

Instruction.

There is nothing that can be said upon this subject of instruction in the line of almost certain duties, stronger than what has been written by Herbert Spencer. The quotation is well worth reading and re-reading. Here it is:

"If by some strange chance not a vestige of us descended to the remote future save a pile of our school-books or some college examination papers, we may imagine how puzzled an antiquary of the period would be on finding in them no indication that the learners were ever likely to be parents. "This must have been the curriculum for their celibates," we may fancy him concluding "I perceive here an elaborate preparation for many things: especially for reading the books of extinct nations, and of co-existing nations (from which indeed it seems clear that these people had very little worth reading in their own tongue); but I find no reference whatever to the bringing up of children. They could not have been so absurd as to omit all training for this gravest of responsibilities. Evidently, then, this was the school course of one of their monastic orders."

"Seriously, is it not an astonishing fact that, though on the treatment of offspring depend their lives or deaths, and their moral welfare or ruin, yet not one word of instruction on the treatment of offspring is ever given to those who will hereafter be parents? Is it not monstrous that the fate of a new generation should be left to the chances of unreasoning custom, impulse, fancy—joined with the suggestions of ignorant nurses and the prejudiced counsel of grandmothers? If a merchant commenced business without any knowledge of arithmetic and book-keeping, we should exclaim at his folly, and look for disastrous consequences; or if, studying anatomy, a man set up as a surgical operator, we should wonder at his audacity and pity his patients; but that parents should begin the difficult task of rearing children without ever having given a thought to the principles—physical, moral, or intellectual—which ought to guide them, excites neither surprise at the actors nor pity for their victims.

"To tens of thousands that are killed, and hundreds of thousands that survive with feeble constitutions, and millions that grow up with constitutions not so strong as they should be, and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life. Do but consider for a moment that the regimen to which children are subject is hourly telling upon them, to their life-long injury or benefit; and that there are twenty ways of going wrong to one way of going right; and you will get some idea of the enormous mischief that is almost everywhere inflicted

by the thoughtless, haphazard system in common use.

"When sons and daughters grow up sickly and feeble, parents commonly regard the event as a misfortune—as a visitation of Providence. Thinking after the prevalent chaotic fashion, they assume that these evils come without causes; or that the causes are supernatural. Nothing of the kind. In some cases the causes are doubtless inherited; but in most cases foolish regulations are the causes. Very generally parents themselves are responsible for all this pain, this debility, this depression, this misery. They have undertaken to control the lives of their offspring from hour to hour; with cruel carelessness they have neglected to learn anything about these vital processes which they are unceasingly affecting by their commands and prohibitions; in utter ignorance of the simplest physiologic laws, they have been year by year undermining the constitutions of their children; and have so inflicted disease and premature death, not only on them but on their descendants.

John Brisbane Walker, in Cosmopolitan.

IN CHOOSING YOUR BICYCLE

Don't forget that the tires are the life of the wheel, and it is of vital importance to your comfort that you should have tires that are not only full of life and spring, but of good quality and 'manageable.' Dunlop tires have earned their world-wide popularity because they fill these requirements, giving such perfect 'tire comfort' and satisfaction that they leave nothing to be desired. With them on your wheel you are ready for anything, and can't possibly be bothered or 'stuck' by any unexpected dilemma. They are made so carefully, of such well-selected materials, that they will stand a wonder-



ful amount of hard usage without showing any sign of wear, and being detachable no unexpected calamity on the road can interfere with your ride, for you can always remove the tire with your hands, see what is wrong, and quickly make it right without any need for guesswork or experiment. No one's hands are too weak or delicate to manage Dunlop tires, as they are wonderfully easy to remove and replace, and no other tools than your hands are ever needed. No wonder they are the popular tire with everyone from the speediest racing men to the daintiest ladies. Look out for your own comfort by having them on your wheel.

THE INSTRA

Patented Throughout the World.

"WARMTH IS LIFE"

CLEAN, gives gentle heat for three hours, nix beds. No hot water required. Prevents Chills from Draughts or Exposure. Enables Invalids to take the air without catching cold. Beautifully finished in German silver. The INSTRA and reills for Fifty uses of it, packed and sent post free to any address abroad by Messrs. D. Blair & Co., 47 Cannon Street, London, Eng., on receipt of 9s., and postage for two pounds (English).

As Supplied to Royalty and the Leading English Families (Only out a few weeks, but already much used).

TO TRAVELERS and INVALIDS. The Instra weighs under 34 ounces, imperceptible in the pocket, by its patent construction SAFE and

GUARDIAN

FIRE AND LIFE ASSURANCE COMPANY (Ltd.) OF LONDON, Eng.

Head Office for Canada, Guardian Assurance Building, 181 St. James St., MONTREAL

THE GUARDIAN has the largest Paid-Up Capital of any Company in the World transacting a FIRE BUSINESS.

SUBSCRIBED CAPITAL	..	\$10,000,000
PAID-UP CAPITAL	..	\$5,000,000
INVESTED FUNDS EXCEED	..	\$22,580,000

ESTABLISHED 1821.

TRUSTEES { W. M. RAMSAY, Esq. J. O. GRAVEL, Esq. W. H. BEATTY, Esq.
HON. A. DESJARDINS. R. WILSON SMITH, Esq.

E. P. HEATON, G. A. ROBERTS,
MANAGER. SUB-MANAGER.

NORTHERN Assurance Company of London

ESTABLISHED 1836

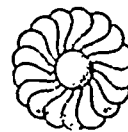
Capital and Funds, 1895	..	\$38,365,000
Revenue	..	5,714,000
Dominion Deposit	..	200,000

CANADIAN BRANCH OFFICE

1724 Notre Dame Street, - MONTREAL.

ROBERT W. TYRE, G. E. MOBERLY,
MANAGER. INSPECTOR.

YOUR DOCTOR



Uses it himself, because he knows a good thing when he sees it.

"SALADA"

CEYLON TEA

Sold in Lead Packets Only

BLACK AND MIXED

25c., 40c., 50c. and 60c. Per Pound