

<i>Toronto</i> .....	BANK OF TORONTO.....	Geo. Hagne, cashier.
	BANK OF COMMERCE.....	H. S. Strathy, cashier.
	Merchants of Canada.....	Archd. Cameron, manager.
	Ontario.....	A. Fisher, manager.
	B. N. America.....	Sam. Taylor, manager.
	Montreal.....	G. W. Yarker, manager.
	City Bank.....	John Mout, agent.
	Quebec.....	R. H. Bethune, manager.
	Royal Canadian.....	— Simpson, cashier.
<i>Waterloo, Q.</i> .....	Eastern Townships.....	W. G. Parmalee, manager.
<i>Walkerton</i> .....	Merchants.....	A. Sproat, agent.
<i>Wintby</i> .....	Royal Canadian.....	A. Richardson, agent.
	Ontario.....	K. F. Lockhart, manager.
<i>Windsor, Ont.</i> ....	Merchants of Canada.....	C. D. Grassett, agent.
<i>Woodstock</i> ....	Bank of Commerce.....	W. A. Sampson, manager.
	Royal Canadian.....	J. M. Burns, agent.
<i>Halifax, N. S.</i> ....	Montreal.....	E. C. Jones, agent.
	B. N. America.....	James Goldie, manager.
<i>St. John, N.B.</i> ....	Montreal.....	W. Richardson, agent.
	B. N. America.....	R. R. Grindley, manager.
	Quebec.....	Bank of New Brunswick.
<i>St. Stephens, N.B.</i> ..		Thomas Maclellan, agent.
<i>St. Johns, N. F.</i> ...	Montreal.....	Union Bank of Newfoundland.
	B. N. America.....	Union Bank of Newfoundland.
<i>Victoria, (V. I.)</i> ...	B. N. America.....	H. A. Tuzo, manager.
<i>British Columbia</i>	Montreal.....	Bank of British Columbia.
	B. N. America.....	J. Goodfellow, interim agent.

### RULES FOR HEALTH.

The man or woman who drinks a cup of strong tea or coffee or other stimulant in order to aid in the better performance of any work or duty, public or private, is a fool, because it is to the body and brain an expenditure of what it has not yet got: it is using power in advance, and this can never be done, even once, with impunity.

The less a man drinks of anything in hot weather the better; for the more we drink the more we want to drink, until even ice-water palls and becomes of a metallic taste; hence the longer you can put off drinking cold water on the morning of a hot day, the better you will feel at night.

Drinking largely at meals, even of cold water or simple teas, is a mere habit, and is always hurtful. No one should drink at any one meal more than a quarter of a pint of any liquor, even of cold water, for it always retards, impairs, and interferes with a healthful digestion.

An eminent physician says that the white rubber used for nursing bottles and infants toys, is very poisonous, causing sore mouth, eruptions, decayed teeth, spinal curvature, and death. In Europe the sale of it is prohibited by law.

### A DISINFECTANT WORTH KNOWING.

We dare say very few persons are aware that coffee is a valuable disinfectant. Experiments, however, have proved that it is the most powerful means, not only of rendering animal and vegetable effluvia innocuous, but of actually destroying them. A room in which meat in an advanced degree of decomposition had been kept for some time, was instantly deprived of all smell on an open coffee-roaster being carried through it, containing a pound of coffee newly roasted. In another room, exposed to the effluvia occasioned by the clearing out of a manure pit, so that sulphuretted hydrogen and ammonia in great quantities could be chemically detected, the stench was completely removed in half a minute, on the

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