EATING AND LIVING AND HEART DISEASE

Men Cut Their Lives in Two by Neglect of Hygienic Principles.

The increase in the number of fatal cases of heart disease in the Boros of Manhattan and the Bronx for the first 11 months of 1907 over the corresponding months of 1906 was 1246, or about 27 per cent. The total number of deaths in the City of Chicago for the same period was 2497, an increase of 10.6 per cent. over the figures for the previous year. Health authorities in each city find in the figures cause for special comment and for warning to the people. Grip, developing into pneumonia and attacking the heart, is a common cause of fatal heart disease, but the health experts in each city are of the opinion that the present mode of living, and especially overeating, is chiefly responsible for the deterioration of the human heart. Dr. Darlington, president of the New York Board of Health, says that overeating is a principal cause and that it is time for the Americans to adopt the simple life and slow down. Dr. Guilfoy of New York says that overeating and too little exercise are prominent causes. Dr. St. Clair Drake of the Chicago Bureau of Municipal Statistics does not hesitate to say that overeating and too much drinking are weakening hearts and that there must be an avoidance of late suppers, a reduction in the amount of food and drink consumed and an increase in the amount of exercise taken.

Many experts claim that men cut their lives in two by neglect of hygienic principles in the regulation of their living. Rational and proper diet is not the only thing, of course, but, in connection with pure air, sufficient sleep, exercise and proper conduct it occupies a place of sufficient prominence to receive attention.

At Yale College experiments were recently conducted and gymnastic endurance tests were made, and it was found that those who were accustomed to an ordinary diet of meat and eggs were lacking in those powers of endurance which were shown by the men who ate sparingly of meat and eggs, or those who did not use these classes of food at all. Endurance was found to increase in high ratio with the decrease in the use of these foods. Prof. Chittenden, who managed the tests, does not argue in favor of an absolute vegetarian diet, but the results of the experiments indicate that, in endurance and the power to withstand a strain, the man whose diet has been well regulated and of a simple order has an immense advantage over his less abstemious fellow.

The fatality of grip is largely increased by the weakness of the system, which antedates the arrival of the grip microbe. Abuses and indulgences have already made their inroads upon the system and sapped it of the strength which might otherwise withstand the attack of the grip. The warning of the New York and Chicago doctors is a rational one. It is not always within a man's power to personally apply the brakes to business and society and their demands upon him. The gratification of his appetite is, however, a matter for regulation by his own power, and the lengthening of his days is to that extent within his own control.

Bills for the Legislature.

The following bills will be introduced at the coming session of the legislature:

By Niagara Falls—To fix assessment of Suspension Bridge Company at $150,000 for ten years.

By Markdale—To fix assessment of Markdale Furniture Company at $1000 for ten years; to provide for the purchase of $10,000 worth of the company's stock by the municipality at par.

By Peterboro—Aldermen to be elected for two years, half the members of the council to retire each year; also for powers to aid the Colonial Weaving Company, Limited, the Auburn Woolen Company, and the Peter Hamilton Company, Limited, to provide for the borrowing of $25,000 to build an addition to the Queen Alexandra Public School, and the borrowing of sufficient sums to pay the cost of sewers and granolithic sidewalks constructed in 1905, 1906 and 1907.

By St. Thomas—The Y.W.C.A. and the Y.M.C.A. want tax exemption.

By Fort William—The Mount McKay & Kakabeka Falls Railway Company seek power to construct a line on either side of the Kaministiquia River, and also to carry the line on to certain streets in the City of Fort William. The bill further provides for the guaranteeing of the bonds at the rate of $10,000 per mile, by the Township of Neebing for every mile of road constructed within the municipality, and exempting the road from municipal taxes, except those for school purposes, for a period of 21 years.

"Broken Glass" Again.

A false alarm from Gerrard and River-streets at 5.30 p.m. yesterday gave five hose wagons, a hook and ladder truck and two engines a run for nothing.

Liquor and Tobacco Habits

A. McTAGGART, M.D., C.M.

75 Yonge St., Toronto, Canada.

References as to Dr. McTaggart's professional standing and personal integrity permitted by:

Sir W. R. Meredith, Chief Justice.
Hon. G. W. Ross, ex-Premier of Ontario.
Rev. N. Burwash, D.D., President Victoria College.
Rev. Father Teefy, President of St. Michael's College, Toronto.
Rt. Rev. A. Sweatman, Bishop of Toronto.
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Dr. McTaggart's vegetable remedies for the liquor and tobacco habits are healthful, safe, inexpensive home treatments. No hypodermic injections, no publicity, no loss of time from business, and a certainty of cure.

Consultation or correspondence invited.

"See" That You Get It

The increased circulation of The Toronto Sunday World for the past year indicates conclusively that the people of Toronto and the Province of Ontario appreciate the efforts of the publishers in providing them with an illustrated publication that reflects credit on the Canadian enterprise that promoted the production of an illustrated paper that deals with things Canadian.

This week's number will, if anything, be brighter and more entertaining than any of its predecessors.

The four views, making up a handsome frontispiece, are indicative of the broad sympathy and charity-giving proclivities of the Canadian people. A view of Little Trinity Church, with its self-sacrificing pastor, Canon Dixon, forms one of the group. A view of the Christmas tree in the Sick Children's Hospital, Toronto, with a group of the happy and pleased little patients, forms another. The unselfish devotion of the members of the Salvation Army in looking after the poor and fallen is typically depicted in the third view. A picture that will appeal to everyone is a magnificent flashlight photogravure of the dinner given on Christmas last to the City Newsboys in the large banqueting room of the I. O. F. Temple, where about 500 newsboys of all races and creeds were sumptuously regaled with all the good things that appeal to a sturdy, pushing lad, thru the efforts of the Rev. J. M. Wilkinson, assisted by the generosity of the premier, the Hon. J. P. Whitney, Mr. Noel Marshall, Mr. Peter Ryan and other citizens.

Toronto, Hamilton, Aylmer and other centres will look forward with pleasure to the representative baby pictures which appear in this issue.

Portrait views of prominent people will appear, including one in which all Canadians will be interested, and the residents of Hamilton in particular, viz., that of the late John Robson Cameron.

Views of Xmas festivities, a fine group picture of the winning rink of the Alexandra Lawn Bowling Club, and a remarkable picture of the St. Andrew's Baseball Club, Champions West End and Interassociation Senior League, adorns this issue. In addition, there are many other views too numerous to mention.

The popular Funny Page, which every child will look forward to, and which is of equal interest to their elders, will be resumed in this week's issue of The Sunday World. Johnny and the Teddy Bears will be welcomed by the juveniles everywhere.

The School for Housewives, by Marion Harland, a page of interesting hints on household affairs, profusely illustrated with views, is a feature that will interest the careful housewife.

The Sunday World, while providing for the literary and pictorial appetite, still retains its essential feature as a newspaper, and all the happenings of Saturday afternoon and evening, including the results of all sporting events, complete turf results, will be found in its columns.

This week's issue will be for sale by all newsdealers, newsboys, and on all railway trains, at 5c per copy.

If you cannot buy The Sunday World in any town outside of Toronto, kindly drop a card to the publishers and a sample copy will be sent you.

Newsboys and News Agents are wanted in all unoccupied territory. Write to the Circulation Department, The World, Toronto, for particulars.

PROPERTIES FOR SALE.

Toronto General Trusts Corporation's List.

$26000—WALMER ROAD, SQUARE hall, hardwood finish, 16 rooms, three bathrooms, steam heating.

$15000—SPADINA ROAD, SOLID brick, 13 rooms, two bathrooms, furnace, gas and electric light.

$12000—MADISON AVENUE, DETACHED, hot water heating, fifteen rooms, two bathrooms.

$9000—LOWTHER AVENUE, DETACHED, 11 rooms and bathroom, hot water heating, hardwood finish.

$8500—CHURCH ST., 12 ROOMS, two bathrooms, hot water heating.

$7500—LABURNAM AVENUE, DETACHED, 12 rooms, two bathrooms, hot water heating, gas.

$6500—SHERBOURNE ST., DETACHED, 11 rooms, bath, gas, furnace.

$6500—SPADINA AVE., BRICK, 9 rooms and bathroom, concrete cellar, gas, furnace, etc.

$6000—FOUR DWELLINGS, GOOD locality, rents $720 per annum.

$6000—McCAUL ST., SOLID BRICK, ten rooms, furnace, gas, bath, etc.

$5550—EUCLID AVENUE, SEMI-detached, nine rooms, hot water heating, bath, cellar and electric light.

$4000—CHARLES ST., 10 ROOMS, bath, gas, furnace, etc.

$3000—EUCLID AVENUE, SOLID brick, nine rooms, bath and furnace.

$2700—GLADSTONE AVE., SEMI-detached, six rooms, bath, furnace, etc.

$2500—ONTARIO ST., 8 ROOMS, furnace, bath, etc.

$2500—HARBORD STREET, SOLID brick, seven rooms, bath, gas and cellar.

$2400—LESLIE ST., SEMI-DETACHED, six rooms, bath, cellar and furnace.

RICHMOND ST. WEST, 3 ROUGHCAST houses, good investment, about 80 feet frontage.

ALSO A NUMBER OF VACANT LOTS in the city and suburbs for sale at reasonable prices.

Houses To Let.

THE TORONTO GENERAL TRUSTS Corporation.

$20—BORDEN STREET, SIX ROOMS and conveniences.

$22.50—BERKELEY ST., SEVEN rooms, all conveniences.

ELM GROVE AVE., TWO HOUSES, 10 rooms, all conveniences, newly decorated, immediate possession.

SWORD ST., SIX ROOMED HOUSE, all conveniences, good condition, immediate possession.

THE TORONTO GENERAL TRUSTS Corporation, 59 Yonge-street.

W. A. Morrison's List.

W. A. MORRISON, 163 LANSDOWNE avenue.

SPECIAL SELECTED BARGAINS:

$2400—NORTH PARKDALE—BEAUtiful home, new, up-to-date, solid brick residence, decorated throughout, ready to move into at once; terms, only $325 cash, balance $20 every three months; chance of a lifetime; secure this to-day, or you may be too late; get key here. W. A. Morrison, 163 Lansdowne. Phone Park 1349.

$2575—WRIGHT AVE., 9 ROOMS, solid brick, all conveniences; terms, $637.50 cash, balance $37.50 every three months.

$3700—MACDONELL AVE., FIRST-class, new, solid brick residence, worth $4250; terms, $500 cash; big snap.

$3100—WRIGHT AVE., DETACHED, brick stable and driveway; owner will give $35 a month rent; big interest and a chance to make money; terms suitable.

$4075—PEARSON AVE., DETACHed brick residence; terms, $1275 cash; excellent paying investment.

$2200—MARION ST., NEW, UP-TOdate house, rented at $21 a month in advance, paying high rate of interest.

$2400—MACDONELL, SOLID BRICK, terms reasonable.

$8600 BUYS TWO PAIR SOLID brick residences, worth $10,000; all latest improvements; owner buying farm, wants $3750 cash.

$2500—NORTH PARKDALE—BEAUtiful home, new, up-to-date, solid brick residence, decorated throughout, ready to move into at once; terms, only $400 cash, balance $25 every three months; chance of a lifetime; secure this to-day, or you may be too late.

$1800—MACDONELL AVE., SEMIdetached, new, up-to-date house; will be ready for occupancy in 2 weeks; terms suitable.

$3100—WRIGHT AVE., DETACHED residence, nice driveway, large lot and stables; terms suitable.

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PERSONAL.

WEALTHY YOUNG WIDOW, UNINcumbered, fine appearance, genial and generous, seeks husband and adviser. Glinn, 171 E. 22-street, Chicago.

WEALTHY RETIRED RANCHER wishes congenial, home-loving wife. No objection to refined lady employed. Hill, 2208 Wabash-avenue, Chicago.

PROPERTIES FOR SALE.

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14 SOLID BRICK SIX-ROOMED houses, on a good street, near College, all conveniences, verandah, nice homes for mechanics. Twenty-two hundred.

$2600 — EIGHT - ROOMED SOLID brick houses, everything good; new, verandah, vestibule, good cellar. Easy terms.

$2400—MACDONELL AVENUE, 6 rooms, every convenience, Pease furnace, 3-piece bath: very easy terms.

$3150—COLLEGE St., S.B. HOUSE nearly new; must be sold at once; decorated, square plan.

$3200—SAME LOCALITY, IN FIRST-class order. Move quick for this.

$5500—KING ST., PARKDALE, A beautiful 8-roomed home, slate roof, electric light and gas, combination heating; a nice location for medical man.

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FARM HELP WANTED.

WANTED — A FARM HAND; MUST be good milker. Apply James McLellan, Highfield P.O. 562

PROPERTIES FOR SALE.

J. A. Godard's List.

$1000—DETACHED. LOT 20 X 130. $300 cash.

$1600 FIVE ROOMS, FINE LOT, side entrance, good stable. $175 cash. Central.

$2050—CONCORD, DETACHED, 7 rooms, conveniences; new.

$2300—MUIR AVE., 6 ROOMS AND bath; lot 20x115; all modern conveniences. $500 cash.

$2600—COOLMINE ROAD, SOLID brick, 6 rooms and bath, solid oak mantel, gas, furnace, concrete cellar; this is a beautiful new home; nothing better for the money.

$2840 BUYS A SOLID BRICK 8 roomed residence, fine locality, central; oak mantel, gas, concrete cellar, side entrance, large lot; only $400 cash. See this beautiful new residence.

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W. A. Lawson's List.

ONTARIO FARM SELLING SPECIAList, are prepared to double their business this year over last. Judging from inquiries received thus far we will require to increase our staff again before spring. Farm selling is in full swing at the Grand Central Farm Selling Depot.

IF YOU ARE WANTING A SPECIALly good five or ten acre block convenient to this most progressive city, we can furnish you with something choice for poultry or garden, close to electric car line.

5 ACRES, SCARBORO, ABOUT TEN miles from St. Lawrence Market, on King-street, choice sandy loam, in good state of cultivation. Seven hundred.

10 ACRES ADJOINING THE ABOVE, same class of soil, just the kind of land for poultry or garden, good roads right into the city; electric cars convenient. Will arrange terms if desired. Fourteen hundred.

54 ACRES, WEST FLAMBORO; Hamilton eight miles; rich sandy loam, very suitable for fruit or garden; nice orchard of hundred and fifty trees, full bearing, good water and fences; six-roomed frame house, bank barn, piggery, large hay shed and implement house. Three thousand. Easy terms.

50 ACRES, ELGIN, TILLSONBURG four miles, close to church, school and postoffice; sandy loam, clay sub soil; three acres bush, balance cultivated; nice orchard, good water and fences; fair-sized frame house; plenty barns, good stables, carriage house. Twenty-five hundred.

60 ACRES, PEEL, TORONTO TEN miles; nice sandy loam, just the kind of soil for fruit or gardening and being so close to Toronto, should be a money-maker; nine acres orchard, apples, pears, cherries; good water; seven-roomed frame house, bank barn, piggery and implement house. Seventy-five hundred.

100 ACRES, MARKHAM, TORONto fifteen miles; splendid clay and black loam, all cultivated, well watered and fenced; small orchard; good eleven-roomed frame house, two large barns, abundance of stabling, piggery and carriage house. Nine thousand.

100 ACRES, KING, FOR ANY ONE wanting a cheap farm in easy reach of good market, they can get it in this; eighty-five acres cultivated, balance bush and pasture; spring water; pretty well fenced; comfortable buildings; early possession. Twenty-eight hundred.

100 ACRES, PEEL. CLOSE TO depot, splendid soil, good orchard, well watered and fenced, large brick house, good barns and piggery; ice house, power windmill; four acres bush, balance cultivated; a real good farm and worth the price. Seventy-five hundred.

200 ACRES, OAKVILLE 6 MILES, Toronto twenty-eight; very suitable stock or dairy farm; good clay loam; hundred and eighty acres cultivated, balance bush and pasture; two acres orchard; abundance water; large frame house, bank barn, piggery; a money-making property for a good man. Eight thousand.

200 ACRES, LINCOLN, ONE OF the best situated fruit farms in the fruit district; this is a highly improved farm; any one wanting such would make no mistake to inspect it; eighty acres of finest fruit, peaches, pears, cherries, grapes, apples and small fruits in full bearing; soil sandy loam, most suitable for growing nursery stock; good frame house and barn, carriage house, piggery. Owner has taken over seven thousand dollars in fruit from this farm in one season. Owing to other important business connections he desires to dispose of it and offers same for twenty thousand.

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4 OR 8 ACRES, WITH BUILDINGS, 7 miles west of Toronto. J. Bucksey, Summerville P. O., or 89 Church-street. 256

LOST.

MINK MUFF, LOST NEW YEAR'S Eve, after midnight, while driving on Bathurst, Queen, King, Yonge, Grenville; reward. 348 Bathurst. 567

PERSON SEEN TAKING MINK MUFF from 356 Bathurst, return at once, as they are known, and avoid prosecution. 567

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BILLIARD AND POOL TABLES—SEcond-hand billiard and pool tables. We rent with privilege of buying. Also bowling alleys, bar and cigar store fixtures. The Brunswick-Balke-Collender Co., Department A, 68 West King-street, Toronto, Ont. ed7

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SEND FIFTEEN CENTS FOR 25 ENvelopes, with name, business, address nicely printed; postpaid. Enterprise Ptg. Co., 97 King East. 36

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MEN AND WOMEN TO LEARN BARber trade in eight weeks; graduates earn twelve to eighteen dollars weekly; help secure positions; catalogue free. Moler Barber College, Queen and Spadina, Toronto. ed

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YOUNG SCOTCHMAN, AGE 23, WITH first-class clerical and traveling experience in the old country, and with 2½ years' experience in the States, is anxious to locate in Canada; at present employed in the States; first-class references. Apply Box 77, Toronto World.

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