

If one is only slightly tired, probably the hearty meal will not cause trouble. But even in this case it is much better to rest after the day's hard work if one feels at all wearied. A few moments stretched at full length on a bed, with eyes closed and muscles relaxed, will give the whole system a chance to recover itself, and the stomach, relieved with the rest of the body, will soon gain its normal condition. This rest just before eating is an excellent plan for all workers, either mental or physical.

The value of a liquid diet under certain conditions is not generally appreciated. Take the hard bicycle rider and follow him through his course of training and progress in a trip across country. If he indulges in heavy dinners or meals immediately after a hard day's ride he will soon be compelled to abandon the trip. On the other hand, a hard rider can perform tremendous exertions ten hours a day on a careful diet in which liquids occupy the chief place on the bill of fare. For refreshments on the way nothing is taken but milk.

The person suffering from nervous dyspepsia and kindred disorders needs, probably, more than anything else, new tone and strength to the whole system. How best to accomplish this is oftentimes a problem that a physician must meet in different ways. Sometimes physical exercise, especially in the open air, is the best cure, and if prescribed and followed intelligently it works wonders. But there is another point that cannot be overlooked, and in nine cases out of ten it is the rock on which most of the dyspeptics get wrecked. They think the outdoor exercise is going to cure them and they pay no heed whatever to their diet. The result is often disastrous. The stomach is in a weak, nervous state, ready to respond to the slightest abuse.

His hope of recovery is to look upon his diet as important as his exercise. The latter will undoubtedly stimulate an appetite, but to eat all we want whenever hungry is not the sure way to build up health. In ordinary healthy condition one might follow Nature's inclination and eat heartily whenever hunger demanded it. But we are dealing with a

chronic dyspeptic, whose nerves have as much to do in causing his disorder as his stomach. Let that patient get a little overtired and then return to the house and eat a breakfast or dinner, and nerves and stomach will combine to make life miserable, and counteract all the good obtained. The only safe rule to follow is to take the exercise to the point of weariness, and then rest. Do not be afraid of tiring the body with exercise, for that is what we take it for, and, provided we stop this side of exhaustion, we will be pretty sure to improve after rest and sleep.

## London Chatter.

"St. Agnes' Eve—Ah! bitter chill it was,  
"The owl for all his feathers was acold."

Just such another night might have been now, the far greater part of a century since those lines were opened by the immortal, but ill-fated Keats. In England it is a well established rule, with few exceptions, that our coldest weather comes with the New Year; and the new century, evidently, intends to keep up the custom. I hear the snow fall has been universal in Europe, even where it is but a memory of by-gone years, a phenomena, truly. Wiseacres are scratching their polls and talking mysteriously concerning old century portends of new century calamities. But grey-heads smile, remembering the things that were, and the clouds that overshadowed England in the dawn of 1800. Then as now, trouble seemed everywhere, and England, not the mighty Empire of to-day, viewing the revolutions in America and France,—England trembled in the balance. The tales of bloodshed and horror brought over by French refugees from the continent, doubtless helped to check the flood then threatening to overwhelm the country, and some years later the pent-up feelings of the British people found a healthy vent in helping to rid Europe and the world at large of a ruthless devastator. The century which opened its eyes on Bonaparte's greatness, has closed them on St. Helena reinhabited with other prisoners of war.

## Sheffield Cutlery Store

AT FOX'S 78 GOV'T STREET

We Carry the Best Razors, Pocket Cutlery, Scissors and Shears, Shaving Materials a Specialty, Table Cutlery, Carver Cases, Butcher Knives.

### J. PIERCY & Co.

WHOLESALE

DRY GOODS AND  
CLOTHING  
MANUFACTURERS

21, 23, 25, 27, 29  
YATES STREET

VICTORIA, B. C.

### E. G. PRIOR & CO.

LIMITED LIABILITY.

Estab-  
lished  
1839.

DE "HARDWARE"  
Miners' Tools  
and Camp  
Outfits a Specialty. Tools, Iron,  
Wagons, Carriages

FARM AND GARDEN IMPLEMENTS and MACHINERY

OF ALL KINDS.

Jessop's and Canton Drill Steel.

Headquarters:  
123 Government St.,  
VICTORIA, B. C.

Branches  
Vancouver and  
Kamloops.