COUNTRY WHERE NO PARTY IS ANXIOUS TO BE IN POWER

the towns and towns are almost always liberally democratic. In many other of circulture of circulture of circulture and conduct Business Against

Its Wishes.

Dr. Robertson Nicoll, as editor, is to be congratulated on the opening of congratulated on the opening of congratulated on the opening of congrative powers of the sky over his head is of brass and towns are almost always liberally democratic. In many other of congratulated on the opening of congratulated on the opening of become procession. The enthusiast for the idea, for reson, values reason, the idea, in and columns in this series are appearing in handsome red cloth bindings, and upset a ministry. And even today the party which incurred the hostility of the leading papers would have little or no chance at an election. Another result of city life is that it is the rule facts of the great critic's life, and the

Paralysis of the Party System --- Where Democracy Blooms and Socialism Thrives --- Old rather than the exception for a constituency to choose a non-resident stituency to choose a non-resident candidate as its representative. Nearly Age Pensions, Compulsory Arbitration and Early Closing --- The Feeple Not all the legislators live in the capital Afraid to Make Any Experiment.

party system is breaking down. In Canada, he says that party loyalty has become mad devotion to a shibboleth, and party politics an unseemly struggle for office. In Australia he struggle for office. In Australia he would find that party loyalty could hardly be said to exist, and the struggle for office has become so lackadaisical that a minority party has been placed in power. Labor-Leader Watplaced in power. Labor-Leader Wat-son is Premier of Australia today with barely a third of the House behind teachers. And the chances of this ment in just this awkward position barely a third of the House benind thin; while those on the Opposition benches are voting at sixes and sevens, refusing to follow their leaders and the chances of this work was an are decidedly better today than when I wrote by the last mail.

Mr. Watson, however, met the situation frankly. He said that though the amendment was supported by many than when I wrote by the last mail. refusing to follow their leaders and than when I wrote by the last mail. blurting out awkward party secrets. A PUZZLE IN PARTY POLITICS. To the venerable philosopher at the Grange, this must seem the collapse Grange, this must seem the control of party government seen from the other side—party paralysis starting from the other end. The theme, of the leader of the Free Traders, were met to discuss a coalition, and had agreed pretty well upon a plan of pretty well upon a plan of leading the sink the tariff course, is not a new one. "A wise Tory," said Dr. Johnson, "and a wise Whig, I believe, will agree." Bute and Pett and Peel have each in turn been Reid promised to give his support to a Whig, I believe, will agree." Bute and charged with wrecking party government, which has since been denounced in turn by Freeman and Froud, Bright and Ruskin, Herbert Spencer and Goldwin Smith, and dozens of other political philosophers. In Australia every man is a bit of a political philosopher. Here the question of replacing party debated for years. For years, no doubt, the debate will go on before the tion to the Free Traders is inveterate tically certain that the experiment will has been more in sympathy with hi Zealand if ever this reform is to be grafted on the British parliamentary 1st cabinet. And he did not find i

EXPERIMENTAL POLITICS. ground for political experiments. In his party the proposals for the coalition the free Australian air and beneath they were repudiated. Mr. Deakin and the fierce Australian sun democracy Sir George Turner, his treasurer, had owned railroads, telegraphs and tele- under any circumstances accept office have become In some the tramways and lighting would not enter in the coalition unless over other industries. New South Reid Free Traders on any condition. Wales has old age pensions, compulsorv arbitration civil servant. The others are not far seats in the cabinet. This offer was behind the mother state, and New also declined, and the Protectionist proposal to abolish the Upper House. In South Australia Miss C. H. Spence, "the grand old woman of Australia," the Protectionist party. Rather than tobacco and iron industries. People it is by no means sure that his motion used to such highly spiced politics would be little likely to sneeze at elective ministers. People who have long just as surely as the Forrest section since put into successful practice ideas would be on his side-and the probathat other nations are only beginning bilities are that the moderate Deakin to dream about would be little likely section would cast their votes in favor to shy at a proposal that has been of giving the Labor Government a fair indorsed by eminent philosophers and trial. The whole thing is a pretty actually adopted by the Swiss Repub- puzzle in party politics. tried it will not be through timidity. Timidity has no place in the political character of the present Premier, who has undertaken the government in the him out by a want of confidence motion the sooner they table their motion the But Mr. Watson, while recognizing the difficulties into which party has brought the commonwealth, bas definitely declared himself still in favor of the party system as opposed to elective ministers, which he advocated in his irresponsible youth.

"NOLI EPISCOPARI" IN POLITICS. The question has now been raised Goldwin Smith's recent letter to the supporters that few, if any, of their London Spectator has been quoted in reforms can be carried this session, full, and arguments by the score have as the present parliament does not been hurled against the irrational give them a stable or independent masystem of employing half the cleverest jority. He has, therefore merely taken fellows in the country to prevent the up the work of legislation where it was other half from governing. In Australia just now the proportion is slightly different. Two-thirds of the Federal Capital Bill, and has already clever fellows, including all the poli- designated the southeast ticians with experience in office, are New South Wales as the district from other third make their first attempt miles is to be chosen for the Ottawa at government. This position was of Australia. In the House of Repre-brought about by the fact that, as sentatives, Mr. Watson himself has inthe last general election, the labor, troduced the Arbitration Bill, which the protectionist and the free trade made shipwreck of the Deakin governparties were returned with approxi- ment and produced the present crisis mately twenty-five members each. office, and hoped to worry through humor, he adopted the Deakin bill inthis parliament as they worried stead of drafting a new measure of

through the last, with the general sup- his own. Upon the general principle port of the labor men. Labor found, of the bill nearly all parties are agreed lowever, that Mr. Deakin was not in spite of the fact that, while the de quite so pliable a Premier as his pre- bate was going on in the House, Sin decessor, Sir Edward Barton. On the Frederick Darley, the chief justice, first measure introduced the Premier was denouncing the Arbitration Act refused positively to accept the laber in this state for encroaching on the amendment, which would bring state liberty of the subject, creating new servants within the jurisdiction of the crimes new Federal Arbitration Court. The wresting from employers the conduct regular free trade opposition thought to take advantage of the situation and the free intercourse of labor and capidish both their opponents by dividing tal, and producing a deplorable amount

At that time Mr. Deakin, the leader

of the Protectionists, and Mr. Reid,

union. Both agreed to sink the tariff so that there might be fiscal issue programme, while Mr. Deakin promised to accept a method of choosing a coalition leader, which would have undoubtedly secured the Premier ship for Mr. Reid. But while the two leaders were thus drawing up the death warrant of Labor, Sir William Lyne was proving himself once more to cabinets by elective ministers has been the most consummate political engineer in Australian public life. His opposiexperiment is tried. But it is prac- inexorable, unalterable. He always made by Australia or New Labor allies than with his more conservative coffeagues in the Protectionhard to gather round him several of his own way of thinking. The result This, indeed, is the richest trial was that when Mr. Deakin laid before blooms and socialism thrives. State- already asserted that they would not long-standing, under a coalition government and their commonplaces in each of the colonies. followers in turn asserted that they plants are under state control, in Mr. Deakin was the leader. This was soon followed up by a refusal to join the and a beneficent Mr. Deakin a basis upon which Proearly closing act that makes the lot tectionists could form a coalition with of the shop assistant as that of the their old allies, and receive half the Zealand is well in advance with state party set its face definitely against a local prohibition and the coalition of any sort. The decision has devoted the best energies of her co-operate with the Free Traders Sir life to educating the world up to pro- William Lyne and his followers would portional representation, or what she have joined the Labor party; rather calls "effective voting." Throughout than co-operate with the Labor party the whole of Australia women have Sir John Forrest and his followers -qual franchise rights with men. The would have joined the Free Traders. Commonwealth Government now piloting a federal arbitration bill through his disconsolate political widowhood. the shoals and shallows of a parlia- Single handed he must now undertake ment in which it does not command a the responisibility of moving a nonparty majority, has foremost on is programme the nationalization of the

If Australia leaves the plan un- WORK OF THE LABOR GOVERN-MENT. So far Mr. Watson and his amateur ministers have done very well. The him two to one, and who tells them after accepting office to make it clear I programme for the near future, but by the Melbourne Age. Mr. Mr. Watson himself has warned all his in opposition, watching the which a block of nine hundred square With consummate parliamentary tact, The Protectionist party remained in and probably a sense of political

unknown to common

There is no other dessert looks so appetizing and tastes so delicious as that made with Pure Gold Jelly Powder. Pure and sparkling in nine true fruit flavors.



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[Special Correspondence of the Advertiser.]

on the question and carrying the of litigation with its concomitant illwertiser.]

on the question and carrying the of litigation with its concomitant illhere who is not a member of one of the fourteen houses of parliament with which Australia is blessed. These recognized that it would be better to

Sydney, N. S. W., June 14, 1904.

In Australian politics today Mr.
Goldwin Smith could find many delightful illustrations with which to embellish his favorite theme that the party system is breaking down. In the party system is breaking down.

By a bare majority. Mr. Deakin, with and employed. This sweeping denunciation was made the subject of a with which Australia is blessed. These ciation was made the subject of a men can serve in the Legislature with out serious interference with their practice. It will no doubt be different tioneering stump speech from the supreme court bench. The speech, there are a bishop in olden times however, did not alter the general suprementation was made the subject of a with which Australia is blessed. These men can serve in the Legislature with out serious interference with their practice. It will no doubt be different supreme court bench. The speech, there is a blessed of party governance to the fetish of party with which Australia is blessed. These of his followers the party as a whole income may be larger, but so, too, will confine their efforts just now to giving the railway servants the benefit of

be the demands upon it. Apply today for a Canada Life G. A. C. Policy. Paint and powder have blackened Federal Arbitration, and excluding for the present members of other state services. In this the House supported many a woman's character. There are times when even the klephim, in spite of the protests that the tomaniac won't take a hint.

Pitcher Kuropatkin-Wait until the sixth inning; then you'll see me strike 'em out!-Minneapolis Times.

involved an inexcusable encroachment upon state rights. this the government's answer was

TALK OF POLITICAL DECENCY.

The debate reached a very interest
The debate reached a very interest
Take a man away from the hum ing stage on the clauses in the original Deakin bill drafted for the alkali deserts of Arizona, and the arbitration among farm laborers deep silence becomes awful and is some-and domestic servants. It was times unbearable. All at once, without either class within the scope of the bill. The House was treated to the delectable spectacle of three of its late cabinet ministers, Sir Philip Fysh, Sir Lohn Forrest and Sir William Lyne voting against original clauses in the measure, which they themselves had introduced two months before. Burly Sir John even went to the extent of denouncing the two clauses in a vigorous speech. Naturally he was twitted on his inconsistency and asked why John Forrest and Sir William Lyne, on his inconsistency and asked why ment if he had differed so much from his late colleagues. His reply was a scornful one: "Let the honorable member," he said, "go and learn a scornful that account her used to the desert refuse to go out with those with whom is not likely to attack a stranger. If there is no friend in the party his madness in likely to asset best in the scorn in likely to a scorn in likely member," he said, "go and learn a little about governments and the prin- rather than in fighting. It is a fearful rather than in fighting. It is a fearful Premier took the first opportunity ciple of loyalty to one's own colleagues. had reason for knowing that the ham News. boldly that if they are going to turn that his government did not intend to clauses would not have been pressed turn social order upside down as the Tories feared. He pointed out that the against them." And so the vulgar Very Brief But Labor ideals could be realized only by throng was given a vivid glimpse of advancing slowly, winning the con-fidence of the people step by step. It around the cabinet table when three is an article in Mr. Watson's political of the leading ministers agreed to the creed that a government may, and clause in the draft bill only on conshould be, a little in advance of the dition that it would not be pressed in people, gradually educating them to debate. And if a division had been the desirability of further reform. His taken on those clauses before the party states frankly and clearly its defeat the Deakin cabinet loyalty would have compelled those three min isters solemnly to record their votes on behalf of a principle which they had strenuously opposed in council. Naturally the Melbourne Age cited this to show into what false positions men are driven by the "fetish of party gov-

> is an outrage on political MINORITY RULE.

it asserts that the present Federal

With characteristic vigor

decency. The organs of the Conservative Trade party are also talkabout the political indecency having a country governed an acknowledged minority. coalition of some sort or other is loudly advocated day after day on the ground that "minority rule" is foreign to the democratic spirit of British institu-You will see from this that you can enmeyer again endeavored to land it. It should never be forexamination. "Minority rule" is quite eat what you please, if you use Dodd the fish was somewhat exhausted by gotten that the lungs are nature's first eat what you please, when you please. The fish was somewhat exhausted by gotten that the lungs are nature's first eat what you please, when you please. mpossible in this country as long as numbers of parliament are elected by popular majorities and bills passed by parliamentary majorities. Indeed, I At a recent meeting of the French have never seen a political situation Society of Authors a member suggest-Federal Labor party today. It will of any other country, and you will see that the Labor man is only a little! ocratic than his most con-

Australia as naturally as the native gum tree. The common origin of the colonists, the lack of traditional history, the free and easy conditions of life, the clear, unclouded air, and the perpetual sunshine of Australia are sound to breed democrats. And if there is any other condition here lit is an effectual medicine.

Democracy, in fact, flourishes in indifferent to the men who go out from New Bedford, Mass., to catch who whales in Japanese waters.

THE HEAPTHY GLOW disappearing and restlessing and restlessing and restlessing and restlessing and restlessing the result of mother condition of the colonists. And if there is any other condition here it is an effectual medicine.

MADNESS OF THE DESERT. "It is not generally understood that the government's answer was silence of the desert has a maddening provision was unconstitu- effect upon the human brain," said a tional it would be treated as such by the courts.

the courts.

the provision was unconstitutional it would be treated as such by traveler whose experiences are not often paralleled. "Monotony is more severe than anything else deriving its entire pain

"Take a man away from the hum of "He must be disarmed and bound at once, or he will deal death to the whole

"On this account men used to the desert

disease, not yet understood."-Birming-

Dyspepsia Tablets.

simple. They simply give the stomach the rest it needs by digesting the food themselves. The result is the stomach gradually returns to its normal condition and is then able to do its own

in which the will of the people was ed that the adult sons and daughters surer of fulfillment. When a govern- of the authors ought to be received ment party is in a minority it can after the regular meetings and given gain support for its policy only by a chance to fall in love with each jumps astride a pony, and the proposing measures which commend other. He held that from such marristarted off along on the surface. hemselves not to the party prejudices. but to the political intelligence of the but to the political intelligence of the both sides, a superior race of authors House. That is the position of the would result. His suggestion was not Federal Labor party today. It will

a loss once in awhile and live longer, out with his great physical exertion, Democracy, in fact, flourishes in indifferent to the men who go out bank unconscious. Buckenmeyer says

worthy to be set down as an explanation of the advanced politics, it is the large size of Australian cities. Sydney and Melbourne are each almost as large as Toronto and Montreal taken together, and contain between them more than one-quarter of the population of the continent. In Australia the country is only an appendage of the towns and towns are almost always liberally democratic. In many other characteristics of his mind. I understand that the next volume will be "Newman," by Dr. William Barry. All my readers are familiar with the word "Philistine," applied by Arnold cities. That, in turn, has encouraged to those masses of the population which leading lawyers to enter political life to a greater extent than is true with are wedded to the dull safeties of cus-you in Canada. I canont call to tom rather than eager for light and mind one barrister of the first rank ideas. It is a word which constantly here who is not a member of one of crops up, and I give below the passages in which Mr. Russell explains, with

quotations from Arnold, the precise

origin and meaning of both "Philistine" and "Barbarian." tered in the little bush town that is destined to be the future Federal Populace"—he divided English Society tween political life in Australia and gave three well-remembered nickvery happily, seeing that he so greatly edly are the extreme democracy and the socialistic tendencies in legislaadmired their fine manners), the Barbarians; the middle class he had altion-the comparative purity of the ready named the Philistines; and to administration and the laxity of party the great mass which lies below the middle class he gave the name of "Pop-BURRISS GAHAN. Are Better Times Ahead? dates from the lecture on Heine de-livered from the Chair of Poetry at It is not likely that you will ever be better able to afford insurance. Your Oxford in 1863, and it seems to have supplied a want in our system of a litel nomenclature, for it struck, and it has it all.

> social class. WHO ARE THE PHILISTINES?

remained, at least as a name for a type

of mind, if not exactly as a name for

we English shall perhaps one day come time to time find "aliens"-men to want such a word—I think we had from the prejudices, the faults,

Arnold as follows:] "Philistine must have originally tion. meant, in the mind of those who invented the nickname, a sturdy, dogged, unenlightened opponent of the Chosen People, of the Children of Light. The traces in all three classes the modelers of the old traditional Euro- All alike, by a dogged persistence in against custom, the representatives of the existence of Authority, or Right the modern spirit in every sphere Reason; and this irrecognition of what where it is applicable, prograded them. where it is applicable, regarded them- ought to be the rule of life operates selves, with the robust self-confidence not only in the political sphere, but the ju and domestic servants. It was times unbearable. An at once, without serves, with the robust serves, as a chosen people also, and conspicuously, in the spheres of matural to reformers, as a chosen people serves, with the robust serves and the robust serves and the robust serves are robust serves. people, slaves to routine, enemies to light, stupid and oppressive, but at All alike believe themselves infallible, and there is no sovereign organ of the same time very strong. . . . opinion to set them right. The funda-Philistia has come to be thought by mental ground of our erroneous habits,

is anything but that; the born lover ed is "our preference of doing to think-AT GREEN POND, N. J.

Lake Astride a Big Pickerel.

to the Point appeared by Fred Ruckenmeyer at slight distinguished and more thave you ever surprised your lung with a deep, prolonged inhalation of pure fresh air? If you have not, try it, and be not discouraged nor alarmed should be not discouraged nor alarmed should be not discouraged. capture made by Fred Buckenmeyer at slight dizziness result at first. It is the Green Pond, according to his story. confusion of the disorderly mob o Green Pond is a beautiful sheet of wa- atoms lurking in stagnant cells, just as Quebec Man Briefly States That He ter in the northern part of Morris county, about five miles in length, two miles in breadth, with a deep hole near miles in breadth, with a deep hole near miles in breadth, with a deep hole near length of the morris of Mr. Buckenmeyer and Mr. Buckenmeyer and with shunning and fearing fresh air, the Standing by Using Dodd's Dyspepsia the western end. Mr. Buckenmeyer the western end. Mr. Buckenmeyer the western end amount of the depleted stuff it permits when doubts as to his veracity are extended by the depleted stuff it permits the western end. Mr. Buckenmeyer the western end with shunning and fearing fresh air, but commonly, is also a niggard in the amount of the depleted stuff it permits the western end. Mr. Buckenmeyer the western end with shunning and fearing fresh air, but commonly, is also a niggard in the amount of the depleted stuff it permits the western end. The western end with shunning and fearing fresh air, but commonly, is also a niggard in the amount of the depleted stuff it permits the western end. The western end with shunning and fearing fresh air, but commonly, is also a niggard in the western end. The western end with shunning and fearing fresh air, but commonly is also a niggard in the western end. The western end with shunning and fearing fresh air, but commonly is also a niggard in the western end. The western end with shunning and fearing fresh air, but commonly is also a niggard in the western end. The western end with shunning and fearing fresh air, but commonly is also a niggard in the western end with shunning and fearing fresh air, but commonly is also a niggard in the western end with shunning and fearing fresh air, but commonly is also a niggard in the western end with shunning and fearing fresh air, but commonly is also a niggard in the western end with shunning and fearing fresh air, but commonly is also a niggard in the western end.

lished at Montmagny, Que. But it it there was some sort of a commotion for centuries is one of the underneath his boat, and something which it were a waste of the ands of suffering Canadians need to face striking the boat's bottom square. ands of suffering Canadians need to like a gigantic bubble rose to the surta attempt solving. In the Orient people have never lost sight of the deep significance by spepsia, and that cure is Dodd's Dyspepsia, and that cure is Dodd's Dyspepsia Tablets. than a minute after this there was a formulated whole systems of Some people will go further and ask therefore the strike on the troll and Bucken-how do they cure. The answer is terrific strike on the troll and Bucken-simple. They simply give the stomach meyer jumped for the line. His boat What the began to follow the direction that the fish was taking, skipping over the wa- known to be insufficient to give the lungs er with great rapidity.

Three times around the lake the fish strengthen them or to maintain their ter with great rapidity.

pulled the boat. Reaching the place integrity, nor does it, even in fresh air, where it started, it stopped, and Buck-supply the blood with sufficient oxygen He finally got it to the surface, and, being alarmed lest the great fish should escape, ran his hand into its gills and got a firm hold. The action frightened the fish, and it gave a tremendous tug, ly raising the average of health, when pulling Buckenmeyer into the water, its vital importance is more generally The latter held on for dear life. He recognized.

jumped astride the fish, as an Indian As better habits can be engendered only pulling Buckenmeyer into the water.

speak much for the moderation of Mr. Watson and the reasonableness of parliament as a whole if, under these circumstances some of the government's main proposals can be placed upon the statute book. In any case Australian democracy has gained by the present crisis, for it has dissipated the silly notion that every Labor man was a revolutionary firebrand. Compare the speed for the outlet of the pond. At revolutionary firebrand. Compare the politics of Australia with the politics of any other country, and you will see Worry is slow suicide. Better pocket up the shore, where Buckenmeyer, worn Wars and rumors of wars are alike dismounted, and then dropped on the

THE "WILD BEAST." In "Culture and Anarchy" Arnold

thus elaborates the term "Philistines," and justifies, not without some misgiving, its exclusive appropriation to

In the third chapter of "Culture and Anarchy" — "Barbarians, Philistines, Populace"—he divided English Society into three main classes, to which he gave three well-remembered nicknames. The aristocracy he named (not very happily seeing that he so greatly most steadily to fight, and, if possible, transform. That the effort was arobject through literature, "freer per-haps in that sphere than I could be of the lungs. In habitual breathing the haps in that sphere than I could be of the lungs. In habitual breathing the in any other, but with the risk always exhalations, should be in rhythm with ulace." The name of "Philistines" in its application to the great middle class dates from the lecture on Heine de-

the aristocracy he justified on the ing three counts. French have adopted the term epicier red by insufficiency of light, and "need- less than seven deep, prolonged breaths. (grocer) to designate the sort of being ing, for ideal perfection, a shade more whom the Germans designate by the soul."

term Philister; but the French term- When we have done with the Barbesides that it casts a slur upon a barians at the top of the social edifice, respectable class, composed of living and the middle class half way up, we and susceptible members, while the come to the working class, and of that original Philistines are dead and buried class the higher portion "looks forward sign of the trouble. Nerviline, poworiginal randstates are ally, I think, in itself much less apt and expressive than the German term. Efforts have been made Parliament and other middle class/pobeginning. That's why you can't have to obtain in English some term equivalent and this portion is naturally them if you use Nerviline. lent to philister or epicier. Mr. Carlyle akin to the Philistinism just above it. Just as good for other pains as for ed from its proper meaning. If the English are ever to have a word for the thing we are speaking of—and so prodigious are the changes which the ing the nation, he is careful to point besides. Nerviline is the King of Pain. odern spirit is introducing that even out that in each class we may from much better take the word Philistine temptations of the class in which they Russell then quotes Matthew by their antecedents, share the higher cording to the New York Tribune. life of intellectual and moral aspira-

THREE CLASSES AND ONE SIN. change, the would-be re- and working of the same besetting sin. judge.

BY DEEP BREATHING

Mr. Buckenmeyer Was Carried Around a A Recipe Worth More Than a Store Full of

Have you ever surprised your lung

"I wish to state that I have tried Dodd's Dyspepsia Tablets and they have made me well. I suffered for many years of Dyspepsia."

Such is the brief statement of Alphonse Caron, editor of L'Echo, published at Montmagny, Que. But if it lished at Montmagny have been underneath his boat, and something which it were a waste of brain tissue. ing, and of mental, moral and spiritual What the warped civilization of centu-

tained in a disease-repelling condition.

Deep breathing is worth all the medicines in the pharmacopoeia and it will be for the everlasting benefit of humanity vastfish by persistent practice, the remedy for the



in lung gymnastics that, while they exercise the respiratory muscles, will wont them to better ways. The exercises them to better ways. The exercises should be taken both night and morning, and at intervals during the day; and always in fresh, pure air. Ii moments of extreme fatigue it will do more for rethe middle class:

"Philistine gives the notion of something particularly stiff-necked and perverse in the resistance to light and its children, and therein it specially suits our middle class, who not only do not pursue Sweetness and Light, but who even prefer to them that sort of machinery of business, chapels, teameetings, and addresses from Mr. Murphy, which make up the dismal and illiberal life on which I have so often touched."

Cuperation than anything else can. Have no fear of the air being cold; when breathing deeply there is hardly a possibility of taking cold, for the blood is too thoroughly oxygenated to permit any chill. It is stimulating all combusion processes instead, and thus deep breathing may be a safeguard in crises of unavoidable exposure.

When exercising the inhalations, always through the nostrils, should be prolonged till every respiratory muscle is called into action and every lung cell is distended. It was never intended that only a part cuperation than anything else can.

duous, and even perilous, he was fully aware. He must, he said, pursue his object through literature. "freer perto convert him, of being torn in pieces by him, and, even if I succeed to the by him, and, even if I succeed to the utmost and convert him, of dying in a litch or a workhouse at the end of it all."

ii crease amazingly as the chest wants and its floor, the diaphragm, gain elasticity through regular practice. The pulse-heart-beat-should be the unit of unison with it, which equalizes the vibrations of the chest wants and its floor, the diaphragm, gain elasticity through regular practice. thus, inhale during six puls The nickname of "Barbarians" for he aristocracy he institud on the counts. Repeat a dozen times
It will become habitual. WHO ARE THE PHILISTINES?

When we originally encounter the word in the lecture on Heine, Arnold is speaking of Heine's life-long battle our worn-out Europe, they had eminous should be now and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on and again deeper, proour worn-out Europe, they had eminous had been on an again deeper, proour worn-out Europe, they had eminous had been on a proout worn-out Europe, they had eminous had been on a proout the proout th is speaking of Heine's life-long battle—with what? With Philistinism. We have not the expression in English. Perhaps we have not the word because we have so much of the thing. At Soli, I imagine, they did not talk of solecisms; and here, at the very headquarters of Goliath, robody talks of Philistinism. The talks of Philistinism. The lection of attributes, indeed, but mar-levers, is not expelled and renewed in

You Are Going to Have Cramps

Some of these days. You may escape them altogether by taking fifteen or has made several such efforts: But below this there is that vast por- eramps. No matter where the pain is Respectability, with its thousand gigs tion of the working class which, raw or how deeply seated or how useless is. Mr. Carlyle means, a Philistine. and undeveloped, has long lain half However, the word respectable is far too valuable a word to be thus pervert, and is now issuing from its hiding-too valuable a word to be thus pervert, and is now issuing from its hiding-too valuable a word to be thus pervert. Englishman's therefore more healing. Nerviline will

TEARS, IDLE TEARS.

Ex-Secretary Elihu Root was talkwere born; elect souls who, unhindered ing about the humanity of judges, acare humane men," he said, "I could tell you many moving stories of the pain that they have suffered in But, after making this exception, he the infliction of severe sentences. is not altogether pleasant to be a

"That is why I cannot story that was told me the other day idge said to him: 'Have you ever been sentence to imprisonment before?"

' 'No, Your Honor,' caid the criminal, and he burst into tears. " 'Well,' said the judge, don't cry.
You're going to be now.' "-New York

"AN EXCELLENT FOOD admirably adapted to the Wants of Infants."

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