SITUATIONS VACANT.

GOVERNESS WANTED—A YOUNG ENGlishwoman, for a boy and girl of 7 and 5. Address B.B.B., World Office.

PERSONAL.

"A!!—ATTEND THE WORLD'S CHAMpion Dress Cutting School, 467 Yonge-street, Toronto. It is the largest and best in Canada."

WILL MR. BERT KENNEDY, BANJOIST, please call at World Office and get letters awaiting him?

PERSONAL—DR. AIKINS, SR. (W.T.), HAS removed from corner of Jarvis and Gerrard to 294 Jarvis, ninth house north of Gerrard. Office hours 1 to 3 p.m. and 8 to 10 p.m.

HOTEL FOR SALE.

THAT WELL-KNOWN AND SUCCESSFUL Dominion Hotel, Richmond Hill, is for sale owing to the ill-health of the proprietor. Must be disposed of at once. For further particulars apply on premises. B. Breilinger, proprietor.

ARTICLES FOR SALE

Advertisements under this head a cent a word.

DIXON'S, 65 KING WEST, IS THE CHEAPest place in town to buy your Hats and Men's Furnishings. Give them a trial and be convinced. English 4-ply Collars 15c each, $1.50 dozen; Black Stainless Socks, 4 pairs for 50c. Everything else just as cheap in proportion.

SEWER PIPES, CHEAP—WE BOUGHT about $2000 worth at a sheriff's sale, which we will sell at less than cost. Apply Bryce & Co., lumber dealers, 284 King E.

LADIES' PATENT LEATHER SHOES $1.25; men's tan Bals. $1.50, worth $1.75 wholesale; trunks and valises away below wholesale prices; a large assortment of ladies' canvas shoes, all colors. Maple Hall, 137 and 139 King-street east.

BUSINESS CARDS.

"A!!—ATTEND THE WORLD'S CHAMpion Dress Cutting School, 467 Yonge-street, Toronto. It is the largest and best in Canada."

FINCH WOOD PRESERVATIVE PREVENTS all lumber decay; diploma Toronto Exhibition; award World's Fair.

PHRENOLOGY—MRS. MENDON, 247 Gerrard-street east, Toronto.

OAKVILLE DAIRY—473 YONGE-STREET—guaranteed pure farmers' milk supplied, retail only. Fred Sole, proprietor.

SUMMER RESORTS.

THE "HAWTHORN MINERAL SPRINGS Residence is now open for guests, having been rebuilt and newly furnished. Send for circular as to the wonderful curative qualities of the Canada Bethesda Springs. Terms moderate.

ART.

J. W. L. FORSTER, PUPIL OF MONS. Bouguereau. Portraits in Oil, Pastel, etc. Studio, 81 King-street east.

DRESS CUTTING.

"A!!—ATTEND THE WORLD'S CHAMpion Dress Cutting School, 467 Yonge-street, Toronto. It is the largest and best in Canada."

BILLIARDS.

CHEMICAL IVORY BILLIARD AND POOL Balls—Chemical ivory balls are superior in many respects to elephant ivory. They are quite as elastic, and will not break, crack or shrink. They are precisely the same weight as the best quality of soft Zanzibar ivory; they are not injured by changes of temperature; they are made of the same composition throughout, and have no "heavy sides," the centre of gravity and the centre of density being equal in each and every ball; the colors cannot wear off, as the balls are all colored through and through, and never require to be turned or colored. For sale by Samuel May & Co., Billiard Table Manufacturers, Toronto.

FINANCIAL.

A LARGE AMOUNT OF PRIVATE FUNDS to loan at low rates. Read, Read & Knight, solicitors, etc., 75 King-street east, Toronto. ed

MONEY TO LOAN ON MORTGAGES, endowments, life policies and other securities. James O. McGee, Financial Agent and Policy Broker, 5 Toronto-street. ed

LARGE AMOUNT OF PRIVATE FUNDS TO loan at 5½ per cent. Apply Maclaren, Macdonald, Merritt & Shepley, 28-30 Toronto-street, Toronto.

"DOWN TOWN OFFICES" OF DRS. Nattress and Henwood, 14, 15, 16 Janes' Building, King and Yonge.

VETERINARY.

ONTARIO VETERINARY COLLEGE HORSE infirmary, Temperance-street. Principal assistants in attendance day or night.

MARRIAGE LICENSES.

H. S. MARA, ISSUER OF MARRIAGE Licenses, 5 Toronto-street. Evenings, 542 Jarvis-street.

MESMERISM AND HYPNOTISM.

PROF. HALFPENNY, PHYSICAL DIRECtor, gives private instructions in mesmerism and hypnotism; guarantees pupils to learn in one week. Class lessons Saturday evenings at 42 Ann-street.

EDUCATIONAL.

LESSONS IN FRENCH. MRS. MENDON, 247 Gerrard east.

BARKER'S SHORTHAND SCHOOL, REmoved to 14 King West. E. Barker, Principal.

LEGAL CARDS.

ARNOLD & IRWIN, BARRISTERS, SOLicitors, Notaries, etc. Offices 42 Freehold Building, corner Victoria and Adelaide-streets. Telephone 1774. William N. Irwin, Orville H. Arnold, Toronto. Ont.

FRANK R. POWELL, BARRISTER, SOLicitor, etc., room 19, York Chambers, 9 Toronto-street. Money to loan.

COOK, MACDONALD & BRIGGS, BARristers, Solicitors, Notaries, etc., 1 Adelaide-street east, Toronto. W. Cook, B.A.; J. A. Macdonald, A. H. Briggs, M.A., LL.B.

LAIDLAW, KAPPELE & BICKNELL, BARristers and Solicitors, Imperial Bank Buildings, Toronto. William Laidlaw, Q.C.; George Kappele, James Bicknell, C. W. Kerr.

ALLAN & BAIRD, BARRISTERS, ETC., Canada Life Buildings (1st floor), 46 to 46 King-street west, Toronto; money to loan. W. T. Allan, J. Baird.

MEREDITH, CLARKE, BOWES & HILTON Barristers, Solicitors, etc., 24 Church-st. Toronto. W. R. Meredith, Q.C., J. B. Clarke, H. H. Bowes, F. A. Hilton.

MCDOWALL, THOMSON, BARRISTER, SOLicitor, Notary, etc., room 79 Canada Life Building, 46 King-street west, Toronto. Telephone 2248.

PATENT SOLICITORS.

RIDOUT & MAYBEE, SOLICITORS OF patents; pamphlets on Patents sent free. J. G. Ridout (late C.E.), barrister, solicitor, etc.; J. E. Maybee, mech. eng. Telephone 2382, 108 Bay-street, Toronto.

HOTELS.

AMERICAN HOTEL, CORNER KING AND Charles-streets, Hamilton. Convenient to boats and trains. Rates $1 per day. 6

DAVISVILLE HOTEL, WALTER H. MINNS, proprietor, Davisville, North Toronto, Ont. Street cars pass the door. Meals on European plan. First-class boarding stable attached. Every accommodation for driving parties, cyclists and summer boarders.

ROYAL HOTEL, HARRISTON, ONE OF THE finest commercial hotels in the west; special attention paid to the traveling public; rates $1 to $1.50 per day. J. B. Bingham, proprietor. ed

RUSSELL HOUSE, ORILLIA—RATES $1 TO $1.50 per day; first-class accommodation for travelers and tourists. P. W. Finn, Prop.

LAKE VIEW HOTEL, Cor. Winchester & Parliament-sts

Every accommodation for families visiting the city, being healthy and commanding a magnificent view of the city. Terms moderate. ed JOHN AYRE, Proprietor.

TO RENT

55 WELLESLEY-STREET, Furnished or Unfurnished, first-class, 14 rooms.

DENTISTRY.

RIGGS, DENTIST—BEST TEETH ON PLATES only $8; crowning and bridging a specialty.

F. H. SEFTON,
DENTIST ESTABLISHED 1880.
I am prepared to insert gold fillings at $1.
.....NO. 4 QUEEN-STREET WEST.....
Over Jamieson's Clothing Store, corner of Queen and Yonge streets.
Other fillings in proportion. Painless extraction by the new method. 135

PROPERTIES FOR SALE.

DOCTOR'S RESIDENCE, DETACHED BRICK, 12 rooms, good stabling, splendid territory for first-class practice. John Poucher, 377 Sackville street.

$750—BY INSTALMENTS—FOR NEW six-roomed house; side entrance. John Poucher.

$10 DOWN SECURES A LOT FOR A home near street cars; call evenings. John Poucher, 377 Sackville street.

FOR SALE—TORONTO SUBURBS, COMfortable large residence, heated with steam, beautifully situated, lovely view of lake, large grounds, near cars. F. W. Monteith, 25 Toronto-street.

TO RENT

3 FURNISHED ROOMS, ONE DOUBLE and two single; every convenience; gentlemen only. Apply 65 Colborne-street.

STORE TO LET—302 KING STREET EAST, opposite Trinity.

MEDICAL.

DISEASES OF WOMEN—DR. TURVER—Consultation rooms 1243 Queen-street west; good accommodation for patients; write or call between 1 and 4 p.m. Telephone 1950. ef

LOST.

LOST—WILL THE PARTY THAT WAS SEEN taking the Tiger Eye fob chain from the stand at the Exhibition Grounds, 2nd floor, return the same and avoid further trouble and no questions asked. A. B. Spencer.

MUSICAL.

P. W. NEWTON, TEACHER OF BANJO, Guitar and Mandolin. Private lessons. Thorough instruction. Clubs conducted reasonably. Studio: Nordheimer's, 15 King-street, east. 10 a.m. to 5 p.m. Evening lessons only at residence, 6 Irwin-avenue, off Yonge-street.

The Ringarooma Will Be a Total Loss.

Sydney, N.S.W., Sept. 7.—The British cruiser Ringarooma, which went ashore on the Island of Mallicollo in the New Hebrides, is likely to be a total loss. Her position is critical.

Luby's is not a dye, but restores the original color and beauty to the hair naturally. It will give tone and energy to the scalp, thus ensuring luxuriant hair. It will stop the hair from falling out, prevent baldness and produce a new growth. It will cure and prevent dandruff and like complaints, and for the mustache and whiskers it has no equal. Luby's is acknowledged to be the best preparation ever invented for the hair. Sold everywhere, only 50 cents a bottle. 6

Dr. Low's Worm Syrup cures and removes worms of all kinds in children or adults. Price 25c. Sold by all dealers. 246

Two Deaths On a Grade Crossing.

Worcester, Mass., Sept. 7.—Joseph A. Arnola and his brother tried to cross the tracks at Elliott Shore crossing, when the engine struck the buggy and instantly killed both men.

Some people laugh to show their pretty teeth The use of Ivory White Tooth Powder makes people laugh more than ever. It's so nice. Price 25c. Sold by druggists.

Western Excursion.

On Sept. 11, 25 and Oct. 9, the Wabash Railway will sell round trip tickets at about single fare to points in the Northwest, west and southwest. All tickets good for 20 days from date of sale. Full particulars at Wabash Office, N.E. cor. King and Yonge-streets, Toronto. J. A. Richardson, Canadian passenger agent. d

The Best Pills.—Mr. William Vandervoort, Sydney Crossing, Ont., writes: "We have been using Parmelee's Pills, and find them by far the best Pills we ever used." For Delicate and Debilitated Constitutions these Pills act like a charm. Taken in small doses the effect is both a tonic and a stimulant, mildly exciting the secretions of the body, giving tone and vigor. d

Relief in Six Hours.

Distressing kidney and bladder diseases relieved in six hours by the Great South American Kidney Cure. You cannot afford to pass this magic relief and cure. Druggists.

Sirs,—My baby was very bad with summer complaint, and I thought he would die, until I tried Dr. Fowler's Extract of Wild Strawberry. With the first dose I noticed a change for the better, and now he is cured and fat and healthy. Mrs. A. Normandin, London, Ont. 246

Heart Disease Relieved in 30 Minutes.

Dr. Agnew's Cure for the Heart gives perfect relief in all cases of Organic or Sympathetic Heart Disease in 30 minutes, and speedily effects a cure. It is a peerless remedy for Palpitation, Shortness of Breath, Smothering Spells, Pain in Left Side and all symptoms of a Diseased Heart. One dose convinces. Sold by C. D. Daniel, 171 King east, and all druggists. 64

Yesterday large numbers took advantage of the splendid accommodations furnished by the Dominion Organ and Piano Co., and visited the building occupied exclusively by this company, opposite Massey Hall. They have a very elaborate display of beautiful instruments, and have engaged Prof. W. J. Carkeek, the finest exhibition pianoist in Canada, to display their wonderful brilliancy and tone. This company have not only obtained a local, but have also secured a

Ayer's sarsaparilla has rescued many from chronic blood diseases. Try a few bottles. 267

Rheumatism Cured in a Day.

South American Rheumatic Cure, for rheumatism and neuralgia, radically cures in one to three days. Its action upon the system is remarkable and mysterious. The first dose greatly benefits. 75c. Druggists. 46

I was attacked severely last winter with Diarrhea, Cramps and Colic, and thought I was going to die, but fortunately I tried Dr. Fowler's Extract of Wild Strawberry, and now I can thank this excellent remedy for saving my life. Mrs. S. Kellett, Minden, Ont. 246

Aspinwall Is Dead and Buried.

John Aspinwall, for whom enquiries have been made by a relative in the West to Inspector Stark, was found dead in a field at Bond Head, near Beeton, and the remains shipped to this city for interment three years ago.

"They say Sphoftley was badly bit by that handsome Miss Phlirtem the other night." "I'm not surprised. I saw her throw her eyes at him several times."—Buffalo Courier.

Judge—You say your boy was kept in the house nights and read books. What books? Father of the youthful accused—"The Boy Bandits of Bombay" series.—Boston Transcript.

Edith—What makes you think that Charley is in love with you? Maude—Why, ma talked to him over half an hour last evening, and he really seemed to enjoy it.—Boston Transcript.

Everett Wrest—Lady, if you would like to have some wood sawed—— Mrs. Potts—We burn gas. "Then perhaps you will let me turn on the gas for me breakfast.—Indianapolis Journal.

He—Do you know how to make good bread? She—Oh, yes; but I don't mean to; when I marry I mean to get a husband who will be rich enough to buy me cake.—Somerville Journal.

Ethel—"What made people think they were husband and wife?" Frank—"Why, whenever he related a good story she always interrupted him by saying he'd left out something.—Tit-Bits.

Wife—"The doctor says I will gain ten or fifteen pounds if I go away for a month. Can't I go, dear?" Husband—"Not much! Why, not one of your gowns would fit you then."—New York Herald.

MAN'S FOOD IN FUTURE.

THE SCIENTISTS LOVE TO TELL US WHAT IT WILL BE.

Better, Cheaper, Solider—No Waste in Supply or in Cooking—But Will There be as Much Fun in a Good Dinner Then as There is Now?

How will the coming man be fed? The Department of Agriculture has become interested in this question newly, and before long will publish a series of bulletins on the subject. They will be prepared by such well-known experts in this branch of research as Professor W. O. Atwater and Dr. Edward Atkinson. The former gentleman has been engaged to conduct certain investigations and experiments of an orginal and highly scientific character. At the bottom of the whole inquiry lies the fact that the people of this country do not know how to choose the foods they eat or how to cook them afterwards.

This burden of ignorance falls most heavily upon the wage-workers, who, taking an average among them, uses one-half of their money to buy food with, this estimate not including the cost of cooking. The poor man wastes in preparing it for the table. When an intelligent person buys a coat he has a pretty fair idea as to whether it fits him and how it will wear. But when he invests in meat and potatoes he has little information as to how much nutriment they contain or whether it is of a kind suited to his bodily requirements.

Professor Atwater has an apparatus at Wesleyan University for measuring the physical income and outgo of human beings. It is a metal box, inside of which a man is placed. He stays there for several days, during which he is fed on carefully-weighed quantities of certain foods. A current of air is drawn through the box by a machine-pump. Not only is all the waste from the man's body analyzed and weighed, but the air is subject to analysis before it goes in and after it come out of the box.

By the latter analysis it is discovered just what elements and how much of them have been given off from the lungs of the man in breathing. Everything that goes into the body of the subject being known, as well as the outgo, it is easily ascertained what has been used to build up the tissues, to make blood, etc. The man in the box, which has glass windows, may spend his time in idleness or he may be occupied actively for several hours of the day. In this way comparisons are obtained as to food consumed and results accomplished under varying conditions.

Most educated people have queer notions about foods. It is generally imagined that an egg contains as much nutriment as a pound of lean beefsteak. As a matter of fact it has forty per cent. less of nutriment, pound for pound. Beef sirloin is only seventy-five per cent. as nutritious as beans and peas. Chicken and turkey are ahead of peas and beans in this respect, being the most nutritious food known. Shad and mackerel are as nutritious as sirloin steak. Lean beef is nearly three-fourths water.

On one occasion the elder Agassiz delivered a lecture on the importance of fish culture—it was in Boston—and remarked in a joking way that fish was an excellent brain food. From this saying and from the oft-quoted phrase of the German scientist above referred to has been derived the accepted idea on this subject. In truth, there is no cause whatever for believing that the eating of fish promotes cerebral activity. But, speaking of the relative values of foods, it is interesting to know that a pound of lean beef and a quart of milk as it comes from the cow contains about the same amount of nutritive material. However, the nutrients in beef are more valuable for ordinary use.

Professor Atwater has invented a new contrivance for measuring the energy produced by various foods. The food selected for trial—a definite quantity of it—is burned in a vessel surrounded by water. A thermometer of extraordinary delicacy registers the rise in the temperature of the water, the quantity of which is known. Then an equal amount of the same food is burned in the human body. Of course, all food digested undergoes a process of chemical combustion.

If the amount of potential energy developed in the man is equal to that indicated by the rise in the temperature of the water, it is proved that the energy-power of any human being is precisely equal to the energy-power that has been absorbed in the shape of food. Surplus energy, however May be stored as fat in the body. The fat is stored fuel. Americans store excessive quantities of such fuel by eating too much starch, sugar and fats.

It is a self-evident proposition that the cheapest food to buy is that which contains the greatest amount of nutriment for a given price. Witha small equipment of knowledge on this subject the poor man could select his articles of diet in the market with a vastly greater economy. In other words, he could live much better for less money. He ought to be taught to select such foods as wheat-flour, corn-meal, beans, milk and the cheaper cuts of meats. To start with, it is easy for him to realize that high-priced foods are in general uneconomical. The maxim that the best is cheapest does not apply to foods.

The average man, leading a moderately active life, requires 50 ounces of food per diem. He consumes 37 ounces of water and absorbs in breathing 30 ounces of oxygen from the air. His total bodily income, therefore, is about 8 pounds daily. What he needs for his support each day is 4 1-5 ounces of flesh-forming albumen, 2 ounces of fat—enough to make a fair-sized candle—17½ ounces of sugar and starch, four-fifths of an ounce of mineral matters—2 quarts of water and 150 gallons of oxygen. So much water is contained in solid foods that we may be said to eat as much water as we drink.

In order to supply the substance above mentioned a man should eat daily 20 ounces of bread, 8 ounces of beefsteak, 30 ounces of potatoes and 1 ounce of butter, with 1 quart of water, or the equivalent. A human being is composed mostly of water. The body of a man weighing 154 pounds contain 98 pounds or 46 quarts of water. To complete his make-up must be added 13 pounds of albumen, 10 pounds of gelatine, 23 pounds of fat, 8½ pounds of phosphate of lime, 1 pound of carbonate of lime, 3 ounces of sugar and starch, 7 ounces of fluoride of calcium, 8 ounces of phosphate of magnesia, a trifle of chloride of potassium and a little ordinary table salt.

The bulletins to be issued by the Department of Agriculture will attempt to teach people not only how to choose foods in the market, but also how to prepare them properly for the table. Sir. Henry Thompson, a noted Eoglish physician, has expressed the opinion that more mischiefin the form of disease and shortened life is caused by bad habits of eating than by alcohol. It may be that some day experiment stations for making trials of methods for preparing foods will be established in this country. Scientific work of this kind is already carried on with much profit in Germany. Ordinary processes of cookery involve enormous waste.

Aldermanic Dignity.

An animated scene was enacted at the Guild Hall on Saturday when a cabman was summoned for driving in such a manner as to endanger the safety of the public in general and of a member of the Common Council in particular. The presiding alderman could hardly contain his feeling at the idea that so valuable an official had nearly been run over. We sympathize thoroughly with the indignation, but venture to suggest that mere private citizens have an equal right to protection.

The story is told that when a recent general election was going dead against the Conservatives, a leading member of the party met a distinguished civic functionary. "Terrible work, this!" said the statesman. "Indeed it is," replied the dignitary. "Two aldermen dead in a month." They were not speaking of the same national disaster.—St. James' Gazette.

Weights of Metals.

Cast iron weights 444 pounds to the cubic foot, and a one-inch square bar will sustain a weight of 16,500 pounds; bronze, weighs 525 pounds, tenacity, 36,000; wrought iron, weight 480, tenacity 50,000; hard "struck" steel, weight 490, tenacity, 78,000; aluminum, weight 168, tenacity 26,000. We are accustomed to think of metals as being stronger than wood, and so they are, generally speaking, if only pieces of the same size be tested. When equal weights of the two materials are compared, it is then found that several varieties of wood are stronger than ordinary steel. A bar of pine just as heavy as a bar of steel an inch square will hold up 125,000 pounds; the best ash 175,000 pounds, and some hemlock 200,000 pounds. Wood is bulky. It occupies 10 or 12 times the space of steel. The best castings made for the United States Navy have a tenacity of 65,000 to 75,000 pounds to the square inch. By solidifying such castings under great pressure, a tensile strength of 60,000 to 150,000 pounds may be obtained.—Railway Review.

A Night in Camp.

Two Neepawa boys, who have been up in the Dauphin district, tell of an exciting experience they had the other night. In brief, it is as follows: After retiring for the night on their shakedown they were conscious of something moving on the bed. Upon striking a light, what should they discover but two large-sized snakes (not brewery snakes), who seemed intent on rooming with them. Having disposed of their snakeships, they once more retired to woo Morpheus, but the god of dreams was displeased with them, and they were again awakened by something jumping around the floor. One of the young men determined to investigate the matter, but he was no sooner out of bed than the beast jumped in the air and alighted on his back, and this familiarity upon the part of the midnight prowler raised the ire of the young man, and he shook it off, and gave it a kick which landed it outside, where, upon investigation it was discovered to be the cat, which had been snooping, and got its head fastened in a sugar bowl, and was endeavoring to free itself. This discovery and the fun it created, drove all drowsiness away, and, as it was nearing morning, they concluded to remain up, and as the started to their work they were confronted by a bear. So ends one night's adventures of two Neepawa boys, who vouch for the veracity of the story.—Neepawa, Man., Herald.

A Land of Incredible Barbarity.

When the prisoner in Morocco hears the doors of the jail close behind him, he knows, if he be poor and without friends, however trivial be the offence for which he has been imprisoned, that he may possibly not leave those walls alive. It is a matter of indifference to the authorities how many are imprisoned, for these wretched captives are no cause of expense to the State. The prisoners have to purchase their own bread and water and to pay their jailers. Many a man imprisoned for some light debt, which he has long ago discharged, is still detained because he is unable to meet the debt he has contracted toward his jailers, and which his forced captivity daily increases.

In some prisons they are only permitted to receive a supply of fresh water every second day. What an amount of suffering this means in an African climate and in the fetid atmosphere of dungeons such as those to be found in Morocco, it is difficult for a European to realize. In a Moorish prison the captives sleep half-naked on the mud floor; they are all huddled together in one apartment, without distinction as regards crime or innocence, for many are simply thrown into prison on account of their reputed wealth or prosperity by avaricious officials, who by prolonged imprisonment, and sometimes by torture, hope to squeeze money out of them or discover where they have hidden treasure.

Of an evening it is not unusual for the prisoners to be all bound together by a chain passing through an iron collar which each captive wears, thus making it necessary for all to rise, or sit, or lie down together. Open and uncleaned cesspools within the prison add some times to the indescribable horror and misery of the place. There is no inspection, no medical attendance, no alleviation in sickness. If a man is ill, and unable to drag himself to the hole in the wall through which the bread and water is passed, he must trust to the mercy of his fellows to supply him with food. Only when death overtakes the poor miserable wretch do the guards bestir themselves in their own interest, and remove the tortured body which at length has found relief from its overwhelming sufferings. When a prisoner is an absolute pauper and unable to purchase food, the authorities give him daily a small piece of coarse bread, provided by religious endowment, sufficient to prolong the agonies of starvation.—Earl of Meath in The Nineteenth Century.

Gas Not Needed.

Dentist—What! You don't want gas? You insisted upon having gas the last time.

Victim—You haven't been eating onions this time.

Time for Smoking.

Reedley—Why do you smoke continually from morning until night? Weedley—It's the only time I get. I sleep from night till morning.—Tit-Bits.

Teacher—"Now, Johnnie, we've been hearing of the changing seasons; how can we tell when fall is here?" Johnnie—"Cause everybody's clothes smell of camphor balls.—Chicago Inter-Ocean.

Customer—"How soon can you cut my hair?" Barber—"John, run over and tell the editor if he's done editin' the paper to send me my scissors. Gentleman waitin' for a haircut."—Atlanta Constitution.

Jones-Brown—"I've been stopping at a place in Chicago where it is $50 for fifty days." Brown-Smith—"I've been stopping at a place there where it is $50 or fifty days.—St. Louis Post Dispatch.

RIDING A BICYCLE.

SUGGESTIONS DERIVED FROM A TALK WITH ZIMMERMAN.

Learn First of All to Pedal Properly—Sit Upright in All Ordinary Riding—How to Get Into Condition.

A talk with Champion Zimmerman just before he sailed for Europe yielded a number of suggestions, the fruit of his wide experience in bicycle riding for pleasure and profit.

The first item to merit attention is the matter of pedaling. How many riders pedal properly? How many get all there is out of the force applied without waste of power and consequent fatigue? Not one amateur in 1000. They just press their feet down and keep pressing them into the pedal comes upermost again, and to a certain extent the pressure is continued the whole way round, even when it is a waste of power. The movement of the pedal is round a circle. As soon as it passes the top of the circle the weight of the foot drives the wheel until it passes the lowest point, then the power of the foot on that pedal ceases to be a driving power and becomes, to a greater or less degree, a break or deterrent power. It is to the practical application of this one item that much of the phenomenal speed of the professional is due. The way to develop this method is to begin by riding slowly, watching the pedals, then slowly increasing the speed and practice it until it becomes second nature.

Another important item is to sit fairly upright in all ordinary riding. The stoop is all very well for speeding or turning corners, but it is more fatiguing for any distance over a mile, and so is a loss instead of a gain. If the handles are tightly gripped and the arms used as rigid levers to brace the feet, a much more graceful and easy style of riding will result, with none of the cramped feeling the following day. When going up hill a rider will find he instinctively levers himself upon his arms to obtain the greater motive power, and that should be sufficient to show at once the importance of this style of leverage in ordinary straight riding for a distance. By persistent stooping a false growth or development is obtained, which will eventually not only round the shoulders, but will cramp the space occupied by the lungs and so impede the breathing.

No bicycle rider should confine his or her exercise to the machine only. The machine only plays upon one set of muscles, and therefore the others are in more or less danger of losing some of their usefulness. Those who ride the wheel for health, as well as those who ride it for speed, will do well to devote a few minutes a day, in the morning or evening preferably, to the use of Indian clubs and dumbbells. These should be used in the most free and swinging action, and in addition there should be a certain amount of brisk walking done, after the ride. This is to set the inactive muscles to working.

For those who wish to develop speed and enter for racing there are many pitfalls to be avoided, for the system of training has totally changed of late years, and from being injurious in many cases it has become a great aid to the health of young people, if they will take only one precaution, viz., not go beyond their strength. Both for speed and long-distance riding the same rules hold good. The first great essential is not to attempt to diet in any way! Eat what you feel inclined to, but avoid much pie, pastry and milk diet. Eat your fill of good meat and vegetables slowly, masticating well. The use of tobacco should be as limited as possible. The only other items are work, work and again work.

Jump out of bed in the morning, take a cold bath, use the clubs and bells for 10 or 15 minutes, and eat a couple of crackers just to stay the stomach, then get out of the house and walk a mile or so, finishing with a slow dog-trot run, just fast enough not to drag, until tired, or the wind gives out, but under no circumstances continued to cover a set distance to the distress of the runner. Then ease off and walk quietly home so as to run no chance of catching cold while eating a hearty breakfast, for which exercise has prepared the stomach. Take a light but substantial lunch and wait until the evening before again exercising. This may be before or after meals. Riding should never be indulged in immediately after a heavy meal. Get out the wheel, see that all is right, mount and start to ride slowly, getting the pedaling automatically correct as before described. Then increase to a good, hard, level pace, according to the road, and continue this, if possible, for at least two miles, increasing the distance as the condition improves. Never spurt at the end nor in any way distress yourself. Do this every day without a miss, rain or shine, and the result will be apparent in a very few days. If a race is in prospect it will take a month to produce any condition to speak of, and not until the last week should the racing distance receive attention; then the ground may be covered twice a day (if under five miles) to accustom the rider to the distance posts, but no racing must be permitted, no speeding against the watch; too many races, both of men and horses, are run the day before the race itself.

Have a friend to time you some day when you do not know it, and so get a fair gauge of your speed, but the great secret is to sing away to the extent of your strength the whole time you train, without passing the limit where the sustained efforts falters. The rider who does this most successfully is the one who wins.

When the race comes off, never mind about the others or what they are doing. You know what pace you can set. If you are in front keep steadily along; if you are behind you know that the pace must bring them back to you, unless they are very superior to you, and in that case you have no business in their company.

Such training as this will not only produce "condition," but it will improve the health and strength of every boy who undertakes it.

If caught in the rain, and soaked, do not stop riding until you reach home or shelter, where you can take your clothes off. Colds are never caught by continuous movement in wet clothes, but only by sitting or standing around in them. Get them off, put the feet in hot water, if possible, rub the entire body, and feet especially, with whisky. Then put on the dry clothes, or, if at a roadhouse, roll in between the blankets, until the clothes are thoroughly dried.

Carry a needle and thread in your case, and, more important than all, a bottle of calendula, which can be bought for 15 to 50 cents; this is the most sovereign remedy for bruises or cuts, and is simply marvelous in its effects, far, far beyond arnica.

For 30 years this method of training has been in vogue in Europe, and for the boy who proposes a holiday trip on his bicycle a two-weeks' course as advised will prove in every way valuable.

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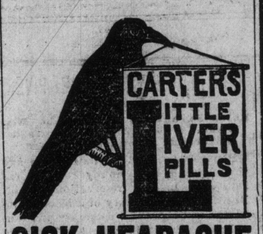

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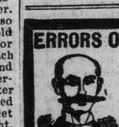

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