

Dissolution Sale!

THE ENTIRE STOCK AMOUNTING TO
\$62,000
To Be Sold At Cost and Under.

MUST BE SOLD IN 60 DAYS.
SALE STARTS 10 O'CLOCK MONDAY MORNING.

TERMS SPOT CASH.

P.S.--Parties Owing Accounts Will Kindly Settle at Once.

Priddis Brothers.

Do People Eat Too Much?

The Practice of Two Meals a Day Discussed.

Interesting Interviews on the Question With Local Physicians.

Does the Stomach Need a Rest?—A Subject Which Concerns Every-body Who Eats—Thoughtful Opinions of Men Who Know Whereof They Speak.

The question has recently been a good deal discussed. Do people generally eat too much? In connection with this, many people now take but two meals a day, and, what many will think strange, it is breakfast that they go without. Some of those who have practiced it, say that it not only does not cause them any inconvenience, but has improved their health.

Advertiser representatives have spoken on the subject to a number of city physicians, and the interviews show that the majority of them have pronounced opinions.

DR. McCALLUM.
Dr. McCallum told some curious facts relating to the subject. "Some people," said he, "have a mania for trying every new cure of this kind, and they laud it to the skies. They have tried the Hall treatment, the faith, the hot-water, the bran-mash cure, etc., and in every case claim to do without the doctor. They turn their backs on their so-called friends with as little compunction as they turn away from their physicians. Two cases of people who had been following the plan of doing without breakfast, and eating only at noon and evening, had come before the doctor's notice, and both of the persons had lost weight, one losing seventeen pounds and the other eleven pounds. "For people who want to lose weight, it may possibly be a good method," said he. "There are people who suffer from gastric and biliary troubles, and do not digest the morning meal well. For them, and for those who do not breakfast till 9 or 10 o'clock in the morning, a very light meal is advisable, but there is no cast-iron rule for everybody. The babe requires to be fed every three hours. No babe living could make headway on three meals a day. I don't think anybody can gain weight by going without breakfast. Any method of treatment that a patient takes up is full of suggestions to the patient—suggestions bringing the mind to influence the body. The unreasonable part of this is that our ancestors lived on three meals a day since the beginning of time, and a nutritious habit like that can't be abolished without a serious disturbance of the system any more than doing without sleep."

"Limit the number of meals, and the stomach will be abnormally dilated," added the doctor. "A tribe of South American Indians who lived on only one meal a day were found to

have stomachs dilated to over twice the normal capacity of a European's stomach. It is a fact, and there is no doubt a great many people will resort to the practice, with serious harm. A person with consumptive tendencies would be jeopardizing himself by losing weight. Reasonable eating is to take three or four meals a day, with four or five hours between them. Recent physiological experiments show that mastication of the solid diet elements is one of the most necessary things to stimulate a healthy secretion in the stomach. People don't eat dry enough meals. A dry meal would compel them to masticate more properly, but instead they substitute fluids for saliva to assist in swallowing. In the past few months, Pawlow, a Russian scientist, who experimented on dogs, made an opening in the gullet in the neck of the dog, so that the food chewed would be discharged through the opening onto the ground. Another opening was made in the dog's stomach for the purpose of inspection, and it was found on feeding the dog that the detritus meal, although not entering the stomach, brought about a free flow of gastric juice, after several minutes, thus establishing what was long held as an empiric law by physiologists, that the want of mastication or chewing was one of the great sources of imperfect digestion. These Russian experiments show that the swallowing of fluids such as milk, soup and water, which do not involve mastication, do not bring about a secretion of gastric juice. This does not, of course, exclude the fact that the introduction of milk and soup into the stomach might stimulate such secretion. I really believe there is less overeating than some of my colleagues consider. Canadians and Americans do eat too much meat, though, and beef is the most harmful in its widespread effects of any of the meat diets. Lighter meat is less harmful."

DR. GARDINER.
Believers in the efficacy of the "two-meal-a-day" practice did not become such on the strength of Dr. Gardiner's opinion. "Three square meals a day," said he, "is about what man wants as long as he doesn't make them too square. Breakfast should be taken one hour after rising. If a person is not doing manual labor he is in no condition for a heavy breakfast, but requires some support. The amount of food to be eaten is a question of degree of work. The human frame is like a machine, and food is like fuel to the furnace. Some people eat too much food, and others too little food, but there is always the golden mean."

DR. NEU.
Dr. Neu said: "A great many people eat too much. They should eat less, but I would not say that going without breakfast would be beneficial. What would suit one would

not suit another. There is an enormous number of different circumstances and conditions in discussing that question. A man working hard wants his three square meals a day, and for some who take little exercise a very light breakfast might be best. Overwork of the digestive organs is as bad as overwork in any other respect."

DR. P. R. ECCLES.
Dr. Eccles said: "I certainly do not think that the average growing person should undertake to do a half-day's work before taking a meal, as some counsel. There is only one class of individuals who might refrain from taking breakfast with some advantage—those who may have been up late at night and have had a late supper. If they get out of bed late, they may wait with positive good effects for an early dinner as the first meal of the day. Of course, all persons are not constituted alike. I find it beneficial to take some five meals a day of one description or another—beginning at 7 a.m., and ending at 10:30 p.m. An impression has prevailed with some that eating before sleep is prejudicial to health, but I settled that point in my own experience. While a student, at first I ate nothing after 6 p.m., but I found that I could not sleep, and I tried a cup of milk and a biscuit just before going to bed. From that time until now I have never been without a light meal just before retiring for the night."

DR. PINDEL.
Dr. Pindel considered that it would be much better for many aged people, in particular if they ate only two meals a day, as the stomach lost much of its vitality in advanced years. "More harm is done by over-eating, than by under-eating," said the doctor. "A person in a weak condition or constitutionally unhealthy should regulate their diet accordingly. If a person accustomed to two meals a day found that his health was unimpaired and his appetite satisfied, there was no necessity of adding another meal."

DR. McLELLAN.
Dr. McLellan said that many of his cases, particularly those of women delicately constituted, arose from over-eating. "The appetite was generally a sure indicator of the quantity of food a person required, but surfeiting the stomach was dangerous. Many people were just as well off with two meals as with three, if their appetites called for no more, and if they experienced no lack of vitality."

DR. CLINE.
Dr. C. A. Cline was quite familiar with the opinions of the originator of the two-meal movement. He said: "I have read Dr. Dewey's work over carefully, and it contains some advice that is good, but much more that is bad. As his reasoning is based on the belief that some dyspeptics would result in more harm than good, he believed that some dyspeptics would do better without breakfast and live on two meals a day when they actually needed tonic treatment to improve their digestion, and the consequences would be serious. The doctor was quite decided in his opinion that no one should adopt the method without first consulting a physician."

DR. CL. T. CAMPBELL.
Dr. Cl. T. Campbell said people could get along with two meals a day, but if they did, the morning and evening meals would be preferable. "It depends entirely on the individual," he said. "There is no reason why everybody should follow a general rule. However, most people eat too heartily. Some can digest a good deal more than

others. Moderation in eating is characteristic of civilization. The old Norsemen used to gorge themselves; the Normans, the stronger race, were more moderate eaters. The tendency with civilization is that people are content to do with less for the average meal. The cooking is better, too. The type of a meal used to be quantity, it is getting more to be quality now, and the standard of quality is not expensive, but excellent cooking. And fitness of the article as a means of nourishment."

DR. WEEKES.
Dr. W. J. Weekes offered a compromise. He said people who ate late suppers and were manual laborers, were better for eating a light breakfast and a light lunch. The amount that should be eaten depended on the employment of the individual, but most people ate too much.

DR. ENGLISH.
Dr. English very emphatically said that doing without breakfast was unreasonable—not really common sense. As for over-eating, he said there was not the least doubt that nearly all people took more than they actually required to maintain strength, but if anyone chose to live on only two meals a day, the morning and evening meals were preferable.

DR. FLOCK.
Dr. Flock said a great diversity of opinion existed regarding the matter. Over-eating was a common error, and one responsible for a great deal more than people thought. People ate too much from nothing more than habit. The artificial surroundings of man were often against allowing nature to take its own way. The majority of people ate breakfast against their will, because they thought they might possibly become hungry before noon. If they ate heartily in the morning there was not much necessity for a heavy meal at midday, but people took it because it was a habit. After a hearty breakfast, provided a man was used to eating one, and after the morning's work he went home for the noon meal simply because he could not obtain it at any other time, and to prevent his being hungry he ate against his will. When the habit of eating three meals per day had been formed, people didn't like to break it, because there was more or less craving for it, but if that craving occurred at noon, a soda biscuit would suffice to satiate it. A man might have no appetite for breakfast at 7 o'clock, but he might be able to eat like a horse at 10. This, of course, would prevent his being hungry at noon, while his appetite would be keen for his evening meal between 6 and 7. There would then be, if he ate heartily, no occasion for hunger before bed. If that habit were cultivated instead of three meals a day, men, women and children would enjoy better health. The doctor said that a good deal depended upon the individual. A few people required three meals per day, but he was under the impression that if people ate only what they were hungry they would be better off. Most men ate too much, and most people ate too heartily. Most people, who had been to the trouble of preparing meals. To eat when one was not hungry had the same effect upon the stomach as having too heavy a load upon a weak horse. Age was a very important factor regarding appetite. Young people ate anything and everything, and at all times, while older people inclined to plainer foods. "Eat at night was a bad thing for most people, but if you are hungry eat at any time. If it is at 4 o'clock in the morning," continued the doctor, "with a smile. 'Everybody needs variety, and you will always have an appetite.'"

of variety, and you will always have an appetite."

DR. WAUGH.
Dr. Waugh said the whole matter was dependent upon the individual. If a man ate a heavy meal at night it was a bad thing to take breakfast.

DR. J. B. CAMPBELL.
Dr. J. B. Campbell said there were so many conditions of people that no arbitrary rule of eating could be stated, but it was quite evident that the la-boring man wants three square meals a day and a good bed. "For those who do not work hard," said the doctor, "three light meals would be better than two big ones. Man can accommodate himself to strange things. History tells of the English in the days of the Reformation, when it was either a feast or a famine. Two would at one time eat a lamb, and four men could eat a full-grown sheep. They were not able to wait for some time, and usually slept for three or four days. The stomach may be enormous, but it is quite evident that the number of those successfully treated. There is no sudden and dangerous deprivation of liquor; there are no bolts and bars; the patient gives up the drink habit almost unconsciously, and from that moment, takes the first step on his upward career, commencing life afresh under brighter auspices. For pamphlet and terms address The Manager, Lakehurst Institute, Oakville, Ont. xt

In Rome there are few houses bearing the number 13. Nearly all the houses that should bear these figures are marked 12B or 14A.

Minard's Liniment Relieves Neuralgia.

COULD NOT TURN IN BED.
Terrible Suffering of an Elora Lady From Rheumatism—Fifteen Years a Sufferer, But Cured by Two Bottles South Rheumatic Cure.

No pen can describe the intensity of suffering that may come from an attack of rheumatism. "For fifteen years," says Mr. John Beaumont, of Elora, Ont., "I have been more or less troubled with rheumatism, which took the form of pains in my back, often being confined to my bed, and rendering me part of the time wholly unable to perform my duties. At times I suffered so intensely that I could not turn in my bed, and the disease was fast reaching a point where both myself and my husband had become thoroughly discouraged of recovery. A friend recommended South American Rheumatic Cure, and after the first bottle I was able to sit up, and before four bottles were taken I was able to go about as usual, and have been in excellent health ever since."

THERE is not a more dangerous class of disorders than those which affect the breathing organs. Nullify this danger with Dr. Thomas' Electric Oil—a pulmonary of acknowledged efficacy. It cures soreness and lameness when applied externally, as well as swollen neck and crick in the back; and, as an inward specific, possesses most substantial claim to public confidence.

SPECIAL NOTICES.

LADIES, LOOK!—Feather and down cushions 50c each. Large stock of feather pillows; ticks filled with feathers on shortest notice. Telephone 927. We will deliver them to any part of the city. JAMES F. HUNT & SONS, 592 Richmond street north.

SMITH BROS.
Plumbers and Steamfitters.
Have removed to 265 Dundas street.

It Seems to Reason.
That a man who gives his whole undivided attention to one particular subject should acquire a greater proficiency in it, than one whose energies are expended in different directions. This is true of the medical superintendent, and his staff of assistants, at Lakehurst Institute, in their treatment of alcoholism and kindred diseases. Every fresh case adds to the experience of years, and to the number of those successfully treated. There is no sudden and dangerous deprivation of liquor; there are no bolts and bars; the patient gives up the drink habit almost unconsciously, and from that moment, takes the first step on his upward career, commencing life afresh under brighter auspices. For pamphlet and terms address The Manager, Lakehurst Institute, Oakville, Ont. xt

In Rome there are few houses bearing the number 13. Nearly all the houses that should bear these figures are marked 12B or 14A.

Minard's Liniment Relieves Neuralgia.

Plumbing.

WE DO ALL KINDS OF
Plumbing,
Hot Water Heating,
Gas Fitting, etc.

ESTIMATES CHEERFULLY FURNISHED
ALL WORK GUARANTEED.

McLaren, Parkinson & Co.,
231 Dundas St. Phone 1,169.

BLOOD POISON
HAVE YOU Sore Throat, Pimples, Copper-colored Skin, Swollen Glands, Old Sores, Ulcers, Boils, Rheumatism, Write 00001, 00002, 00003, 00004, 00005, 00006, 00007, 00008, 00009, 00010, 00011, 00012, 00013, 00014, 00015, 00016, 00017, 00018, 00019, 00020, 00021, 00022, 00023, 00024, 00025, 00026, 00027, 00028, 00029, 00030, 00031, 00032, 00033, 00034, 00035, 00036, 00037, 00038, 00039, 00040, 00041, 00042, 00043, 00044, 00045, 00046, 00047, 00048, 00049, 00050, 00051, 00052, 00053, 00054, 00055, 00056, 00057, 00058, 00059, 00060, 00061, 00062, 00063, 00064, 00065, 00066, 00067, 00068, 00069, 00070, 00071, 00072, 00073, 00074, 00075, 00076, 00077, 00078, 00079, 00080, 00081, 00082, 00083, 00084, 00085, 00086, 00087, 00088, 00089, 00090, 00091, 00092, 00093, 00094, 00095, 00096, 00097, 00098, 00099, 00100, 00101, 00102, 00103, 00104, 00105, 00106, 00107, 00108, 00109, 00110, 00111, 00112, 00113, 00114, 00115, 00116, 00117, 00118, 00119, 00120, 00121, 00122, 00123, 00124, 00125, 00126, 00127, 00128, 00129, 00130, 00131, 00132, 00133, 00134, 00135, 00136, 00137, 00138, 00139, 00140, 00141, 00142, 00143, 00144, 00145, 00146, 00147, 00148, 00149, 00150, 00151, 00152, 00153, 00154, 00155, 00156, 00157, 00158, 00159, 00160, 00161, 00162, 00163, 00164, 00165, 00166, 00167, 00168, 00169, 00170, 00171, 00172, 00173, 00174, 00175, 00176, 00177, 00178, 00179, 00180, 00181, 00182, 00183, 00184, 00185, 00186, 00187, 00188, 00189, 00190, 00191, 00192, 00193, 00194, 00195, 00196, 00197, 00198, 00199, 00200, 00201, 00202, 00203, 00204, 00205, 00206, 00207, 00208, 00209, 00210, 00211, 00212, 00213, 00214, 00215, 00216, 00217, 00218, 00219, 00220, 00221, 00222, 00223, 00224, 00225, 00226, 00227, 00228, 00229, 00230, 00231, 00232, 00233, 00234, 00235, 00236, 00237, 00238, 00239, 00240, 00241, 00242, 00243, 00244, 00245, 00246, 00247, 00248, 00249, 00250, 00251, 00252, 00253, 00254, 00255, 00256, 00257, 00258, 00259, 00260, 00261, 00262, 00263, 00264, 00265, 00266, 00267, 00268, 00269, 00270, 00271, 00272, 00273, 00274, 00275, 00276, 00277, 00278, 00279, 00280, 00281, 00282, 00283, 00284, 00285, 00286, 00287, 00288, 00289, 00290, 00291, 00292, 00293, 00294, 00295, 00296, 00297, 00298, 00299, 00300, 00301, 00302, 00303, 00304, 00305, 00306, 00307, 00308, 00309, 00310, 00311, 00312, 00313, 00314, 00315, 00316, 00317, 00318, 00319, 00320, 00321, 00322, 00323, 00324, 00325, 00326, 00327, 00328, 00329, 00330, 00331, 00332, 00333, 00334, 00335, 00336, 00337, 00338, 00339, 00340, 00341, 00342, 00343, 00344, 00345, 00346, 00347, 00348, 00349, 00350, 00351, 00352, 00353, 00354, 00355, 00356, 00357, 00358, 00359, 00360, 00361, 00362, 00363, 00364, 00365, 00366, 00367, 00368, 00369, 00370, 00371, 00372, 00373, 00374, 00375, 00376, 00377, 00378, 00379, 00380, 00381, 00382, 00383, 00384, 00385, 00386, 00387, 00388, 00389, 00390, 00391, 00392, 00393, 00394, 00395, 00396, 00397, 00398, 00399, 00400, 00401, 00402, 00403, 00404, 00405, 00406, 00407, 00408, 00409, 00410, 00411, 00412, 00413, 00414, 00415, 00416, 00417, 00418, 00419, 00420, 00421, 00422, 00423, 00424, 00425, 00426, 00427, 00428, 00429, 00430, 00431, 00432, 00433, 00434, 00435, 00436, 00437, 00438, 00439, 00440, 00441, 00442, 00443, 00444, 00445, 00446, 00447, 00448, 00449, 00450, 00451, 00452, 00453, 00454, 00455, 00456, 00457, 00458, 00459, 00460, 00461, 00462, 00463, 00464, 00465, 00466, 00467, 00468, 00469, 00470, 00471, 00472, 00473, 00474, 00475, 00476, 00477, 00478, 00479, 00480, 00481, 00482, 00483, 00484, 00485, 00486, 00487, 00488, 00489, 00490, 00491, 00492, 00493, 00494, 00495, 00496, 00497, 00498, 00499, 00500, 00501, 00502, 00503, 00504, 00505, 00506, 00507, 00508, 00509, 00510, 00511, 00512, 00513, 00514, 00515, 00516, 00517, 00518, 00519, 00520, 00521, 00522, 00523, 00524, 00525, 00526, 00527, 00528, 00529, 00530, 00531, 00532, 00533, 00534, 00535, 00536, 00537, 00538, 00539, 00540, 00541, 00542, 00543, 00544, 00545, 00546, 00547, 00548, 00549, 00550, 00551, 00552, 00553, 00554, 00555, 00556, 00557, 00558, 00559, 00560, 00561, 00562, 00563, 00564, 00565, 00566, 00567, 00568, 00569, 00570, 00571, 00572, 00573, 00574, 00575, 00576, 00577, 00578, 00579, 00580, 00581, 00582, 00583, 00584, 00585, 00586, 00587, 00588, 00589, 00590, 00591, 00592, 00593, 00594, 00595, 00596, 00597, 00598, 00599, 00600, 00601, 00602, 00603, 00604, 00605, 00606, 00607, 00608, 00609, 00610, 00611, 00612, 00613, 00614, 00615, 00616, 00617, 00618, 00619, 00620, 00621, 00622, 00623, 00624, 00625, 00626, 00627, 00628, 00629, 00630, 00631, 00632, 00633, 00634, 00635, 00636, 00637, 00638, 00639, 00640, 00641, 00642, 00643, 00644, 00645, 00646, 00647, 00648, 00649, 00650, 00651, 00652, 00653, 00654, 00655, 00656, 00657, 00658, 00659, 00660, 00661, 00662, 00663, 00664, 00665, 00666, 00667, 00668, 00669, 00670, 00671, 00672, 00673, 00674, 00675, 00676, 00677, 00678, 00679, 00680, 00681, 00682, 00683, 00684, 00685, 00686, 00687, 00688, 00689, 00690, 00691, 00692, 00693, 00694, 00695, 00696, 00697, 00698, 00699, 00700, 00701, 00702, 00703, 00704, 00705, 00706, 00707, 00708, 00709, 00710, 00711, 00712, 00713, 00714, 00715, 00716, 00717, 00718, 00719, 00720, 00721, 00722, 00723, 00724, 00725, 00726, 00727, 00728, 00729, 00730, 00731, 00732, 00733, 00734, 00735, 00736, 00737, 00738, 00739, 00740, 00741, 00742, 00743, 00744, 00745, 00746, 00747, 00748, 00749, 00750, 00751, 00752, 00753, 00754, 00755, 00756, 00757, 00758, 00759, 00760, 00761, 00762, 00763, 00764, 00765, 00766, 00767, 00768, 00769, 00770, 00771, 00772, 00773, 00774, 00775, 00776, 00777, 00778, 00779, 00780, 00781, 00782, 00783, 00784, 00785, 00786, 00787, 00788, 00789, 00790, 00791, 00792, 00793, 00794, 00795, 00796, 00797, 00798, 00799, 00800, 00801, 00802, 00803, 00804, 00805, 00806, 00807, 00808, 00809, 00810, 00811, 00812, 00813, 00814, 00815, 00816, 00817, 00818, 00819, 00820, 00821, 00822, 00823, 00824, 00825, 00826, 00827, 00828, 00829, 00830, 00831, 00832, 00833, 00834, 00835, 00836, 00837, 00838, 00839, 00840, 00841, 00842, 00843, 00844, 00845, 00846, 00847, 00848, 00849, 00850, 00851, 00852, 00853, 00854, 00855, 00856, 00857, 00858, 00859, 00860, 00861, 00862, 00863, 00864, 00865, 00866, 00867, 00868, 00869, 00870, 00871, 00872, 00873, 00874, 00875, 00876, 00877, 00878, 00879, 00880, 00881, 00882, 00883, 00884, 00885, 00886, 00887, 00888, 00889, 00890, 00891, 00892, 00893, 00894, 00895, 00896, 00897, 00898, 00899, 00900, 00901, 00902, 00903, 00904, 00905, 00906, 00907, 00908, 00909, 00910, 00911, 00912, 00913, 00914, 00915, 00916, 00917, 00918, 00919, 00920, 00921, 00922, 00923, 00924, 00925, 00926, 00927, 00928, 00929, 00930, 00931, 00932, 00933, 00934, 00935, 00936, 00937, 00938, 00939, 00940, 00941, 00942, 00943, 00944, 00945, 00946, 00947, 00948, 00949, 00950, 00951, 00952, 00953, 00954, 00955, 00956, 00957, 00958, 00959, 00960, 00961, 00962, 00963, 00964, 00965, 00966, 00967, 00968, 00969, 00970, 00971, 00972, 00973, 0097