

OUR YOUNG FOLKS.

To be young is to be one of the Immortals.—HAZLITT.

OUR PUZZLE PRIZE.

The prize this month has been awarded to "Crocodile," Sarnia, who stands far ahead of the others who have sent answers to the August puzzles.

Correct answers have also been received from W. Thompson, Toronto; Walter Bostwick, Albany, N. Y.; "Nettie," London; Emma and Edith Lake, Woodstock and Charlie Hines, Montreal.

We will hereafter continue to publish our puzzle column once a month as formerly and discontinue, for the present our story-book prize monthly; but in place of it award a useful Christmas present, a copy of Chamber's dictionary to the person sending us the most correct answers to the puzzles in this number and the two following numbers containing puzzles. All answers must be in before the 5th of the month following that in which the puzzles appear.

SEPTEMBER PUZZLES.

1

CROSS WORD ENIGMA.

In *lap*, not *fold*,
In *laugh*, not *scold*,
In *doze* not *sleep*,
In *gaze*, not *peep*,
In *roll*, not *push*,
In *sleep*, not *hush*,
My whole is before you.

2

CHARADE.

My first is a vegetable, tender and small,
That to eat is not a hard duty;
My second's a barnyard fowl, that's all;
My whole is vain of his beauty.

3

GEOGRAPHICAL ANIGRAM.

On a riot.

4

CONUNDRUM.

Which of the United States joins and disjoins?—*Tyro.*

5

SQUARE WORD.

Earth.
To affirm.
A cruel ruler.
To fail.

ANSWERS TO AUGUST PUZZLES.

- Square Word:—R E A L
E L B E
A B B A
L E A R
- Charade:—Not-able.
- Anagrams:—Ireland, Scotland, Nova Scotia, Manitoba.
- Poetical Pi:—"Fare thee well and if forever,
Still forever fare the well."
- Diamond Puzzle:—S
A T S
N O R T H
S T R O K E D
B A K E D
R E D
D

The Danger of Over-exertion.

A STALWART MAN BECOMES WEAKER THAN A CHILD AND THEN
RECOVERS HIS FORMER STRENGTH.

(Waterloo, N. Y., Observer.)

In these days of rowing giants and athletic heroes fine physical development is more observed than ever before since the time of the Athenian games. A man who shows the elements of physical power is looked up to far more than in the days of our ancestors, possibly because there are fewer specimens of well-developed manhood than then. An emissary of this paper met a magnificent specimen of physical power a few days since in the person of Dr. A. W. McNames, of Waterloo. His muscles, which showed unusual development, were as hard as wood. At his request the writer sought to pinch him in the arms or legs, but found it wholly impossible. A realization of what is meant by an iron man was fully made manifest.

"Have you always been so stalwart as this?" inquired the news gatherer.

"Not by any means," was the reply. "When a young man, I was always strong and active and felt that I could accomplish anything. This feeling so took possession of me on one occasion that I attempted to lift a box which four men found it impossible to move. I succeeded in placing it on the wagon, but in two minutes from that time I was unconscious and remained so for hours, and when I recovered consciousness I vomited a large quantity of blood. From that day I began to grow weak and sickly. I believed that I had suffered some internal injury and experienced a general debility, which seemed similar to the effect produced by malaria. My back was very weak. I had no appetite, and at times loathed food. My lips were parched and cracked. My head felt as though it were entirely open at the top and it pained me on the side intensely. In six weeks time I had fallen away from 208 pounds to less than 170. I was in a most wretched condition. I was completely discouraged.

"What did the doctors say about you?"

"Almost everything. I consulted no less than six different physicians. They all treated me and none did me any good. At that time I was suffering intensely. I could not sit upright, but was obliged to rest in a cramped, uneasy position. I was compelled to urinate every five minutes and I passed over three quarts every day. I was not living, I was existing.

One night (how well I remember it!) my wife had put the children all in bed when the feeling came over me that I should live but a very short time. My wife and I talked matters all over and I gave the minutest directions as to what she should do after I was gone. I was not in a flighty condition by any means, for the doctor, on leaving town the day following, bade me good-bye, saying he never expected to see me again, for I was suffering with Bright's disease of the kidneys in its last stages. Within the next few days more than twenty friends came to bid me good-bye. Among the number was Dr. John L. Clark. He asked me what I had used in the way of medicines. I told him. He then recommended a remedy of which I had heard much, but about which I was very skeptical. If faith were an element of power it certainly was lacking in my case."

"And so you did not try it?"

"On the contrary, I did try it and to my surprise it seemed to go to just the spot. Indeed, it was the most palatable thing I had taken into my mouth for months. I relished it."