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THE DANFORTH DISPENSARY, NEW YORK CITY.

**RIDING THE BILLOWS.**

**A Few Pointed Suggestions For Ocean Travelers.**

Do not interfere with the captain in the performance of his duties or offer suggestions in navigation based upon your own experience in running a catboat on Lake Mohonk. There are few captains now in the transatlantic service who have not crossed the ocean several times, and we know of none who has acquired his knowledge of the sea in a correspondence school.

If the lady with golden hair seated in the stateroom next to yours inadvertently puts her head on your shoulder and groans do not rudely remove it, but whistle a soft lullaby, as if you did not notice the act. Bear in mind that two heads are better than one. The lullaby may put her to sleep, when her curls may be gently removed to her own pillow. Should you desire to sleep below, she goes to sleep on the deck steward after her husband and ask him to remove them himself.

If in the midst of your dinner you feel a sudden emotional qualm arising within you rise with it as nearly simultaneously as possible and hasten from the saloon, taking care in your flight to stick to the aisles between the tables and not go leaping from table to table like a frightened antelope toward the exit. This latter course would cause considerable confusion in the dining room, and in your haste you might inadvertently trip over another passenger's waltz rabbit, which is not considered good form in polished circles either on the land or on the sea.

If on your way to the upper deck you find the staircases blocked by others hastening upward like yourself do not step upon them in your mad flight upward, but slide down the banisters to the lower deck, which you will find just as well adapted to your needs as the upper. Any deck is good in a qualm—John Kendrick Bangs in Harper's Weekly.

**MADE GOOD AS A COOK.**

**The Old Lumberman Got Supper Without the Least Effort.**

"Nowadays a cook is provided for each camp," said the old lumberman who has worked on the St. Croix, the Penobscot and the St. John, "but in my days of lumbering we took turns, a week at a time, or one man would make all the bread, another the tea and coffee, and so on through the bill of fare. Once in awhile—generally before they'd got licked into their regular winter mold—some fellow would kick against the routine; he'd been hired to do something else, or he'd be banged if he'd cook, anyhow. Then there were ructions.

"I remember one little rebellion that began hot and roaring and died down into a laugh all round, thanks to an ingenious old soul, all quiet good nature and fat—Uncle Ned, we called him.

"We got back to camp one night to find the fire nearly out and nothing ready for supper. We were all hungry—and grouchy, as sometimes happens in the best regulated crews. Each in turn declared he wouldn't be cook, and it looked like a supperless night till Uncle Ned spoke up in his quiet way.

"Dear me," says he, "what a time about cooking! Why, it's the easiest thing in nature to get supper. Now, boys, if you'll all wait on me I'll be cook."

"They all agreed. This being settled, Uncle Ned sat down on a spruce chair and let his assistants have it.

"Now, Dick," said he, "the first thing for you to do is to get a little wood and start up the fire.

"Isaac, just step down to the brook and fetch a pail of water.

"You, Mac, while the fire's getting under way, wash a few potatoes and get 'em ready to put on when the pot boils.

"Now, Jake, you cut a few slices of pork and put it on over the fire to fry."

"But, Uncle Ned," we all shouted together, "you was to get supper!"

"Yes," said he, calm and easy as ever, "I was to get supper, but you were to wait upon me. Tom," said he, "you'd better get the dishes ready."

"We kicked some, but 'twas no use; we'd agreed to wait on him if he'd be cook.

"When everything was ready for supper, there the old man still sat in his spruce chair—hadn't stirred an inch!

"Dear me, dear me," said he, "here I have got supper, and 'twas one of the easiest things in the world."

"We were caught," smiled the old lumberman, "and we sat down to supper in good temper, and ever afterward we had Uncle Ned's proposition for a byword; we'd agree to do any living thing provided we could be 'waited upon.'—Youth's Companion.

**Brockville Is Popular**

All through January and February, The Brockville Business College will be enrolling students who will in a short time go out into business positions as Book-keepers, Stenographers and Office Assistants, or who will go up for their Civil Service Examinations in May. This College is very popular on account of the excellency of its courses and on account of the assurance that its patrons have, that they will be introduced to the business public as soon as competent. Send for catalogue

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**W. T. ROGERS, — PRINCIPAL**

**TOLEDO**

Mr Fred Seward is still low from typhoid fever, but as the turning point is past we hope he will soon be on the road to a speedy recovery.

Mr R. J. Seymour has been confined to his home for the past few days suffering from a severe attack of laryngitis, along with a badly ulcerated throat.

The roads are getting pretty bad now, especially since the last storm. Reports come in of people having difficulty in getting through the drifts. One young lady of this vicinity had the misfortune the other day to have a cutter thill broken when her horse was floundering through the deep snow. The roads in places should be kept open even better than they are.

Mrs Eugene McCarthy is quite seriously ill. She had not been feeling very well for some time, but lately she has been worse.

The ice harvest is in full swing now. The ice is over two feet thick, and nearly all good ice at that, but the water being so low there are too many fish in it for purity.

Parties from Toledo attended the recent ice races in Smith's Falls.

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**DRS. KENNEDY & KENNEDY, Windsor, Ont.**

Write for our private address.

**POWER OF A WORD.**

**Why France Changed the Name of the "Life Saving Belt."**

A vivid illustration of the power of mere words over human beings was once brought to the attention of French people by Franciscus Sarcey.

After the wreck of the Bourgogne many passengers were found floating drowned with life preservers on. These life preservers were fastened upon the bodies, but round the middle instead of under the arms, and the greater weight of the upper part of the body had tipped the head under water and the person of course was inevitably drowned.

Now it appears that the greater number of the persons so drowned were French. The French term for life preserver is ceinture de sauvetage, or "life saving belt." This word ceinture suggests to the mind in its moments of disorder and unreadiness, such as a great catastrophe brings, the idea of putting on a belt, and as a belt is put round the waist and nowhere else the frightened person instinctively adjusts the life preserver close about the hips.

The result is that as soon as the person so provided falls into the water part downward, and the head is plunged beneath the surface.

The word "belt" therefore, was the cause of the loss of many lives in the Bourgogne disaster. Sarcey accordingly proposed to counteract the fatal effect of the French word by renaming the article and calling it a brassiere, which is a kind of waist, and by bringing the word bras, or arm, to mind to teach people to put a life preserver on just underneath the arms.—Chicago Record-Herald.

**NO USE FOR THEM.**

"I watched your sister firing her hat the other day," said Mrs. Nagget, "and I must say she's not the most refined person in the world."

"No," replied her husband, with a belligerent air. "You don't approve of her, eh?"

"Well," she retorted with a disdainful sniff, "you'd never see me with my mouth full of hairpins."

"Of course not," he snapped. "What would you want with so many hairpins?"—Catholic Standard and Times.

**Declined to Tarry.**

Here is one of P. B. Benson's stories of his early days of tramping in the English provinces:

"At one town I was playing to poor business. The occupants of the gallery were few and not overenthusiastic. I was about to make an exit on the line, 'Tarry awhile and anon I will return,' upon which a voice from the gallery exclaimed: 'Don't trouble to return, guv'nor. We're going and shall not be back!'"—Chicago Tribune.

**Up to James.**

An official was describing, at a dinner at Washington, an unfair law.

"The people under this law," he said, "are very much in the position of a young Washington attache. As the attache was breakfasting the other morning his servant said to him: 'You are out of whisky, sir. Shall I get a bottle?'"

"Yes, I think you might, James," the other replied. "It's your turn."—Washington Star.

**The Poor Man's Gym.**

"Would you mind telling me," asked Mrs. Bourdlat, glancing admiringly at the athletic shoulders of the prospective boarder, "how you keep in such splendid physical condition?"

"I go through a few gymnastic exercises every morning," confessed the young man, flushing.

"Well, I'm sorry, but we can't board you. I've had the bathroom monopolized that way before."—Kansas City Times.

**Queer English Names.**

Among the names in the North Hackney voters' lists are the following: Frances Narroway Heaven, William Paradise, Alfred Smaggers-gates, Thomas Benjamin Bumpus, Thomas Sickenlorum, William Joseph Napier, Nappel Pops, Needstitcher and Fitzherbert Albert Bugby Lord.—London Globe.

**Two Different Species.**

Little Willie says, pa: what is a bookworm? Pa—A bookworm, my son, is either a person who would rather read a book than eat or a worm that would rather eat a book than read.—Chicago News.

**Every duty we omit obscures some truth we should have known.**—John Ruskin.

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**The Cooling of the Worlds.**

All bodies in space are gradually approaching frigidly. When a rocket cannon ball is taken out of a furnace and suspended in the air it parts with its heat and keeps on parting with it until it finally reaches the temperature surrounding it. And what happens to the cannon ball is happening to the sun. The sun is steadily losing its heat and contracting, and the same is true of the planets and of every other body in space. Just as the arctic circle is ever encroaching upon the temperate and equatorial regions, so the final chill is steadily advancing upon the warmth everywhere.—New York American.

**A Modest Post.**

There is a story told of a French poet who inquired of a friend and flatterer what he thought of his last work. "I have arrived at the fifteenth canto," he replied with enthusiasm, "and think there is nothing more beautiful and harmonious in the language."

"Pardon me, there is one thing," said the poet.

"Ah, perhaps you mean Chateaubriand's 'Atala?'"

"Certainly not! I mean my sixteenth canto."

**Testing Her.**

"How would you feel, Clarisse, if you and I were sailing down the stream of life together far away from here?"

"How far, George?"

"Oh, far, far away!"

"I'd be so terribly homesick for mother!"

And from that night this young man ceased his visits.—Judge's Library.

**A Fruitful Time.**

"Did Jack derive any fruit from the lecture?"

"Yes, sure he did. He met there a girl he knew and made a date with her, and she's a peach!"—Baltimore American.

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