spinal column with the bones of

the pelvis or with the thigh bones in order to compensate for the alteration of this line of equilibrium caused by the wearing of high, narrow heels. Constant contraction of the muscles produces abnormal pressure upon the nerves and blood vessels, and consequent nerve irritation, resulting in a general disturbance of the bodily functions, particularly of the circulation.

In connection with pressure upon blood vessels which continued strain of the muscles produces, there is also an alteration of the position of the pelvic organs, as they are obliged to adapt themselves to the changed position of the body. This alteration in its turn disturbs the circulation of the blood and causes congestion, which congestion adds to the weight of the pelvic organs. Added weight produces still further alteration in position, and hence displacements occur. Prolonged congestion often leads to chronic inflammation, from which organic changes, as ulceration, enlargement and hardening, may develop. In short, nearly all the difficulties to which women are especially liable may have their beginnings in the wearing of high, small heels. I am thankful whenever I see a woman wearing what is called a common-sense shoe, with a broad toe and a low, wide heel, which is set under the heel of the foot. It was said in my hearing the other day: "No lady buys anything nowadays but common-sense shoes. The high-heeled, narrow-soled things are left for poor girls and servants. Poor girls, indeed! I pity them. The ease and grace with which a woman wearing sensible shoes moves and walks, compared with the movements of a woman tilted upon high small heels, set under the middle of the foot, are as the motion of a swan on the water to that of a dromedary in the desert."

Parents who are wise will never allow their children to wear tight, short toes, with high or narrow heels. They are not only prejudicial to health, but to morals, for the very root of the idea of a cramping, tilted shoe lies in that unworthy pride and desire to attract attention which is subversive of true morality.—Dr. J. H. Jackson, in Health Culture.

Maritime Prosperity of Great Britain.

The magnitude of potentially of the maritime prosperity of Great Britain has been graphically illustrated during the last few months, owing to the state of affairs in China. When England went to war with South Africa, the whole of her 230,000 troops were dispatched from England in their transports without any appreciable interference with her mail services to the various parts of the world. True, some of the larger, more commodious, and fleet vessels were commandeered to accelerate the passage of the troops to the seat of war, but their places upon the mail services were easily filled by other boats, and the international traffic has been carried on in its usual manner. Indeed, it was difficult to believe that the country was at war, since everything was accomplished so smoothly and without the slightest hitch. But the same cannot be said in connection with the maritime commerce of other nations. The transportation of the troops from Germany to China was such a tax upon the young country that its ordinary maritime traffic was in danger of being absolutely dislocated. The solution of the difficulty was the chartering of English vessels, which were readily obtained. Russia was placed in the same dilemma, and when France was embroiled with Madagascar, the French troops were conveyed to the scene of operation in English vessels. Gigantic though the maritime commerce of Great Britain is, it is still rapidly increasing. At present that country's foreign trade is equal to one-fifth of that of the whole world in value. Great Britain and her colonies own about one-third of the world's vessels, amounting to nearly half the world's gross tonnage.—Scientific American.

Hazleton, Pa., Jan 21.—The 1,200 men employed at the Lattimer colliery of C. Pardee & Co., struck to-day because of the alleged unwarranted discharge of two drill runners and the company's refusal to reinstate them, as requested by a committee of mine workers.