"PHYSICAL CULTURE."

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The Wasp-Like Waist and the Corset Condemned-Necessity of Proper

Physical Exercise-Classes

To Be Formed.

Wall Paper

Newest Styles and Designs Arriving Daily,

o. B. GRAVES, Waterproofs

222 Dundas Street.

Births, Marriages and Deaths.

DIED.

RIBBLE—In London West, on Sunday,
May 7, 1893, Charles H. Ribble, aged 26 years.
Funeral from the residence of his father,
W. C. Ribble, Franklin House, No. 2, Dundas
street, London West, to-day (Monday), May
8, at 11 a.m. to G. T. R. depot. Friends and
acquaintances will kindly accept this intimation. Interment at Oakville, Ont.
QUICK—On Sunday, May 7, Marjoric Adella,
y oungest daughter of I. and Susannah
Quick, aged 7 months and 9 days.
Funeral from the family residence, No. 150
Collorne street, 10 morrow (Tuesday) at 3
p.m.; services at 2:39. Friends and acquaintances will kindly attend.

M*LEAN—At the family residence, 477 Colborne street, Agnes McPhail, beloved wife of
John McLean, aged 73 years.
Services at the house on Wednesday, May
10, at 2. Funeral private. Please omit
flowers.

GROCERS

175 Dundas Street.



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J. D. SAUNBY 257 York Street. TELEPHONE 118.

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:: 1893. ;:

Having bought the stock of Lumber Shingles, Cedar Fosts of the late Thomas Green, we will be pleased to have any of his old customers or any new ones that will favor us with

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Don't fail to see our great dis-play of FGOTWEAR in every imaginable style, carefully bought by men of experience.

Hundreds of pairs of Ladies'
Cxfords at \$1 and upwards.
Girls' and Boys' School Boots at 75c and upwards.
Men's Working Shoes from 85c

upwards. You will be dollars in pocket by trading with

Fatra large stock of TRUNKS J. GAMMAGE & SONS. Orders solicited. To delicited to de

-BUY-

& Umbrellas

L AWN MOWERS—SHARPENED AND repaired; also garden shears and pruning knives, etc. lawn mowers sent fer and returned, WM, GURD & CO., 185 Dundas Street, London. Telephone 800. 35um eod

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London Adbertiser.

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LONDON AND ENVIRONS.

-Soon will the window wide be thrown.
When practicers their music sound,
And dire insomnia's seeds be sown
For many sorrowing blocks around,
-Miss Jessie Cook, city, is on the ocean,
on her way to Scotland.

on ner way to Scotland.

—Mr. W. Y. Brunton, has returned to
the city from Chicago. His health is poor.

—Margaret L. Shepherd spoke again to
two large audiences at the Grand yesterday.

day.

—Mr. and Mrs. A. D. Holman and Mrs.

Geo. Holman arrived home from New
York yesterday.

Tork yesterday.

Three car loads of emigrants passed through here last night on the G. T. R. en route to the west.

Mr., Mrs. and Miss Glyn, of London, Eng., are in the city. They are on a trip around the world.

Miss Rette March.

-Miss Retta Mutch, city, has been en-gaged to sing at the Scottish concert, [ngersoll, May 24. The Dominion Government dredge Ontario is expected to commence work on the Port Stanley or the Rondeau harbor at

once.

—Hon. David Mills has been retained by
the Ontario Government to argue the constitutionality of the provincial act appoint-

ing Q. C.

—Chas Egan has disposed of his chestaut
mare Cricket, by Blinker Sprague, to G. A.
McGillivary, oi London, for a good price.

[Petrolea Advertiser.

Petrolea Advertiser.

—Rev. D. M. Mihell, this city, has been assisting Rev. R. W. Kelley in the revival services in the Baptist Church, Petrolea, a few evenings of the past week.

The Feat Middle of the control of the past week.

A large and appreciative audience greeted Miss Giddings upon her first appearance in this city on Saturday afternoon, in Victoria Hall. Although a stranger here her writings on "Physical Culture," "Dress Reform," etc., are not unknown to many. Her subject was "Physical culture and its need at the present day."

The lecturer dwelt largely on the necessity of developing the different muscles, in order to make perfect forms and produce perfect health. "There is no medicine," she said "equal to exercise properly used. Physicians have begun to recognize this fact, and now prescribe for their patients out of door exercise, wherever possible. But these exercises can be abused, and can prove a bane instead of a blessing. Too much exercise is as bad as too little. Some people get discouraged when after taking a course in a gymnasium they feel no good results, but rather feel exhausted. But why is it? They have over-exerted their strength by indulging in exercises which were not suited to their particular needs. Just as one kind of medicine will not meet the requirements of all classes of invalids, neither is one particular course of physical training adapted to all sorts of people. Then, again, the training of the nuscles must be gradual. We cannot expect to undo in one week that which has taken years to develop. The body must be free to expand at will. Nature never intended our bodies to be encased in anything that would prevent their development.

services in the Baptist Church, Petrolea, a few evenings of the past week.

—The East Middlesex License Commissioners wound up their business Saturday by granting licenses to Ed. Panton, of Brick street; H. Payne in London West, and Mrs. Creighton, of Elginfield.

—After along illness Mr. Angus May, who is well known to Londoners, died at his parents' residence, Port Stanley. The interment took place in St. Thomas Cemetery yesterday. He was a son of the late Capt. Thos. May, and his mother and four sisters survive him.

—Messrs. Pudney, Jones, Ludwig and Rrown attended the last meeting of London West School Board. The principal reported 316 on the roll and a daily average of 266. Inspector Dearness reported a good attendance at the time of his last visit to the school. Work was also progressing satisfactorily. He recommended that a kindergarten be opened.

His many friends in the city will regret the remove the result of the fact of the very few people sit correctly. The lody must be done week that which has taken years to develop. The body must be free to expand at will. Nature never intended our bodies to be encased in anything that would prevent their development.

Comparison was made between the Grecian ideal of beautiful forms and our ideal of the present day. "Our eyes have been educated to think that small waists are beautiful," continued Miss Giddings, "and some women are so conservative as to raise their hands in horror at the thought to fat time ever coming when the waist shall be the proportion that God intended it. That which is injurious to the health and produces deformity (for a wasp-like waist is a deformity), must be done away with, and the day is not far distant when all intended our bodies to be encased in anything the two would not be every thing the two would not be every and at will. Nature never intended our bodies to be encased in anything the two woll and will. Nature never intended our bodies to be encased in all the prevent their develop. The body must be free to expand at will. Natur FINE, PERHAPS WARMER.

TORONTO, May 7—11 p.m.—The pressure is highest over the lake region and lowest over the Northwest Territories. The weather to-day has been fair to cloudy in Nova Scotia and fine in other parts of the Domision. Higher temperature has prevailed generally except in the Maritime Provinces, where there has been little change. Minimum and maximum temperatures: Esquimalt, 48°—56°; Calgary, 36°—80°; Battleford, 46°—80°; Prince Albert, 32°—76°; Qu'Appelle, 38°—76°; Wimipeg, 42°—72°; Toronto, 42°—57°; Montreal, 48°—60°; Quebec, 30°—54°; Halifax, 36°—48°.

TORONTO, May 8—1 a. m.—Probabilities for the next 24 hours for the lower lakes region (covering the peninsula and as far east as Belleville) are: Moderate winds; fine weather; stationary or a little higher temperature.

as one of the worstenemics of good health."

Then attention was turned to the fact of how very few people sit correctly. The lecturer demonstrated several of the general modes of sitting, which were quite ludicrous. "Always sit upright. Never imagine you are resting your body by letting the head sink upon the cheet and the shoulders fall forward. You are not resting your body, but rather straining it, and thereby doing yourself a great wrong. We do not rest the back by placing the shoulders against the chair, but rather by holding the shoulders in the same position as when standing. The head should be held erect, poising equally upon the shoulders. Upon the art of standing correctly depends, after all, the posture of the body. The chest must be lifted into proper position, the arms must be brought into proper position, and in doing this the muscles are developed, the chest expanded, and physical strength is gained. Then learn how to walk correctly. When walking the ball and heel of the foot should touch the floor at the same time. This gives an elasticity to the step, which cannot otherwise be obtained. Then in the matter of dress, we should clothe ourselves to sait our own personality. Select clothing and style of garments that will be most be. that a kindergarten be opened.

His many friends in the city will regret the removal, though it is a deserved promotion, of Mr. A. H. Spencer, of the M. C. R. freight shed here, who has been appointed freight clerk for that company in Ridgetown, vice R. W. Youngs, resigned. Mr. Spencer was an active member of the Young Liberal Club and popular with all who knew him.

Young Liberal Cittle and popular who knew him.

—The second annual convention of the Middlesex County Christian Endeavor Union will be held to-day and to-morrow in St. Paul's Church, Parkhill. The programme is a very interesting and, it is expected, a profitable one. Rev. W. A. Cook, of Dorolester, will preside, and among the contributions from Londoner's will be: Miss E. M. Carson, secretary's report; Mr. W. A. Mackay, the pledge; Mr. T. W. Birks, the prayer meeting; and Miss Gower, Mr. W. C. Ferguson, and Mr. W. J. Doherty, on the officers. W. J. Doherty, on the officers

W. J. Doherty, on the officers.

The Gondollers.

The Woodstock Amateur Opera Company will appear at the Grand to-morrow evening in "The Gondollers." A large audience is assured this prominent amateur organization. The cast is an exceedingly large one, and the principals include some very clever people. Londoners should reciprocate and give them a large audience in return for the patronage testowed on the Young Liberal Minstrels ame lew weeks ago.

Overcoats

will appear at the Grand to-morrow evening in "The Gondoliers." A large audience is assured this prominent amateur organization. The cast is an exceedingly large one, and the principals include some very clever people. Londoners should reciprocate and give them a large audience in return for the patronage testowed on the Young Liberal Minstrels for the police yesterday afternoon. In response to a telephone call the patrol wagon was dispatched to a short distance east of the Military Barracks, where P. C. Smith had arrested Pte. Wm. Watson, of No. 1 School of Infantry, and a woman named Harriet Crister for acting in a disorderly manner. Several other soldiers made of on the policeman's arrival. The man is charged with assault and the woman with vagrancy.

"Robin Hood."

The cast that is to appear here on next Friday evening in "Robin Hood" is very strong, and includes Miss Caroline Hamilton, prima donna, the original Maid Marian, of the opera, Mr. John Peachey, as Robin Hood (from the Lyric Theater, London), who sang in "Dorothy" for 40 nights with Marie Tempest abroad. Miss Jenny Dickerson, late of the Carl Rosa Opera Company of London, as Allena-Dale. Ethel Balch as Annabel; Mr. Hallen Mostyn, late with Agnes Huntington, Opera Company, who will play the Sheriff of Nottingham. None of these principals appeares when the opera was sung here last November, except Mr. Mostyn, the comedian, and Miss Balch, who will on this socasion resume the soubrette roll.

A Traveler's Narrow Escape.

Asphyxiation from gas is liable to occur in more ways than one, as a traveling man more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling man in more ways than one, as a traveling 112 Dundas Street

A Traveler's Narrow Escape.

Asphyxiation from gas is liable to occur in more ways than one, as a traveling man in this city found out to his sorrow on Saturday night. Mr. Frank Perry is a traveler for the London Shoe Company, and when in town he puts up at the Richmond. On Saturday night be got in about 10:30 and went to bed. Before deing so he carelessly hung his trousers on a gas bracket, and unknown to him the gas became turned on. It was not until between 8 and 9 o'clock yesterday morning that the escape of gas

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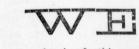
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CDDING CITIES

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Are showing for this season

Something only 10c each.

Entirely new in Designs and Fabrics.

OUR PRICES

For value are moderate beyond your conception. Come and see them. No trouble to show you through our Boys' Department.

The Clothier.

was noticed by Mrs. Lloyd, as she wes passing along the corridor. The odor was traced to Mr. Perry's room, but repeated poundings on the door failed to bring any response from within. The door was then burst open, and Mr. Perry was found with his head and shoulders on the floor, as if he had made an attempt to get up but was overcome with the gas. He was unconscious, frothing at the mouth, and breathing stentoriously. He was placed back in bed, the doors and windows were thrown open [and Drs. Moore and Drsk telephoned for. They were on hand immediately and after working on the man for an hour or so, he showed signs of returning consciousness. The doctors state that he will be around in a few days. Mr. Perry resides near Eastwood, Oxford county. "Mr. Perry is reported as resking easily bod-day. He suffers considerably from soreness caused by the blistering he received, and the gas in his blood still affects his head. Otherwise he is out of danger, but it will be a week before he is himself again. His brother and mother have arrived in the city. Mr. Pirry and the mount of the property of the country for this celebrated earn cure. Letter from Springfield. W.S. Barkwell, chemist: Dear Sir.—When in London I got a botkle of your celebrated stare Corn Cure for a corn freed from it for the past to help a considerably from soreness caused by the blistering he received, and the gas in his blood still affects his head. Otherwise he is out of danger, but it will be a week before he is himself again. His brother and mother have arrived in the city. Dundas St

The BEST CURTAIN SEASON we have ever had, Why? Because we believe we have the BEST VALUE in the city.

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We have a beautiful line of Swiss make, something new, \$1 50

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Ladies' Embroidered Underwaists, only 25c.

Ladies' Underwaists,

See our special line of Hats, 10c Boys' each; regular price, 25c.

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