

Breath: Pure Air,

The Necessity For Filling the Lungs at Each Inhalation.

Breathe pure air always. In the lungs a most important physiological process occurs. It is from here that the blood laden with oxygen is sent to all parts of the body, giving off along its course its oxygen and taking up carbonic acid gas, which it brings at last to the lungs, when it is out in expiration. More oxygen is taken in by inspiration and the same process is repeated.

So let your breathing be full and deep, going to the very bottom of the lungs in order that all of the blood in them may receive its fullest amount of oxygen before again starting upon its tour of distribution through the body. Can one use any more forcible argument in favor of loose clothing than this? It is absolutely impossible to secure plenty of oxygen if the clothing is worn at all tight, and oxygen is a food which the body must have always in abundance to keep well.

The air leaving the lungs is laden with that deadly poison carbonic acid gas, which if given off in a close room when no provision is made for its escape and the entrance of pure air soon renders the air utterly unfit to breathe. Perhaps some night you will find yourself unable to sleep and tumble restlessly about in bed. When this occurs, go to an open window and inhale the fresh air, breathing slowly and deeply. A few minutes of this and you return to bed and probably will soon be sleeping quietly. What has happened? By its restlessness the body was asserting its need of more oxygen. Now you have given it what it so emphatically asked for, and it is quiet. We get as much uneasiness and disturbance from the want of this food as when we do not eat enough, only the symptoms are not so well understood nor recognized so quickly. Always keep your mouth closed and breathe through your nose. Then the air is warmed, slightly moistened and largely freed from particles of dust, so that when it enters the lungs it does not irritate them.

A condition often met with by physicians is anaemia. In this trouble the patient is pale, lifeless looking, tired and generally used up, often without being able to tell distinctly how she does feel. Sometimes these patients say that they have not enough blood. It is really only an element of the blood which is wanting, but there is a very important one—namely, the red blood corpuscle.

When you know that it is only those corpuscles which have the power to take up and carry oxygen, you see at once how important it is that the blood should not be lacking in them. Good, wholesome food, plenty of it and well digested will give you the corpuscles. Furnish them with the oxygen and the body will have an important element toward health.—What to Eat.

Did you see our steel hoe with best white ash handle for 25 cts, it is a bargain. Shaw & Dibblee.

How and Where To Spend Your Vacation

Join the B. Y. P. U., Personally Conducted Excursion to Buffalo, N. Y. and return over the Canadian Pacific Railway which leaves on Monday, July 12th, and spend Tuesday 12th, seeing the many things of interest in Montreal the Commercial Metropolis of Canada., Wednesday 13th. will find you at Niagara Falls, seeing everything of interest, under the direction of an experienced guide, and by this means you are shown more in a day than as a stranger you could find in two days. After seeing Buffalo, on Thursday and Friday, July 14th, and 15th, if you do not care to remain longer at the Convention City, you may return to Hamilton, and then spend Sunday in Toronto, where the Convention Party will join you, on Monday morning, July 18th., and show you around that city of houses and churches, and leave with them on Monday for Ottawa, where the party's guide has arranged a day of special attractions, including a visit to the Parliament Buildings, Rideau Hall, Chaudiere Falls &c.

Passage tickets for the return trip is only \$21.45 from Hartland and sleeping car tickets will cost about \$9.50 for the round trip, for a berth large enough for two people.

Special low rates have been arranged at all Hotels and for Drives etc.

A travelling passenger agent of the C. P. R., will be in attendance throughout the entire trip, to look after your comfort, and point out features of interest, and do everything possible to make the trip enjoyable.

For full particulars, rates &c., write A. H. Notman, A. C. P. A., C. P. R. St. John N. B.

Geological Deductions.

Geology was once defined by Lord Salisbury as 'the science of the what might have been.' Some American geologists prefer to regard it as the science of the what may be. Pictures have often been drawn of the destruction of Toronto and the devastation of southern Ontario and Quebec by a flood let loose when the great lakes are emptied owing to the continued recession of Niagara Falls.

Professor G. K. Gilbert now tells us that long before this disaster is due Niagara will have been destroyed by other processes. Some slow changes of level are now taking place over the whole lake region. The eastern outlet will be closed and the lakes drained by discharging from the southern end of Lake Michigan into the basin of the Mississippi. The change in the river system will begin in about 1,000 years' time. The evidence adduced by Professor Gilbert in support of this prophecy is of great interest, although only his preliminary report has yet been published.—Spectator.

Agnew's Ointment at Hartland Drug Store Gillins Block.

Bark Wanted.

1000 cords summer Hemlock Bark delivered not later than September, any where on main railway line. Highest prices paid. RICHARDSON, PORTER, & Co., Hartland, N. B.

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Good washed and thoroughly cleaned wool wanted in exchange for the celebrated, Up-to-date Oxford Goods, or for General Merchandise.

BARK

A large quantity of Hemlock Bark wanted. We will pay the highest price the market affords.

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S. S. MILLER.

Dealer in such Bicycles as the **B. & D. Special, Crawfords** at popular prices from \$25 to \$65, **Beeston-Humber, Triumph, Leader, Sky Lark, Columbia, Jubilee, Hartford, Vedettes.**

I have an up-to-date bicycle. The axles are oil retaining and dust proof. The chain rivets and blocks are hardened, file proof, each piece separately and carefully polished on sides and edges, and nickel plated before being assembled. The cranks are spring tempered steel. Balls hand-turned from bars of crucible steel, not forged or rolled, thereby avoiding chips and cracks. Cones locked and permanent adjustment assured; fitted with ball retainers. Bearings are in the frame (not in the sprocket wheel.) The chains are tested and Guaranteed Accurate. (WE have never had a link break.) All cups and cones are turned from special bars of crucible steel; are carefully hardened, tempered, ground and polished. Bearings all easily adjusted dust proof, and fitted with ball retainers. Sprockets are made of the best quality of drop forgings both front and rear. Teeth accurately machined. All sprockets are nicked and detachable. Spokes highest grade piano wire, double swaged with roll threads. No oil cups to fall of—oil holes directly over the bearings.

I have guarantees from such people as the Bigelow & Douse Co., of Boston, The Crawford M'fg Co., and the Pope M'fg Co.

Regarding remoteness:—Just note that Boston is two days nearer Hartland than Toronto.

CAN I SELL YOU A WHEEL?

S. S. MILLER.