

BURNING THE LETTERS.

Dear perjuries I love I so well,
Dear dead believing
In the sweet written lines of his,
This fair deceiving.

Blistered with hot and happy tears,
Worn by my kisses,
Held warmly on my breast at night,
What an end this is.

Dear yellowed leaves, dear faded words,
The red flame flashes -
No elegy I speak but this:
Ashes to ashes.

Anne R. Aldrich & Kate Field Washington.

WHY THE BODY SHOULD BE CULTIVATED.

The important subject of physical culture is not considered as it ought to be by the majority of men and women, and there is almost absolute ignorance of the make up of the body on the part of even intelligent people, with little desire for such knowledge, although health, beauty, and success depend largely on the treatment given to the body. Mental acquirements are blindly worshipped, while the essential question of health receives little thought, and hence it is almost impossible to find men in the ordinary walks of active life, at middle age, who do not complain of impaired health and want of vital force.

Without a sound body one cannot have a sound mind, and, unless proper attention is given to the culture of the body, good health cannot be expected. Pisto is said to have called a certain man *lunatic* because he exercised the mind while the body was allowed to suffer. This is done to an alarming extent nowadays. Brain-workers, as a rule, exercise no part of the body except the head, and consequently suffer from indigestion, palpitation of the heart, insomnia, and other ills, which if neglected generally prove fatal. Brilliant and successful men are constantly obliged to give up work through the growing malady of nervous prostration. The number of those who succumb to it has increased to an alarming extent of late years, and that of suicides hardly less. Few will question that this is owing to overworking the brain and the neglect of body-culture. Vitality becomes impaired and strength consumed by mental demands, which are nowadays raised to a perilous height, and it is only by careful attention to physical development and by judicious bodily exercise that the brainworker can counteract the mental strain. Women rarely consider the importance of physical culture, yet they need physical training almost more than men do. Thousands of our young women are unfit to become wives or mothers, who might be strong and beautiful if they gave a short time daily to physical development.—Willon Turner, in *November Lippincott's*

BOOK GOSSIP.

Altogether, *Worthington's* for November is a magnificent number. As the season draws near when the large army of magazine readers will decide the question "What magazine shall we take another year?" it is well for them to keep an eye on *Worthington's* and, whatever else may be taken, add it to the list. It is second to none in choice, high quality of matter and attractive illustrations, and it is very much more entertaining than many of its rivals. Its low price brings it within the reach of all. Published by A. D. Worthington & Co., Hartford, Conn.

The November *Delineator* is now in the hands of its host of readers and has given every satisfaction. This issue is the first of the three great winter numbers and all the needs of ladies, misses and children are fully considered in the styles for the coming season which are attractively displayed. The December issue of *The Delineator* is called the "Christmas Number," and is rich in material pertaining to the holiday season. The styles for the month are exceptionally handsome and appropriate, and the younger members of the family receive special attention in an illustrated article entitled *Party Dresses for Misses and Girls*. A paper that is invaluable to all ladies is called *Some Suggestions for Home Made Christmas Gifts and the housewife is especially considered in Dainty Desserts for the Holiday Season*. Published by *The Delineator Publishing Co. of Toronto (Ltd.)*

Crowe's Pocket Parliamentary Pointer, a little book specially arranged for ready reference in lodge and society work, has just been published by Messrs Slater and Watkinson, of Windsor, Ontario. The contents answer briefly and concisely the intricate questions of parliamentary law. Price 15c.

There is a genuine treat for poetry-lovers between the blue board covers of Prof. C. G. D. Roberts' new book, "Songs of the Common Day." The intention prevailing in the writer's beautiful collection of sonnets is well set forth in the dedicating lines to the goddess of poetry—

"Make thou my version sane and clear,
That I may see what beauty clings
In common forms, and find the soul
Of unregarded things."

Among the most beautiful of this group are the descriptions of "The Potato Harvest," "The Flight of the Geese," and the pathetic lament of "The Deserted City." Among the longer poems of the little volume are many which are familiar to magazine readers, and whether the poet sings of "The Tide of the Tantramar," "The Wild Rose Thicket," or tells a quaint tale of "The Succour of Gluekup," the reader cannot but feel the charm of both thought and style. The closing pages are given over to the re-publication of "Ave! An Ode for the Shelley Centenary." We have before called attention to the singular, hearty and highly wrought skill of this ambitious poem, and we can only repeat that it is the worthy work of the sweetest singer of Canada.



Mr. Geo. W. Turner

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Worst Case of Scrofula

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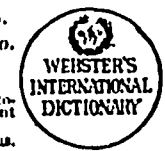
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