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HORRIOD AQUES. Fresh Air for Sleepers.

It is difficult to tell how many ills of flesh are due to unwholesome sleeping spartments. Science tells us that every person requires at least eight hundred cubic feet of air in his sleeping room, and that there should be the means of renewing the air at the rate of a cubic foot a minute. Persons who sleep in foot a minute. Lessons who sleep in hall bedrooms in fashionable boarding-houses are able to secure far more air than the dweller in a city flathouse man the distributed to him. A single muan, with a ten foot ceiling, according to this estimate, should be at least ten by eight feet in size, with abundant means for renewing the air, in order to be a wholesome sleeping room for an adult. Children need almost as much iresh air as grown people do.

The room in which two individuals eleep should be at least ten feet by six teen, if the ceiling is ten feet high, and a supply of two cubic feet of fresh air should be admitted every minute. Even where a room of this size is heated by hot air, and the furnace is properly sup plied with cold air, there is often enough ventilation; a fireplace offers it in abundance. One of the objections to steam and hot water is that a room heated in this way requires a system of special ventilation, which is seldom furni-hed. If a room is heated by a stove there should be a constant supply of tresh air from some source, and there should be water bailing constantly to renew the moisture in the air which soon becomes unwholesomely dry from stove heat.

It is generally considered that a room with an eastern or southern exposure is a more wholesome sleeping room than a more wholesome sleeping room than one with a western outlook. A north room is to be shunned. There should be no dwelling houses built with north rooms or rooms opening on the north side, when it is possible to avoid it. It is presible in the country, but in the city north rooms are a ecessity. Do not occupy them as liv hi rooms; use them for dining rooms the recention-rooms that are occupied celelly by gaslight. They are unwholre me for living or sleeping apartments. Let the sun shine into all sleeping rooms, but especially into the children's room No baby will thrive in the winter un-

less it can play in the sunshine or breathe fresh air. Many chik ren in heated houses, surrounded with all luxuries, pine for want of pure air and sunshine because of a mistaken idea that a house must be heated to summer temperature for children and that cold air is

Do not allow draughts, but admit pure, fresh air to the sleeping room of the youngest baby. Let bim bask and to-s about often on a warm rug spread in strong sunlight.

Physicians advise people not to sleep turned towards the wall if the bed is set against it. Do not set a bed in this position if there is any other place for it. A good many people believe that the head of the bed should be placed toward the north. This is probably a whim. On no account, however, should the bed be placed so that the strong light from the window falls on the sleeper.

The old fashioned bed tester, which modern taste has revived, is not only picture sque but useful in shielding the room without danger of draughts. Such a protection around an infant's crib is useful if properly arranged. There are many ways in which one tampers with health in one's sleeping arrangementsin none more often than in ventilation -but with all the improvements in this direction too many sleeping-rooms are still insufficiently supplied with tresh

The Most Wholesome Meals.

In the January Ladies' Home Journal Mrs. S T. R over writes at length to show that Americans est too much mest, but says she does not want to be understood as condemning meat entirely. Individualty, she uses "all (with the exception of pork and veal) in moderation, and toward the close of the day. From long experience," she says, "I have found that a neavy morning's work can best be ac complished on a break ast composed of a well-cooked cereal and fruit, with, perhaps, a cup of French coffee, or cereal coffee, and a piece of well-toasted whole wheat bread. The noonday meal, especially if work is to be continued in the atternoon, should be composed of a cream soup, with whole wheat bread, an omelet. some of the lighter forms of nitrogenous food, in the propertion of one-third to two thirds carbonaceous food. Fruits, again, may be taken, if they agree-a baked banana, a baked apple, peaches, pears, or any of the very ripe, sub-acid

"After the day's work is over, and one can take time to rest and thoroughly digest a meal, dinner should be served. A warm beef soup, stimulating rather than nitrogenous, should form the beginning of the meal. This may be followed by some light entrce, either of fish or vegetable, then the red mest, either boiled broiled or roasted (never fried), with its accompanying vegetable. With beef serve potatoes or macaroni as the starchy food; with muston or chicken, rice. A green vegetable should be sided for its salts, and this may be onions or young peas, beans, caulifi wer or spinach. The salad should follow and with it a tiny bit of cheese, with a piece of whole wheat bread, a bread stick or a water biscuit. Then a simple, light dessert may be

A DRUNKARD'S COMPLAINT.

Several peculiarities of human nature are illustrated by a brief notice addressed. "To the Public," which appears in the Chattanooga Times. It reads: I hereby acknowledge myself an habitual drankard, and warn every man

ECONOMY in taking Hood's Sar-

connected with the liquor trade that he

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Blys' Fancy Tweed Suits, \$2.25. Bigs' B at English S. ree S are, stylish finisa 83 80.

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violates his oath by selling, giving, or allowing me to drink."

This warning is signed by Beverley C Boss, who, says, the paper in which make the Contral Experipicture que but useful in shielding the eyes of the sleeper from the morning light, and the head from draughts. It should not smother the bed, but simply drape it. With this protection abundance of air can be admitted to a sleeping and should not smother the bed but simply drape it. With this protection abundance of air can be admitted to a sleeping and should not smother the bed but simply drape it. With this protection abundance of air can be admitted to a sleeping appears. In known to a majority of the property of the Central Experty people in Chattancoga as a man of great family and education, universally fixed following notice:

The annual distribution of samples of two years ago highly respected for his business ability. About that time the best varieties of seed grain his business ability. About that time the best varieties of seed grain his business ability. the drink habit overcame him, and since the Dominion, has, during the past ten then he has fallen rapidly and steadily. Years, done much to direct artention to 'I have drank till I am nearly dead,' he the importance of a wing the best a rts said, when requesting the publication of ots ed, and in many section of the his card God knows I want to quit, con try this introduction of new sorts but I can't as long as I can get liquor, has resulted in a decided improvement I take this method of cutting off the in the yield and quality of the grain possibility of doing so. The curious produced. North off the varieties sent teature of the case lies in the fact that one with no control of his will should Farms, and are selected from a more confessing utter slavery to int xicants of good quality. than for an abandonment of them?"-New York Times

> dining-table. Neither gets the out of out of order. In such cases Dr. Pierce's peas, Indian corn and potatoes. Pleasant Pellets come to their assistance by aiding nature in taking care of the tributed during the coming season will

> The cause of nine-tenths of the sickness of the world is constinution. From this one cause come indigestion; disorders of the stomach, liver and cleaned and true to name. To prevent kidneys; biliousness, headacnes, flat the disappointment which occurs when ulence, heartburn, impurity of the parties receive samples of varieties they blood and the serious complications that | strendy bave, it would be well for each follow To begin with, constitution is a person applying to name two or three little thing, and a little thing will cure sorts which he would prefer, arranging it. The "Pleasant Pellets" are tiny, them in the order of preference; when, in sugar coated granules. They will perfeetly cure the worst case of constipation and indigestion. If the druggist tries to sell you some other pill that pays nim greater profit, just think of what will supplication, it is important that every

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mortality amongst the Russians is torty ing money. If your blood is impure, per one thousand, the rate amongst the Kazin Tartars, who are abstainers from you. It cures acrofula, salt rheum, intoxicents, is only twenty-one per one rheumatism, catarrh and all other disintoxicants, is only twenty-one per one rheumatism, catarrh and all other disthousand. These Tartars, who live in the execution pure blood and low state of the system. Laparilla, because 100 doses one ception of their tecto(alism, they live the One True BLOOD Purifier BLOOD Purifier Cure indigestion, headache.

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SEED GRAIN

yet have been able to force himsel to these which, after being submitted to action as deeply humiliating Can it learned and rep ated tests, have probe that less mental vigor is required for | died the largest average crops of grain

Having received instructions from the Il a urable Minister of Agriculture to continue this useful work and make an-The workman often ests his lunch on other distribution during the coming the same bench where he does his work, season, I shall be pleased to receive ap-The office man turns his disk into a plications from all who desire samples As heretofore, one cample of one variety doors exercise he needs; neither takes only can be sent to each applicant, and the proper time for cating. It is small the distribution will be confined to wonder that the digistion of both gets samples of wheat, pats, barley, field

> Among the varieties of grain to be dis be some of the more promising of the new cross bre sorts which have been produced at the Experimental Farms. All the grain sent out will be carefully case the stock of the first named variety is exhausted, the second or third could be substituted. As it is proposed to only send these samples on personal, single farmer who desires a sample should apply for himself. List of names will not be considered. All letters addressed to the Central Farm at O tawa may be sent free of Postage, and the samples weighing three pounds each with be a nt free to the applicants, through the mail. The distribution will begin early in D comber, and as the stock is limited and the applications will be filled in the order in which they are received, those sent in early will have the advantage. Applications may, however. be asnt in at any time before the 1st of March; but after that date the list will be closed so as to ensure the sending out of all the samples in time for early sowing.

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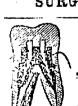
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