THE STORY OF NICKEL STEEL IN CANADA

THE SUCK OF STATES AND ADDRESS OF STATES AND

of which and Lestimant B. H. Buckingham of a bull. the U.S. Navy did so with as to visit a bull. the U.S. Navy did so with as to visit a bull. the U.S. Navy did so with as to visit a bull. the U.S. Navy did so with as to visit as the principal establishments of Great Anner. This aims of Spain. Sir Charles made a report of the principal establishments of Great Anner. This aims of Spain. Sir Charles made a report of the Company of the Company of the Company of the United States Navy of what we for Company at Sasen, and were shown every post. The Company of the Company of

THE ROMANIE CAREER

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The teacher hears her as an excuse. The forew factory, the floor walker both catch it amid tears

Tuesday, October 23,

that is the matter. If you ha eadache and an unpleasant for nothing can so upset yo day as the heavy feelings in constipation. Perhaps the head come from catarrhal tendency For fifty cents or even a qu can purchase a nasal douch sends forth a gentle spray. A of simple salt water, neither septic washes, which any dru recommend, should be sprayed nestril until the passageways: Next comes the body bath, must be chosen according to sique and temperament of the I know one girl who nearly we I know one girl who nearly wee health taking very hot baths 1 morning. She would lie in venough to emit steam not becenjoyed it, but because she was sensitive about her complexion a one had told her that hot bath the pores of the skin and cure heads. Hot baths are exhaus billtating and reducing. The should always avoid them. I who is going out in the cold sho them as fruitful sources of cold are the privileges of the womer sure who can lie down for an hotaking one. The ideal bath for aking one. The ideal bath If you must share the bath

or wooden boxes convenient to room or dressing room use, sho added to the cold bath by the g has that tired feeling. It is n vigorating. A few drops of to monia or a pinch of borax will forting in the bath of the girl v 0000000000000000000000

Gospel o

British Medical Journal. The ancient adage that "all wo no play makes Jack a dull be peen universally accepted as th expression of a truism concerning here can be no serious diversity ion. But, like many other ger nterpretation according to the meaning which is attached to the ises from which it is deducted.

literal reading it lays itself open reproach of being a reduction a sundum. All work is impossible a play equally so; dullness, therefor not be the consequence of con which never arise. Work and play correlatives of human cristones. correlatives of human existence. one is as necessary to health an piness as the other. The problem as ever baffled philosophers an anthropists is the relation which to exist between them. Work at the ent day is a very different con-from work as it was understood tury ago. Then, the rest and from work as it was understood tury ago. Then, the rest and a tion which must be the counterpol every form of physical or mental took their proper part in the dai as a matter both of course and o tom. But now the activities o world have become so intensified struggle for supremacy or ascer both hetween men and nations. both between men and nations keen, and the scramble for wealt all the benefits it is supposed to is so absorbing, that work of one

of another has come to enter of portionately into the routine of and commercial progress. Moreove quality of the work which twen century necessities demand is endifferent from what it was in the of our ancestors. The feverish which characterizes our age insists work shall be deep net when the content of t which characterizes our age insists work shall be done not only well quickly, and this implies a conetion of energy and a persistence of fort which necessarily result in an ount of wear and tear greater that machinery of the human frame has previously been exposed to.

A change has in consequence arise the condition and circumstances which the rest which is needed for cuperative purposes must be obtained and the condition and the condition and prevent the condition and circumstances which the rest which is needed for cuperative purposes must be obtained and the condition of the condition of the condition of the condition and circumstances which he rest which is needed for the cuperative purposes must be obtained as the condition of the conditio