DARTIAL MUSCULAR DEVELOPArty careful closerver, peasing along our busiest thorough fare, or happen on market of the age seems to have wrought a fing into any outsity fown on market of the seems of fare one one and many hearty ones there are ones of farmen, mechanic more oneses a principality for the direct or well proportioned dioughout. The control of the seems of farmen, mechanic more oneses a principality for the direct or well proportioned dioughout. The control of the seems of farmen, mechanic more oneses a principality for the direct or well proportioned dioughout. The control of the seems of farmen, mechanic more oneses a principality for the direct or well proportioned dioughout. The control of the proportioned dioughout. The control of the farmen, mechanic more oneses and many hearty ones there are distorted in the open air, far the greater part of figure of the control of the farmen, or he had the control of the farmen, mechanic many than the farmen of the f are any more favourable to symmetrical development and uprightness of carried costume and the cost of sight being now as careful to some muscles tremendously; those of his hands, of one of his shoulders, and to do not he to open air. Paint were accustomed to be treated with in stance; but his legs are often indifferent, and his lois nothing great, while in common with hosts of mechanics his work is not done in the open air. Paint ers and plasterers, have good wrists; carpenters plane and saw and drive nails well with their right hands; masons, which with one of their hands they have chiseled into shape for their purpose; shoesemakers hoop their backer rather more ownellers, compositors, designers, and all who do the finer; lighter work would never, merely by their daily toil, develop into well-built, erect men if they kept at it for a thousand years. Men in mercantile life sit or stand many hours each day, are frequently burdened with important and trying work, have so many irons in the fire as to get no rest, and at the end of the day find themselves thoroughly exhausted, and in humor for anything but vizorously musculat exertion. If their work calls them out much, it uses their legs only, leaving the arms idle, and so keeping the development but partial. The spade, the pick and the bar of the laboring that a standard, the pick and the bar of the laboring that the standard and trying work, have so many irons in the fire as to get no rest, and at the end of the day find themselves thoroughly exhausted, and in humor for anything but vizorously musculain the standard and trying but vizorously musculain the standard

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CANTAL BOUNTURE.

The past as the corresponding institutions of the many properties of the past as the corresponding institutions of the many properties of the past as the corresponding institutions of the many properties of the past as the corresponding institutions of the many properties of the past as the corresponding institutions of the many properties of the past as the corresponding institutions of the past as the corresponding of the past and the past as t

quick in quarrel," two-sworded Tybalts and Mercutios of the nineteenth century lay down their cherished blades, abandon their distinctive dress, mingle with the common herd, and peacefully accept their reduction to equality with merchants and mechanics. Such changes seem too vast and too rapid to be permanent, and a certain amount of reaction may be fairly anticipated; but whatever the future may have in store for Japan, it is clear that the duarchy of mixado and shogun, the feudal sway of daimos, and the privilege of samurias, are all as completely things of the past as the corresponding institutions of mediæval Europe, and that none of them can be re-established any more than the national isolation, which alone rendered possible their existence at this period of human history.

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GLASS!

The exiles who live in the mines are diffenders of the best. The much depth of the same tintelligent and problems of the booth of the ward type, and politic problems of the booth of the ward type and problems of the ward type, and politic problems of the ward type and problems of the ward type, and politic problems of the ward type and problems

Joher's Corner.

SINKING FUND.

The silence was so deep that it could have been cut up into coal shafts. Not

a hair moved.

'Dar 'pears to be a great moral lesson aroun' Leah sumwhar,' said Broth-