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Limited, 191-193 Dundas street, London,
Ont.**SCHOOL CHILDREN AND HEALTH.**

No apology is due readers for devoting so much space in recent issues of The Advertiser to the results of the school examinations. The boys and girls get their first intimation of these through the newspapers, and their eagerness is shared by parents and relatives, and by all except those who are not fortunate enough to have children of their own, or to include them in the circle of their personal interests.

Most of the pupils are now spared the ordeal of a single examination upon which promotion depends. This is now determined largely by the average of their term work and class standing. The bi-monthly examinations for this purpose impose little extra strain upon the nervous system, and do not lend themselves to the cramming process, like the old method of an examination at the end of the term.

In the current number of the North American Review is an interesting article by Dr. George Woodruff Johnston on the health of school children, a subject which receives more attention in Europe than in America. The statistics show that the tendency to disease, or, as Dr. Johnston calls it, morbidity, runs as follows in the named European countries: Among school boys, Great Britain 29, Denmark 33, Germany 30, Sweden 37. Among school girls, Great Britain 16, Denmark 41, Germany 50. In some of the continental cities the percentage is much higher than the general average, as, for instance, among boys, Copenhagen figures at 31, while among girls the percentage is 23, and at Stockholm the girls' percentage of morbidity is 62. Thus the figures show an average morbidity for boys of 29 and for girls of 62 per cent.

Dr. Johnston points out one startling fact that appears to conclusively establish the relation between increased hours of study and decline of physical health. The European records show that the amount and degree of ill-health increased in direct proportion to the number of work hours and the increased burden of studies, as progress was made from grade to grade. At Stockholm, where the standards of education are set exceptionally high, this is particularly noticeable, the percentage of liability to disease among school children in the Swedish capital exceeding those of any others included in the investigation by from 3 to 19 per cent.

The same conditions are found by Dr. Johnston to exist in the United States, and it is to be presumed that they likewise exist in Canada. A like relation exists between the general health and the aggregate number of hours a child spends in study. All the evidence goes to show that the overworked scholar possesses less power of resistance to ill-health than other young people not subjected to such a strain. Further evidence as to this is supplied by the results of an investigation made by an association of collegiate women desirous of proving the contrary. It was found that 19.6 of girl students suffered health deterioration during their college career, while of girls otherwise employed the percentage during the same period was much less—only 16.

Dr. Johnston asserts that headache is the most typical school disease, and grouping all the available data he finds that from 49 to 59 per cent of the children at school suffer from this malady, girls being more affected than boys. In many instances it starts with the term, increases in severity with its progress and disappears in the holidays, and runs the cycle twice a year—the net result being progressive deterioration.

Discussing remedies for these conditions, Dr. Johnston deprecates "the almost professional athleticism now in vogue," which he believes to be only substituting one form of fatigue by another equally injurious. He commends, instead, "a complete comprehension of the school child as a young animal at work and play, and a rational adoption of work and play to his capacities and needs."

This was Froebel's idea, which governs the present kindergarten system, but no educationist of authority has framed a scheme for working it out through the whole scale of primary and secondary education.

WHAT SHALL WE EAT?

Dr. Hadwen, in presiding at the recent dinner of the London Vegetarian Association, denied the assertion that the great cause of the physical deterioration of the British masses was deficiency of food. The real cause, Dr. Hadwen maintained, was that the masses did not get the right kind of food, and were not sufficiently educated to properly choose it. It was pointed out that an important move in the right direction had recently been made,

as the girls attending the cooking centers all over the United Kingdom are now being taught the relative qualities of pulse and cereal foods, and how to cook a certain number of vegetarian dinners.

The summer is a timely season in which to lay before the consuming public the merits of a non-meat diet. It is doubtful if the average person would find it advantageous to adopt a vegetarian diet in the bracing climate of a Canadian winter; but there is no reason why the summer consumption of butcher meat should not be much less than in the winter season.

It is an undoubted fact that in those portions of Scotland and Ireland where the rural inhabitants rarely touch any kind of food but cereals, eggs, and vegetables, the British army has found the hardest type of men from among whom to find recruits. As to how much of this sturdy manhood is due to open air employment, and how much to the vegetarian and cereal habit, there may be differences of opinion, but it cannot be alleged that the practical abstinence from meat is in any way injurious to those men.

The majority of us probably eat more than we need or is good for us, all the year round, and if paying a little attention to the admonitions of our friends, the vegetarians, will hold us in restraint, we shall be all the better for it. If you doubt this, ask Canada's grand old vegetarian, Hon. R. W. Scott, Secretary of State, who, at the age of 82 years, hardly knows what it is to be "out of kilter."

This is tetanus day in the United States.

The late Sir Wilfrid Lawson was an original character. He was an earnest moral reformer and a great wit. For some reason, the two are not often found in combination.

The celebration of Dominion Day is not so general and enthusiastic as it might be. In the average Canadian city or town there is little to indicate the national holiday. A stray flag over a public building is about the only decorative token.

The great increase in the customs collection in this city is a sign of prosperity. It shows that the people of this district are spending more money. Those who imagine that an increase of imports is undesirable forget that there would be no goods imported if the people had not the means to buy them.

Mr. Chamberlain once reviled the House of Lords as creatures that neither toll nor spin. Now the London Star points out he is inviting them to toll and spin for him. Joseph has had a coat of many colors in his day.

When a light train on an English railway goes careering through the country at the rate of 74 miles an hour, what disaster could be expected to come some time? Speedy transit may be purchased too dearly.

The four hundredth anniversary of the opening of Marischal College, Aberdeen, is to take place in September next, and from Canada, as well as from every part of the British Empire, there will gather in the Granite City men of light and leading, to participate in the interesting proceedings. It is fortunate for the famous seat of learning that in this important epoch of its history, it has for its lord rector a man of the widest sympathies and warm-hearted liberality, Lord Strathcona. Though he spent more than one-half his long life in Canada, he is himself a native of the north country, having been born and educated plain Donald Smith, of Banffshire. He will be the principal in the functions, which will extend over four days, and with his accustomed generosity, he has asked to be permitted to entertain all the guests who assemble at the celebration of the anniversary and of the formal opening of a large new addition to the college. These will number about 2,500, and will include his Majesty King Edward. The northern capital is pretty well fixed for hotels, being a chief center for tourist traffic, but it has early been shown that additional accommodation would be needed on this occasion, and the Canadian High Commissioner has solved the problem by erecting a large temporary building near the college, in which to hold the banquets. Fortunately, the added expenditure is nothing to a man of Lord Strathcona's means. He never does things by halves, as Canadian visitors to Great Britain can testify.

LOOKING BACKWARD.

[Pele Mele.]

Patient—Doctor, I feel a little pain between the shoulder blades, and I'm anxious to know what it is.
Doctor (after examination)—Nothing serious. Just a bolt coming on your back. You'd better keep your eye on it all the same.

AN IMPORTANT MATTER.

[Philadelphia Ledger.]

"Here comes a car at last," said Nell. "O! but that's a yellow one," replied Belle. "Let's wait for a red one."
On the yellow one will take us home."
"I know, but red is so much more becoming to me."

CHINATOWN AS A CITY ASSET.

[Minneapolis Journal.]

The people of San Francisco have begun to discover that Chinatown was a paying investment. The district drew a trade of \$20,000,000 annually, most

of which came from tourists, who looked upon the quarter as a world's curiosity. Hence it will be difficult either to suppress Chinatown or to improve it much. What the tourists examined in open-mouthed wonder was chiefly its dirt. To remove that would be to remove a prime cause of profitable curiosity. Altruism is not going to elope with the new San Francisco.

BOUND TO BE ACQUITTED

[Chicago Daily News.]

Magistrate—You are accused of attempting to hold a pedestrian up at 2 o'clock this morning. What have you to say in your own behalf?
Prisoner—I am not guilty, your honor. I can prove a lullaby.
Magistrate—You mean an alibi?
Prisoner—Well, call it what you like, but my wife will swear that I was walking the floor with the baby at the hour mentioned in the charge.

POSSIBLY.

[Baltimore American.]

"What do you think causes the lashing of the waves?"
"It may be the work of the white-caps."

NOT POSTED.

[Louisville Courier-Journal.]

"Do chickens pay?"
"I do not know. I've never sold 'em anything."

THE REAL THING.

[Baltimore American.]

"We had a sensational case of kidnapping in our house lately."
"You don't tell me? How did it happen?"
"The baby slept the whole night."

THE COMMON WAY.

[Chicago Record-Herald.]

I sat beside her on the train
And she was fair, indeed, to see;
I looked at her a hundred times,
And once or twice she looked at me.
She had a monthly magazine,
The daily paper I possessed;
She wore a fragrant, dainty bunch
Of violets upon her breast.

We'd sped along, mile after mile,
Out from the noise and smoke and grime
To where green valleys stretched away,
And I forgot the flight of time.
I heard her sighing as she read,
The tale of love and passion lately;
To sit beside her as we sped,
To see the graces that she had.

A hundred times I looked at her,
She glanced at me a time or two,
But nothing happened on the way.
The speeding train got safely through.
I had no chance to do or dare,
Thus saving her from Death's grim jaws,
And probably she didn't care—
But, gee, how beautiful she was!

COMPENSATION.

[London Mail.]

Here is a curious epitaph on a tombstone in Harbledown churchyard:
Here I lie outside the channel door,
Here I lie because I'm poor,
Further in the more they pay,
But here I lie as warm as they.

GETTING THE ENGLISH.

[New York Sun.]

"We had a waiter who was a genius at our hotel last summer," said the funny man. "He understood the English. We asked him one morning what sort of berries he had for breakfast."
"I have strawberries," he answered, and "raspberries"—it was worth the price of admission to hear him pronounce raspberries and huckleberries and gooseberries."
"Gooseberries," we repeated. "You mean gooseberries."
"No," said he firmly, "I mean gooseberries. I understand the English. I sit up nights studying it. Gooseberries are singular, but gooseberries are the plural of it."

BETWEEN THE HORNS.

[New York Sun.]

Johnny—What's a dilemma?
Tommy—Well, it's when you can't sit down because your pa licked you for going in swimming, and you can't stand up because a crab bit your toe.

HELP WANTED.

[New York Sun.]

Stella—Kansas needs 8,000 men right away for the harvest.
Bella—So does this summer resort.

JOSEPH ON THE LORDS.

[Toronto Globe.]

Mr. Joseph Chamberlain's radical speeches of over twenty years ago are frequently quoted against him. Recently in a public address, he invited the House of Lords to make use of the Education Bill to thwart the Liberal ministry. The Westminster Gazette by way of rejoinder, quotes from one of his Birmingham speeches this passage: "The House of Lords never contributed one iota to popular education, freedom, or did anything to advance the common weal; and it has protected every abuse and sheltered every privilege. It has done nothing to advance reform. It is irresponsible without courage, arbitrary without judgment, and arrogant without knowledge."

FOR UNCLE TOM.

[Battle Ground Correspondence of Vancouver Columbian.]

If "Uncle Tom's Cabin" or some other good play would come to Battle Ground once in a while it would be well patronized.

CAVIAR TO HIM.

[Pittsburg Post.]

"What do you think of this Russian dum?"
"Never ate any of it. I can't go out-lanish dishes, my boy."

LOGICAL.

[Le Rive.]

Mrs. Nulywed—You don't love me any more—I know you don't!
Nulywed—But, my dear, you're mistaken. I adore you.
"No, you don't! No man could love a woman so badly dressed as I am."

TELL YOU WHAT!

[James Whitcomb Riley.]

Tell you what I like the best,
"Long about knee deep in June,
"Bout the time strawberries melt—
On the vine—some afternoon,
Like to 'jest' git out an rest,
And not work at nothin' else."

WHERE IT BELONGED.

[Fillegende Blatter.]

New Bookkeeper (to employer)—How shall I enter up the five thousand dollars that your old bookkeeper ran away with—profit and loss?
Employer—No, charge it to running expenses.

APPRECIATIVE WORDS FOR CANADA

(From the Chicago Record Herald, July 2.)

During the last three days the Canadians have been preparing to celebrate their great holiday, Dominion Day, which is separated by a very short interval from our festival of fireworks.

The date is July 1, but this year the celebration will take place today, because the 1st fell on Sunday, and since Friday there has been a steady gathering of the clans. Railroads have offered a single fare for round-trip tickets between Canadian points, stations have been thronged, the whole population has seemed to be upon the move.

It is now thirty-nine years since the confederation of provinces was inaugurated to make a Dominion Day and a union that has been a blessing to the country, and in all that time there has probably been no year of greater fulfillment or greater promise than the present one. Certainly all the talk of a vast unexplored territory, one hears the same tune north and south of the great lakes. Business is booming, cities are growing rapidly. Then, too, all Canada is full of the marvels of the Northwest. Man have visions of a vast unexplored territory, and look for something resembling our own tremendous growth.

Their prophecies may never come true, but the richness of some portions of the country is proved, and immigration is already responding in a marked degree to the tales that are told. For the eleven months last reported the total came to some 155,000, which is undoubtedly a noteworthy figure. Though it looks small by comparison with our yearly records that exceed a million, it is relatively large in proportion to the population, and apparently the tide that way is setting in very strong.

Nor is there as yet any fear of serious immigration problems. The people for the most part are from the British Isles or from a farming population across the border, and are gladly welcomed to a share in the opportunities and in the general prosperity of the country.

It is a pleasure to add that the Canadians seem to have the best of feeling toward the United States, and the season of holidays is a good season for mutual congratulations. Canada gained much from the effect of the American revolution upon British policies; the United States is gaining every day through the growth of Canada. The enormous business between the two countries is in fact very beneficial to both, and the people have so much in common that they should feel closely united even without a political union.

THE LORD'S DAY BILL.

Measure Will Be Pushed Through the House This Session.

Ottawa, July 4.—All sorts of rumors were current last night respecting the Sunday observance bill. One report was that the measure would be left over until next session, but it can be given emphatic contradiction. There is no doubt at all that the bill will be enacted this session. Another report has it that in view of special conditions existing in Quebec that province will be exempt from the provisions of the act. This is probably true in part only. A decision may be arrived at by the Quebec government, but the regulation of the transportation companies will most certainly be retained. The probable modification so far as Quebec is concerned has resulted in the abandonment of hostility to the bill, and little, if any further antagonism to its passage will be shown.

U. S. NOT WILLING

And Anyway Asquith Hasn't Money for Cheaper Postage.

London, July 4.—"There is no nation with which we would rather see the facilities of communication extended than with the great republic on the other side of the Atlantic," said Chamberlain at the Exchequer Asquith today, to a deputation of members of Parliament, who called on him and on Postmaster-General Sydney Buxton relative to the proposition to establish an Anglo-American two-cent postage rate.

Mr. Asquith added that he had no money to give for the purpose, and that there was no evidence that the United States Government was desirous of making the proposed change. Mr. Buxton remarked that it would cost \$500,000 yearly to make the change.

FIREBUG AT PICKERING

Fire in Dale's Hall—Several Sleepers Have Narrow Escape.

Pickering, July 4.—Early this morning fire was discovered in Dale's hall, above the Pickering News office and Chapman's hardware store. The fire company had the engine on the spot promptly and soon had the fire out. There is plain evidence that the place was deliberately set on fire and one man has been arrested on suspicion. Several people were asleep in the building at the time.

STEAMERS ARRIVED.

July 3. Reported at. From.
Grosser Kur-New York.....Hamburg
Furst.....New York.....London
Kronprinz.....New York.....London
Madonna.....New York.....London
Merion.....New York.....London
Finland.....New York.....London
Citta di Napoli.....New York.....London
Minesota.....New York.....London
Prinz Albert.....New York.....London
Kaiser Wilhelm.....New York.....London
Der Grosse.....New York.....London
Asteria.....New York.....London

The coin department at the New York treasury is counting more gold coin than has been received there on any one day since the Cleveland bond issue of 1893—part of the gold imports, totaling about \$10,000,000, which arrived by steamers from Europe Saturday and Sunday.

J. H. CHAPMAN & CO**A July Clearing of Wash Goods and Dress Goods at Price Reductions of One-Half**

Let these brief descriptions lead you to a true appreciation of the remarkable values in the Dress Goods and Wash Goods Section. There are splendid savings that are well worth while.

1,000 yards Crepon Wash Suiting, light grounds, with red, blue, green and helio rings.
Regular price 12½c, sale price.....

7½c

500 yards Newest Wash Goods, in assorted designs and colorings. Regular 20c and 25c values, sale price only.....

15c

10 dozen Ladies' Print Wrappers, good styles and colorings. Worth regular \$1.00, July clearing price.....

59c**Dress Goods at Half**

In popular weaves and weights. The July sale brings the prices down exactly one-half.

Odd lots of 50c Colored Voiles.

Odd lots of 50c and 60c Panamas.

Odd lots of 50c Mohairs.

Odd lots of 50c Alpaca.

Odd lots of 45c Tweeds.

Your choice of the above in the July sale, for a yard.....

25c

Odd lots of \$1.00 Mohairs.

Odd lots of \$1.25 Novelty Suiting.

Odd lots of 75c Voiles.

Odd lots of \$1.25 Tweeds.

All included in the July clearing, at a yard.....

50c

3,000 Yards Mosquito Netting in the July Sale

3,000 yards Mosquito Netting, in colors green and red, pieces of 3 to 10 yards. Worth regular 5c per yard, July clearing price.....

3c

SHOP AS MUCH BEFORE NOON AS POSSIBLE.

J. H. Chapman & Co., 126, 128, 128½ Dundas St.**A MAORI LECTURER**

Mr. Rawel Tells of Conditions Among New Zealand Tribes.

At the Midland Street Baptist Church last evening, Rev. Mr. Rawel, a native Maori missionary of New Zealand, gave an illustrated lecture, "From Cannibalism to Culture." The building was filled to overflowing.

Mr. Rawel possesses a splendid education. He is a fluent speaker, and has a decided English accent, which, as he says himself, probably is due to his being brought up in an English family. As a lecturer, Mr. Rawel is a success. Rarely has a lecture been given in this city which served better to describe the conditions of life among the natives of New Zealand. Mr. Rawel has with him his two children, a boy and girl, who appeared in their native costume, and gave an exceedingly interesting phase to the entertainment as they passed among the people and talked with the other children. A large number of lantern slides were used to illustrate the lecture, giving a splendid idea of the conditions of the country and its people.

Tonight Mr. Rawel and his family will give a lecture in the Adelaide Street Baptist Church.

IODINE, CURE FOR SNAKE BITE.

For a sure cure for snake bite, take about seven drops of iodine, scarify and bathe the wound also with iodine. This remedy was first used by a medical officer in British service in India. It has cured both man and a number of animals; it is really wonderful in its effects. It never fails.

One instance I will relate. A young man was bitten in the harvest field by a very large rattlesnake. He was bitten on one of his large toes. I gave him about seven drops of iodine on a little sugar, and to make doubly sure repeated the dose an hour later. His foot swelled, but next morning he was all right. He had had animals whose bodies have swelled considerably, but all have recovered from the bite. Topeka Capital.

PRACTICAL CHEMISTRY FOR GIRLS.

In the town of Desau a school for the purpose of training girls in chemistry, connected with the sugar refining industry, was opened some time ago, and has answered so well that similar training schools connected with soap factories, paper works and other industries requiring thorough laboratory training are now being organized.

The young ladies in question are all girls of the better stations in life, and all who entered as original pupils of the first school have passed their recent examinations so satisfactorily as to have found posts at once.—Pall Mall Gazette.

DODD'S KIDNEY PILLS

For a sure cure for snake bite, take about seven drops of iodine, scarify and bathe the wound also with iodine. This remedy was first used by a medical officer in British service in India. It has cured both man and a number of animals; it is really wonderful in its effects. It never fails.

SEE DATES BELOW.

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