

Elgin County Council.

The council assembled on Tuesday, Jan. 23rd, and after electing Mr. J. Thompson warden adjourned until Wednesday morning. Several communications were read, including high school reports, etc.

The committee appointed to draft standing committees for 1895 reported recommending the following:— House of Industry—Bennett, McKellar and Summers.

Public Improvements—Wilson, Roecker, Porter, Steele, Backhouse, McWilliam, Donaldson.

Jail—Leitch, Locky, Luton. Finance—Ferd, Dutton, Nairn, McDearmaid, Sheppard, Moore, Blewett.

Education—McKenney, McCall, Garbutt, Morrison, Blewett, Teal, Pressy, Leitch.

Petitions and Legislation—Moore, Patterson, Nairn, Teal, Pressy, Bennett, Rockey.

\$2,000; Dutton, \$1,800; Vienna, \$900; St. Thomas, \$2,250.

The council went into committee of the whole to consider the report. Mr. Ferd in the chair. Clause 1 was adopted.

Moved by Luton, seconded by Bennett, that clause 2 be struck out.

Moved by Teal, seconded by Garbutt, that the clause be not struck out.

Moved by Thompson, seconded by McDearmaid, that all be shut out, except giving St. Thomas a grant of \$2,250.

Moved by Steele, and seconded by Nairn, that the grants be as follows: St. Thomas, \$2,250; Aylmer, \$2,000; Vienna, \$700; Dutton, \$1,800.

The three amendments to the motion were voted down and the motion was carried.

PHYSICAL CULTURE.

THE HANDSOMEST MAN ALIVE WRITES ON THE SUBJECT.

Pearl J. M. Laffin, who in a Described Above, and Who Took the Prize for Masculine Beauty at the International at Vienna, gives his views.

Parents do not devote enough attention to the physical development of their children. Teachers neglect the education of the bodies of their pupils.

I do not believe that a healthy mind can go with an unhealthy body, and I maintain that the mind of a person with a healthy body must necessarily be stronger and more vigorous.

Without exercise our muscles are dormant. They never develop. Without exercise for all of the body the digestion is impaired, the circulation of the blood is weakened, the heart becomes enlarged and the foundations are laid for ultimate chronic disease, which must come sooner or later.

It must not be supposed that what I here propose would add any great burden to the expense of public school maintenance or require the erection of any new buildings. The public school buildings now in existence are quite sufficient for the purpose.

It would be necessary to do would be to set apart in every public school a large room to be used as a gymnasium. No elaborate equipment of gymnastic appliances is necessary.

They are afraid of rough games. They do not know what to do when they get into the country, where the names of the trees and plants, and even the appearance of the fields are strange to them.

Simple sanitary lessons should be taught in all the schools. Children ought to have the advantage of personal cleanliness drilled into them. They should be taught to know that bathing as often as possible is good for them, a fact which too many parents neglect.

One of the most injurious practices of parents is putting children to sleep with each other or with older people.

The true glory of a people is not their wealth, but their health. We should strive to make not millionaires but men. It is easier to improve the public health by beginning with the children than by attempting to cure the adults.

I would have a gymnasium in every public school in the city. I would make it one of the requirements of attendance at the public schools with proper exercise at least once or twice every day.

It is not desired to make a race of pugilists, but it is desired to make a race of strong men and women, and the children now in the public schools will not grow up into what is needed for growing children in such simple exercises as will every day bring into play every muscle in the body.

3 FARTHING'S

Great Stock-Taking Sale.

Everything Offered at Great Bargain Prices

GREAT BARGAINS IN Ordered Clothing. GREAT BARGAINS IN Silks and Dress goods. GREAT BARGAINS IN Gents' Furnishings. GREAT BARGAINS IN grey and White Cottons. GREAT BARGAINS IN Cottonades, Ticking & Linens. GREAT BARGAINS IN Small Wares & Fancy goods. GREAT BARGAINS IN Carpets & House Furnishings. GREAT BARGAINS IN Hosiery and gloves. GREAT BARGAINS IN Flannels and Sheetings. GREAT BARGAINS IN Everything.

Inspection will Convince You

3 FARTHING'S

Tea, Tea, Tea

Swin Bros. beg to announce that they have just received a large consignment of Sun Cured Japan Tea, and are offering same at undermentioned exceptionally low prices:

5 lb. Parcel Selected from Finest Garden Pickings, \$1.25. 5 lb. Parcel Uncolored Japan, very choice, \$1.00.

INSPECT OUR STOCK OF SUGARS. WE CARRY A FINE LINE IN CIGARS AND TOBACCOS.

SWINN BROS.

If your children are coughing give them Dr. Laviolette's Syrup of Turpentine at once. It is palatable, safe and most efficacious.

A FINE Assortment of Watches and Clocks Always on hand.

Now is the time to get your Diamond, Cluster, Chased and plain Rings at Bargain Prices.

ALFRED W. COX

THE NEW JEWELLER.

Fine Watch and Clock repairing properly done having had over 15 years' experience with repairing first-class watches and Clocks. All work warranted. Engraving a speciality.



REMEMBER THE NAME J. T. ROWE. FACTORY & WAREHOUSES OPPOSITE THE PRESBYTERIAN CHURCH NORTH OF THE BRIDGE AYLMER ONT.

Annual Meeting.

The annual meeting of the shareholders of the Springfield Cheese Manufacturing Co. will be held at Trim's hotel, Springfield, on Saturday, Feb. 9th, '95, at 2 o'clock p.m. to elect officers and transact other business that may come before the meeting.

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