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TORONTO, NOVEMBER, 1894.

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The Position and Progress of Canada.

By J. CASTELL HOPKINS, TORONTO.

IN area the Dominion of Canada ranks among the great countries of the world. In population its numbers are comparatively small, but in physical strength, mental vigor, hardihood and patriotism, they combine the best qualities of the great races from which the Canadian nationality has sprung. In climate, it can fairly claim to excel almost all other countries in healthful, invigorating qualities. In scenery, the Rockies supply a grandeur, the St. Lawrence a beauty, the great lakes a vastness, unequalled in any other land. In history, it provides annals of stirring and romantic interest, and events upon which have turned the fate of England, of the American Continent, and perhaps of Europe. In government it is probably the freest country in the world, combining stability of legislation and laws with popular liberty and constitutional administration.

Nation-building has usually been a slow process. The growth of European countries has been the work of centuries; the Constitution of Great Britain has been the result of evolution through ages of inter-necine strife or patriotic struggle. The United States as it appears to-day is the consequence of over a hundred years of experiment, stern experience, and even civil war. Canada has, however, been more fortunate. The Colonies as they existed prior to confederation were, it is true, born of a combination of war and privation and nursed in considerable doubt and

danger, but the union of 1867 under the broad folds of the national emblem, removed serious risk and enabled them to enter upon a period of material development and legislative improvement. The national heritage then presented to, or shortly afterwards acquired by, a people numbering but three millions, was indeed a vast and noble possession. With a territory larger than the United States; equalling to-day one-third of the whole British Empire; having the greatest extent of coast-line; the greatest coal measures; the most varied distribution of precious and economic minerals; the greatest number of miles of river and lake navigation; the widest extent of coniferous forest; the most extensive and most valuable salt and fresh water fisheries; and probably the vastest and most fertile districts of arable and pastoral land upon the face of the globe; it is little wonder if the Canadian people felt then, and feel now that they have a country as Lord Dufferin once put it, worth living for and worth dying for.

The physical features of Canada are marvellous. Everything seems on a big scale. Its area is 3,400,000 square miles. Forty countries the size of Great Britain could be cut out of the Dominion. There are three British Indias within its borders so far as size is concerned, and the German Empire and fifteen other countries of the same area could be carved out from its boundaries. The Prairies of the Saskatchewan measure half a million

square miles. The Rocky Mountains and the Selkirks are majestic in height, and so great in extent as to require two days in a fast train to cross them. The four great Canadian lakes are the largest bodies of fresh water on the face of the globe and cover an area of 67,000 square miles. The Canadian Pacific Railway is the most important of trans-continental lines and the greatest enterprise of the kind in the world. The canal system of Canada is great in its cost, in its vital import to the trade of the Continent, and in its connection with vast areas of fresh water and the mighty river St. Lawrence. Finally, the productiveness of its wheat fields, its mines, and its fisheries entitle the Dominion to fairly claim that everything about it, whether naturally or partly artificial, is upon a great and commanding scale.

A journey across the Dominion of Canada is in itself a revelation. From the sounding shores of the Atlantic the traveller passes over three thousand miles of British-Canadian territory to the rock-bound coasts of the Pacific. The fisheries of the Atlantic, the fisheries of the great lakes, the fisheries of the Pacific, are chiefly Canadian. The coal mines of Nova Scotia, of the North-West, and of British Columbia, are all Canadian. The wheat fields of Ontario and of the vast prairies of Manitoba constitute the future granary of Great Britain. The slow-going, but prosperous agriculture of Quebec forms the staple of a strong and peaceful Canadian province. The Mackenzie Basin with its million of square miles lying in almost complete and primeval obscurity, possesses unusual riches and natural resources alone sufficient for the support of a great nation. The commerce and development of Montreal and Toronto, Winnipeg and Vancouver, Halifax and St. John, Brandon and Calgary, indicate the steady progress of the country. Statistics confirm this statement :

	1868.	1893.
Deposits chartered banks.....	\$32,808,104	\$174,776,722
Deposits savings banks.....	4,360,392	71,178,823
Letters and post cards sent ...	18,100,000	129,080,000
Miles of railway.....	2,522	15,020
Fire insurance of Canada.....	188,359,809	821,410,072
Total imports and exports.....	131,027,532	247,638,620
Export animals and products..	6,893,167	31,736,499
Export cheese.....	617,354	13,407,470

The progress of our trade has been equally great. In value it rose from \$131,027,532 in 1868 to \$172,405,454 in 1879, and thence increased to \$247,000,000 last year. The exports, which, in a new country, are beyond all doubt the most important branch of its commerce, increased in the following measure :—

Total exports 1868-72.....	\$358,500,000
“ “ 1873-77.....	413,800,000
“ “ 1878-82.....	439,100,000
“ “ 1883-87.....	456,400,000
“ “ 1888-93.....	488,500,000

In an economic sense Canada has run the whole gamut of possible policies. A hundred years ago its trade was managed from England, and its fiscal relations controlled by the Imperial Government. During the first half of the present century it had preferential trade with the Mother Country, though an arrangement which might have been greatly beneficial was so hampered and restricted in its operations as to be an injury rather than a blessing. In 1855 the then Provinces of Canada entered into a reciprocity treaty with the United States by which the natural products of each country were exchanged free of duty; any products made free to the Republic being also admitted free from the Mother Country, excepting in one or two cases where an accidental preference was given, but immediately remedied. The treaty lasted until 1866, when it was abrogated by the United States and never since renewed, although many attempts have been made by the Dominion Government to obtain a modification of its conditions suited to the present time.

Owing to an unusual state of affairs abroad, great prosperity ensued to the Canadian farmer from the arrangement while it remained in force. The Crimean war was not yet over when it commenced; wheat was higher in price than ever before or since; and, as the Yankee would say, a “general boom” pervaded the land. Then followed the local expenditure upon the construction of the Grand Trunk Railway, and the Sepoy rebellion in India, while the year 1861 saw the inauguration of the terrible civil war which rent the Republic in twain, took millions from the field and plough, and made the Canadian farmer completely master of the situation.

Confederation followed the sudden abrogation of the treaty, and the fiscal policy of the Government was a tariff averaging $17\frac{1}{2}$ per cent., levied chiefly for revenue purposes. This was all right while the United States was recovering from the effects of the war, but when about 1873 the Americans began to pour cheap goods over the seventeen per cent. tariff, and practically obtained control of our markets, whilst we were debarred from theirs by duties running from thirty to forty per cent., the effects soon became evident in a depression greater than any prevalent in other countries. The result was seen in the elections of 1878 and the ensuing establishment of a distinctly protective

tariff. Without therefore expressing any opinion here concerning the merits of these policies, it will be evident that Canada has had a very varied and useful experience.

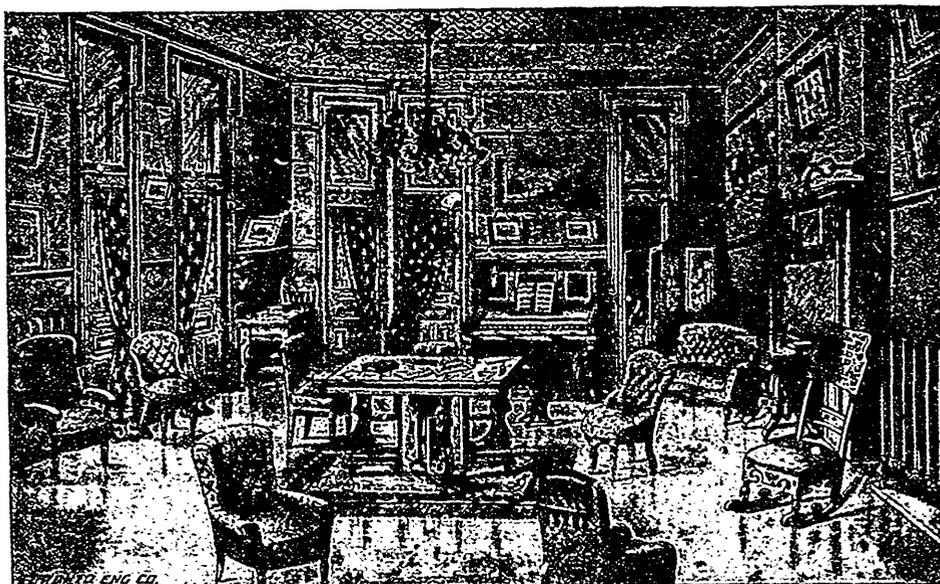
In one important respect the Dominion requires to be defended by its patriotic citizens and friends. The climate of Canada is greatly maligned. For over a century it has been in the interests of the French to misrepresent the value of the country they had lost, and this feeling, whether put into active operation or not, was shown in the exclamation of King Louis that "after all it was only a few square miles of snow." Similarly it has been in the interest of United States' pride to minimize the importance of Canada and in the interest of the U. S. pocket and increased population, to depreciate its climate and resources. For many years these causes told greatly against us, but time has been on the side of right and truth, and the much maligned Canadian climate is now becoming popular and respected.

Its healthful qualities are proved by the returns of the military stations, the census, the death rate, the statistics of disease, the appearance of the people, and the experience of an ever increasing number of visitors. The statements now made about cold in Manitoba were formerly applied to Ontario, Quebec, and the Maritime Provinces. It was at

one time said that the latter could never produce fruit, raise cattle, or grow wheat. Today the fruits of Canada are as famous as its grain and cattle, while the harvests of the Prairie Province are celebrated all over the world. The effect of cold upon the human system cannot be ascertained by a thermometer. The dryness or humidity of the atmosphere decides its comfort or discomfort, healthfulness or the reverse. So the climate of Canada has to be judged not by comparison with Southern heat, English dampness, or Siberian cold, but by practical and personal test. In this it is always victorious.

Such is the brief sketch for which I am asked, and upon a subject which it is always pleasant to write of. Events of to-day are making good the aspirations of the past. Canada, through its magnificent geographical position, is now becoming the pivot upon which turn the destinies of the British Empire; by its enterprise it has become the link of union in commerce, transportation, and electric connection between Britain in the West and Britain in the East; and by its loyalty to the British crown and connection, has ensured its own safety against American oppression, and planted itself firmly upon this North American continent as an important factor in the history and progress of the world.

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Health.

Health is the most valuable of earthly blessings, both in itself, and as a means to discharge all duties. "Health," said Simonides, "is *best* for mortal man; *next* beauty; *thirdly* well-gotten wealth; *fourthly* the pleasure of youth among friends." "Life," says Longfellow, "without health is a burden, with health is joy and gladness."

Every person, or at least everyone who is not afflicted with organic trouble, or who has not neglected too long the laws of nature, has within himself, the power to prolong his own existence, as well as to improve and secure his own health, which is subject to laws of unfailing regularity, of which the knowledge is quite within his reach, but which he will never learn to obey by accident or by instinct. For his usefulness and happiness as an individual, he ought to know the constitution of his own nature bodily and spiritual, so far as it is practicable. I am inclined to doubt whether the study of health is sufficiently impressed on the minds of those entering life. Not that it is desirable to brood over minor ailments, to peruse books on illness, or experiment on ourselves with medicines; quite otherwise. The less we fancy ourselves ill, or bother about little bodily discomforts, the more likely we are to preserve our health. It is true that we must have recourse to medicine sometimes, but when necessary the advice of a regularly qualified physician should be obtained and strictly followed.

Many have undergone unnecessary suffering by "doing things which ought not to have been done, and leaving undone things which ought to have been done." We cannot help believing, that the lives of many prominent men might have been prolonged, by the exercise of a little forethought and care, concerning their personal health. But alas! For honor, that may vanish like a bubble, intellectual exercise is carried to excess, the bodily strength is exhausted by it, particularly the strength of the brain, the organ which is more immediately stimulated by mental activity, and the certainty of an early grave, or an old age of suffering is incurred.

Health is not uniform. It is dealt out in different measures, at different periods of life, varying as the body varies according to usage. At different stages of life the strain falls on different organs, and thus a change is experienced in the tissues of which those organs are constructed. It is no doubt of very great importance to have a good family history, to be born of a healthy, long-lived stock. It is beyond question that malformations and diseases have been

handed down from generation to generation, and while it is beyond doubt that intermarriages have led to both physical, moral, and mental advantages, it is none the less true that intermarriages have taken place that were most inadvisable. How far this practice predisposes to the injury of the community it is hard to determine. But there is no doubt that its effects are obvious, and before many years will demand more thought than has hitherto been given to the subject.

The evidences of good health are firm physique or good development, having firmness, erectness, and good balance of body and mind; endurance in the various conditions of life or climate; and self-control. To obtain these characteristics, it is necessary to observe the following laws, many of which appear very simple, but are none the less important:

1. Nourishing diet.
2. Suitable clothing.
3. Cleanliness.
4. Fresh air.
5. Regular habits.
6. Cheerfulness and good humor.
7. Daily exercise and rest of body and mind.
8. Moderation in all things.

Mental exertion is advantageous to good health. Overwork of the mind with anxiety is attended by lessened appetite, lessened nutrition, and loss of bodyweight. Mental fatigue is to be repaired not by sleep only, but also by physical exercise in the open-air. It directs the blood-flow to the muscles and renews the appetite. A great mistake is too often made, by trying to make up for overwork of the brain by long hours of sleep. Six to eight hours daily, and nine on the seventh, are sufficient for healthy adults.

About Fruit.

It has been said that fruit eaten in the morning is golden, taken at noon is silver, but deferred till night is lead. The reason for this is that early in the day exercise enough to digest it will probably be taken. Also, if eaten on a comparatively empty stomach the digestive organs can attend to this alone and so dispose of it. For this reason it is not well to take when overfatigued and the digestive organs are in need of rest.

Too acid, too sweet, or too watery fruits are most indigestible. Berries, oranges, and grapes are the easiest of digestion because there are no tough fibres and no excessive amount of juice to be counteracted.

Of cooked fruits, baked or roasted are first on the list; then stewed; then boiled. All fruits are better for having the skins taken off previous to eating.—*Homemaker*.

Too Much Hurry.

We of to-day live in a perfect frenzy of hurry; we can never go quickly enough; we are forever discovering short cuts to reform, improvement, and happiness in general, and straightway plunging headlong into them; and when one after the other proves to be an *impasse*, we hastily turn aside and look for a new one. There is poverty in the land—quick we rush to discover a means of making all men rich. Somebody or other offers to do it for us, if we will but give him so many thousands of pounds and our full confidence. "Quick, give him the money," is the cry, and a cry of indignation is raised against those who beg us to stay our hand and reflect. There is drunkenness—and we clamour to close all the public houses. We are far too impatient to live the life ourselves, and watch the gradual improvement of our race; we long to push them from behind, to goad them on in the path of virtue with Acts of Parliament.

And the same with our expressions of opinion—we rush in the wildest haste to deliver them, to administer praise or blame. If any man be accused, he is hoisted into the pillory and pelted, long before he has time to utter a word of defence; if any one please us, he is hailed as a hero, and loaded with honors and adulations, even before we know

exactly what it is that he has done—the result being that we are constantly making ourselves ridiculous; a result that matters the less in that we never really leave ourselves time to contemplate the ludicrous figure that we cut.

In our private life we are in no way better. We have never time to enjoy to-day, because we are always living in to-morrow; and when to-morrow comes it finds all our attention fixed on the day after. Too soon we rejoice; too soon we despond; and we are forever either in one extreme or the other. Too soon we pour out our complaints in the newspapers, too soon we bring accusations against our neighbors, too soon we try to push ourselves into the front ranks, even too soon do we wish to enjoy the fruits of the earth. The forced strawberry and the too early asparagus are typical of our hurrying appetite. How much more comfortable and pleasant a place the world would be if we were only content to hurry less and enjoy more.—*The Spectator (London.)*

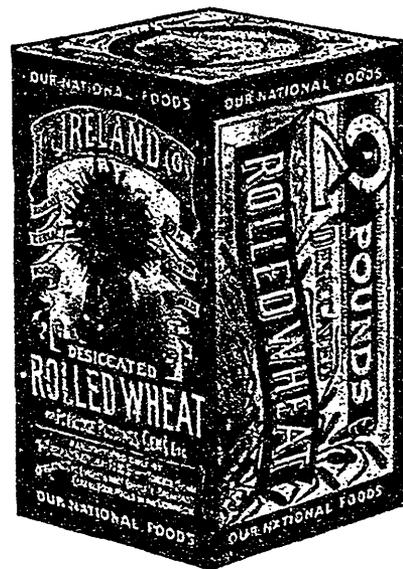
Little Tommy was making a dreadful racket, playing that he was a locomotive letting off steam, ringing a bell, etc., etc. "Tommy," said his aunt, getting in front of him, "you must stop this noise." Tommy stood perfectly quiet for a minute, and then said: "The engineer is waiting for the old cow to get off the track."—*Exchange.*

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Moral Value of Physical Culture.

That a certain amount of exercise is needful for health is one of the few things on which all doctors are agreed, and one of the still fewer things as to which medical teaching is submissively accepted by the non-professional public. Unfortunately, intellectual assent no more implies practical performance in the domain of hygiene than in that of morals. It is by those "in populous cities pent," by professional and business men chained to the desk of the consulting room, and by women, that exercise is most apt to be neglected. With regard to young ladies, indeed, it is not so very long since nearly all exercise worthy of the name was tabooed by Mrs. Grundy as fit only for "tomboys," and as tending to give an appearance of robust health which was thought to be incompatible with refinement. More rational notions are now beginning to prevail, however, and the limp, anæmic maiden, with uncomfortable prominences, is rapidly giving place to a type more like the Greek ideal of healthy womanhood. The ruddy-cheeked, full-limbed girl of to-day, who climbs mountains, rides, swims, rows, and is not afraid of the health-giving kisses of the sun, is a living illustration of the value of exercise. She is healthier, stronger, more lissom, and withal more intellectual, more energetic and self-reliant, as well as more amiable and better-tempered than her wasp-waisted, be-ringed great grandmother, with her languid elegance and her Draconian code of feminine decorum. In the physical betterment which is so conspicuous in girls of the period, lies the best hope for the future of our race.—*Sir Morrell Mackenzie in the New Review.*

Enthusiastic Japs.

CHINESE CAPITAL IN DANGER.—IT COMPRISES FOUR CITIES WITH A MILLION AND A HALF PEOPLE.

Pekin, the capital of the Chinese empire and of the Province of Chihli on the Tunghui river, has a population estimated at 1,500,000. It stands on an extensive sandy plain, and consists of Kin-Chin, the prohibited city, containing only the palaces of the emperor and the dwellings of his immediate retainers; Hwang Ching, the imperial city, with a large number of court officials; Nui Ching, the Tartar city, comprising twelve square miles; and Wai-Ching, the Chinese city, with fifteen square miles of area. The Tartar city is surrounded by a wall 60 feet high and 50 feet thick, the Chinese city by one 30 feet high and 25 feet thick. They are built of stone and brick, and filled with earth. The suburbs include an area of twenty-five miles.

THE PROHIBITED CITY, two miles in circumference, is entered by four gates, each surmounted by a tower. The buildings are superior to any others in the empire. The meridian gate leads to the imperial buildings, and is reserved for the emperor solely. Five marble bridges, spanning a little stream, lead to a marble-paved court and the Gate of Extensive Peace, at which the emperor receives the homage of the couriers on great fete days. Ascending the stair way, the tranquil Palace of Heaven is reached, into which none can enter without special royal permission. The number of people within the prohibited city is small, most being Mantchoos.

THE IMPERIAL CITY, surrounding the prohibited city has a wall 20 feet high, pierced by four gates, through which no one can enter save by special permission. It contains the tablets of the deceased emperors and empresses, and the altars of the gods. There are also the Russian college, military stores, and King-shan, the artificial mountain, with each of its five summits crowned by a pavilion.

THE TARTAR CITY surrounds the imperial city and contains the principal government offices and the hall of science erected in 1860. Near by are the Russian Church of Assumption and the temple where His Majesty and the princess worship their ancestors on the first day of every month. The city is in control of the general of the nine gates, near whose headquarters is the high tower in which are the immense drum and bell that proclaim the hour of midnight. Not far away is the white pagoda with its obelisk, erected by Kublai Khan in the thirteenth century, upon 108 pillars, about which lamps burn continuously in Buddha's honor.

THE CHINESE CITY is the most populous, but its structures are poorly built. The houses are of brick, one storey high, with roofs of tiles. It contains the altars to heaven, to winter, to agriculture, and the pool dedicated to the spirits of the waters, where his Majesty performs special supplications, whenever the country suffers from drought.—*Truth.*

THE DIET IN DIABETES.—*Articles permitted:* Almonds plain in rusks and in biscuits; bread toasted or stale macaroni; bacon, butter, cheese, eggs, fat and oils; beef-tea and soups: beef, mutton, fish, game, and poultry; cabbage lettuce, pickles, and spinach; custards without sugar, cream, jellies unsweetened, nuts; coffee, cocoa, sherry. *Articles forbidden:* Peas, beans, lentils, potatoes, sweet potatoes, celery, carrots, beets, radishes, mustard, oysters, arrow-root, buckwheat, sago, tapioca, and puddings generally; apples, bananas, and fruits generally, including raisins; milk, sugar, chocolate, ale, sweet wines.—*Journal of Reconstructives.*

Ideals.

Sir Philip Sydney said, "It is better to aim at the sun and miss it than to aim at a bush and hit it." In other words, "Set before yourself an impossibly high ideal rather than some low, all too easily attained, standard of life and character. Don't be afraid of being romantic, poetic, in this respect. Young people without romance and poetry miss half the charm and half the incentive of youth." Lowell expresses this thought beautifully in his poem called "Longing," when he says :

"Still, through our paltry stir and strife,
Glow down the wished ideal,
And longing moulds in clay, what life
Carves in the marble real."

Decoys lure more birds than scarecrows affright, and good examples do more than awful warnings towards keeping us in the right way. If we could but realize this fully, how carefully would we keep from others, and ourselves shun books and papers that depict human depravity. We would regard as "a most ugly man" the one who told us of evil, and would look upon evil doers, like the plague-stricken, as creatures to be pitied, but carefully avoided. Let a boy take for his beau ideal some big-hearted

"square," self-mastered man. Will he not find it a constant check to ill-temper, meanness, or week-kneed self-indulgence? Or let a girl take for her model the cleanest-souled, gentlest, least-selfish woman she has ever met, and she will grow to be like Mrs. Browning's "Kate." in whose presence we are told

"Men grew purer, girls sweeter, and through the whole town,
Children were happier that clung to her gown."

Carlyle is right in magnifying hero-worship. A fig for the boy or girl incapable of honest enthusiasm over a hero; whose pulse do not quicken and tears start at the chivalrous deed of a thousand years ago, or of yesterday. And, after all, where should we look for the highest example, the most inspiring incentive, the purest ideal but to Him who is all this, and through whom strengthening us we may at last attain that to which we now aspire?—*M. B. B. in New York Examiner.*

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Teacher: "Johnny, why is George Brown absent?"

Johnny: "Why, George Brown says his sister's got a cold. But dat ain't nothin'; one o mine sisters is got de smallpox, and t'other one de measles, but I come all de same."—*Washington Hatchet.*

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Saying Unpleasant Things.

There is a certain class of people who take great satisfaction in saying unpleasant things. They call this peculiarity "speaking their minds" or "plain speaking." Sometimes they dignify it by the name of "telling the truth." As if truths must be unpleasant to be true! Are there no lovely, charming, gracious truths in the world? And, if there are, why cannot people diligently tell these, making others happier for the telling, rather than hasten to proclaim all the disagreeable ones they can discover.

The sum of human misery is always so much greater than the sum of human happiness, that it would appear the plainest duty to add to the latter all we can, and do what lies in our power to diminish the former. Trifles make up this amount, and in trifles lie the best and most frequent opportunities. It may seem a little thing to tell another what is out of place in her appearance or possessions; but if the information is unnecessary, and makes her unhappy, it is clearly an unkind and an unfriendly action.—*Harper's Basaar.*

Character in Steps.

Quick steps indicate energy or agitation. Turned-in toes are often found with preoccupied and absent-minded persons. The miser's walk is represented as stooping, noiseless, with short, nervous, anxious steps. Slow steps, whether long or short, suggest a gentle or reflective state of mind, as the case may be. The proud step is slow or measured; the toes are conspicuously turned out, the legs straightened. Where a revengeful purpose is hidden under a feigned smile the step will be slinking and noiseless. The direction of the steps, wavering and following every changing impulse of the mind, inevitably betrays uncertainty, hesitation and indecision. Obstinate people, who in an argument rely on muscular rather than on intellectual power, rest the feet flat and firm on the ground, walk heavily and slowly, and stand with the legs firmly planted and far apart.—*W. Ender.*

Dangers of Over-Exercise.

Dr. Patton, chief surgeon of the National Soldiers' Home at Dayton, O., in an interview in Pittsburg has said that of the 5000 soldiers in the Dayton Home, "fully eighty per cent. are suffering from heart disease in one form or another, due to the forced physical exertion of the campaigns." And he made the prediction, that as large a percentage of the athletes of to-day will be found twenty-five

years from now to be victims of heart disease, resulting from the muscular strains that they force themselves to undergo. As for the likelihood of exercise to prolong life, it may be said that, according to the statistics of Solaiville, there are more people living in France to-day, who have passed the age of sixty, than there are in England, the home of athletic sports. And there is probably no nation in Europe more averse to muscular cultivation for its own sake, than the French. Great athletes die young, and a mortality list of Oxford rowing men, published a few years ago showed that a comparatively small percentage of them lived out the allotted lifetime. Dr. Jastrow has demonstrated, in some very elaborate statistics, that men of thought live on an average three and a half years longer than men in the ordinary vocations of life.—*Medical and Surgical Reporter.*

Is There Anything New Under the Sun?

Was Cyrus acquainted with bacteriology? If not, how did he learn to boil his water? Herodotus, in his First Book, chapter 188, tells us that "Cyrus went up to battle, richly provided with goods and cattle from his own land; and he also took with him the water of Choaspus which flows by Susa. And the King had this water served at table, and no other, which was *boiled*; it was transported in silver vessels, borne on a four-wheeled carriage and drawn by mules." On his march to Capdus, Cyrus must have passed through many districts where little or no water could be obtained; and this would of course necessitate his carrying supplies on long marches. From the context, we are informed that it was the custom to boil the water, taken from the rivers in Babylon, before using them. Did instinct, experience, or scientific knowledge, prompt the Babylonians to sterilize drinking water 550 years before the birth of Christ? It is a pity the classics are now falling into such disfavor as a part of the medical student's training; or some further light might be shed over the enzyme theory, by the mature experience of our forefathers, though viewed by man as a *parma non bene selecta.*—*Medical Press.*

The Book Agent: "Sir, I have here a work of unusual excellence, which I should like you to examine."

"No use; I can't read."

"Ah, but your children —"

"Haven't any! Nothing in the house but a cat."

"Possibly you would like to buy something to throw at the cat."—*Fliegende Blätter.*

Rare Presence of Mind.

"I knew a sea captain, who died some years ago, who displayed great presence of mind at a most critical time," said Henry S. Roberts, of Boston. "His ship had caught fire, and the passengers and crew were compelled to take to the boats in a hurry. The captain remained perfectly cool, throughout all the confusion and fright of the embarkation; and at last, everyone but himself was got safely into the boats. By the time he was ready to follow, the passengers were wild with fear and excitement. Instead of hurrying down the ladder, the captain called out to the sailors, to hold on a minute; and taking a cigar from his pocket, coolly bit the end off, and lighted it with a piece of the burning rigging. Then, he descended with great deliberation, and gave the order to shove off. 'How could you stop to light a cigar at such a moment?' he was afterwards asked by one of the passengers. 'Because,' he answered, 'I saw, that if I did not do something to divert your minds, there would likely be a panic and upset the boats. The lighting of a cigar took but a moment, and attracted the attention of everybody; you all forgot yourselves, in thinking about my curious behaviour; and we got safely away.'"—*St. Louis Globe-Democrat.*



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As a cooling and laxative medicine from a tablespoon to a wine-glassful every hour or two until the desired effect is produced. As a cathartic an adult may take the contents of one bottle, half of it at first and the remainder in one or two hours. The bottle should be kept corked in the intervals of taking the medicine. A glass of cold water increases its activity as a purge.

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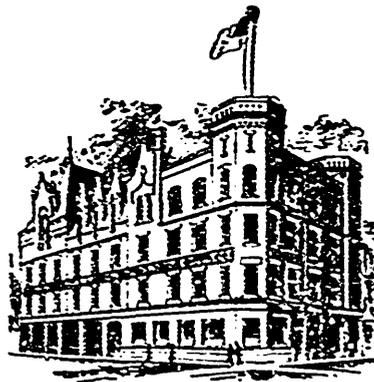
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Brothers.

The following very amusing story was related by a reverend gentleman, the authenticity of which he is said to have vouched for.

A parson in Yorkshire was greatly troubled by the number of tramps who called at his house for help.

Not liking to refuse them, but still not willing to give much away, he thought of a plan which would politely turn them from his door. To every tramp he promised a meal providing they would first of all let him pray with them.

This naturally answered well until one day a tramp called, got the usual reply, but, to the surprise of the parson, consented.

The parson, not to be done, asked him into his room; and placing before him a piece of bread a few days old, said:

"Now, my dear fellow, before you eat this good and nourishing bread, you have promised to let me pray, so will you please kneel down?"

"Yes," said the tramp, kneeling down.

"Then you will repeat after me, Our Father," said the parson.

But the tramp did not answer. After asking the second time, and receiving no answer, the parson said:

"Why are you not repeating?"

"I can't make this out," said the tramp. "Our Father?"

"Yes," said the parson; "Didn't you know that our Father was in heaven?"

"What, my father?" said the tramp.

"Yes," said the parson.

"And your Father?" said the tramp.

"Yes."

"Well, this beats all," said the tramp, "if He is your Father and my Father, then we are brothers," and shaking the parson's hand, said: "Fancy meeting like this, and you offering your own brother that piece of dry bread!"

The parson gave the tramp a dinner, and gave up praying with tramps.—*Tramps.*

College Athletics.

President Elliot, of Harvard University, has made the following recommendations as to the regulation of college athletics: (1) There should be no Freshman intercollegiate matches, or races; (2) no games, intercollegiate or other, should be played on any but college fields, belonging to one of the competitors, in college towns; (3) no professional student should take part in any intercollegiate contests; (4)

no student should be a member of a university team or crew, in more than one sport within the same year; (5) no football should be played until the rules are so amended, as to diminish the number and the violence of the collisions between the players, and to provide for the enforcement of the rules; (6) intercollegiate contests in any one sport should not take place oftener than every other year. Finally, if trial shall prove the insufficiency of all these limitations, intercollegiate contests ought to be abolished altogether.

These recommendations are surely in the right direction, and we heartily trust that as many of them as possible may be carried out.

There is perfect unanimity of opinion regarding the value of college athletics, but the excesses to which they have been carried are notorious, and the time has come for some decided reform.—*Medical Record.*

Transmission of Scarlet Fever.

In 1846 a boy eight years old was taken down with scarlet fever and died. One of the principal amusements of his illness was in looking over a large picture-book. After his death this, with several other useful playthings, was packed away in a trunk. Twenty-six years later, in 1872, the trunk was taken to England. It was opened the second day after its arrival; and the picture-book was taken out and presented to a boy two years old. During the next fortnight the little fellow was attacked with scarlet fever. It was a wonder to the doctors who were called in consultation, how the disease had been contracted; as there had been no scarlet fever in the town for years. At last it was suggested that the picture-book might have transmitted the disease; and the medical men in attendance, on being told the facts connected with it, agreed that it had retained the poison for twenty-six years, and then communicated it to the child.—*Boston Post.*

Use "Fog in Your Throat" Cough Lozenges—10 Cents. J. McKay, 335 Yonge Street.

Parson: "Good morning, Mrs. Brown. Is your husband's health improving?"

Mrs. Brown: "I'm afraid not, Sir. He seems awful bad. He tosses about and can't get any sleep at nights. Would you mind preaching a bit of a sermon to him before you leave? They are so soothing that I think it would send him to sleep if anything would."

Sleeplessness.

Habitual sleeplessness demands a thorough review of one's manner of living. If it be ascertained that the cause is mental worry, agitation, or overwork, the cure is carefully cultivated laziness. Care and culture will ensure a perfect balance, but it is too often the case that one chord is harped upon to the detriment of others; as a result the whole mental mechanism becomes impaired, very often destroyed. Reconstruct your habits as prudently and carefully as you would build your residence. Never suffer an exception to occur until the new habit is firmly rooted in your life. Each lapse is like letting fall a ball of string that you are winding up—so much time and labor are irretrievably wasted. Opium, chloral, and all artificial sedatives should be shunned and abhorred.

The healthy man, provided he has built good habits, will have gained the power of concentration, and by his will-power he will encounter still less difficulty in dismissing thought, and commanding sleep at pleasure. Napoleon and Napier are illustrious examples of such men; certainly their success was due in large measure to their good habits and consequent physical powers.

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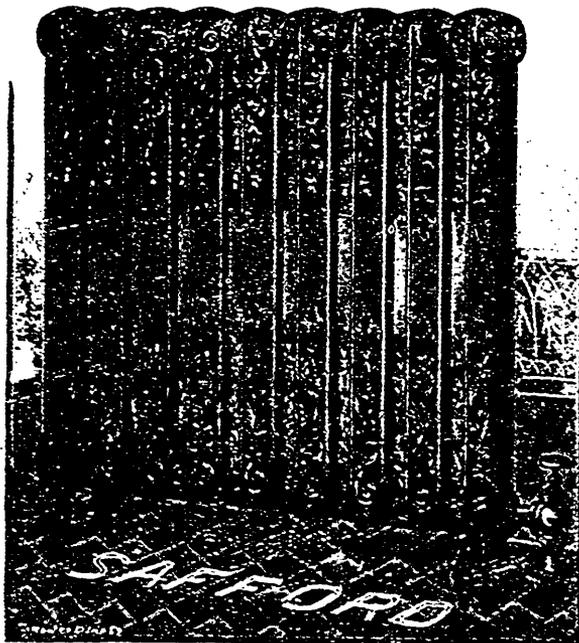
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Diet of Strong Men.

The Roman soldiers, who built such wonderful roads, and carried a weight of armor and luggage that would crush the average farm hand, lived on coarse brown bread and sour wine. They were temperate in diet, and regular and constant in exercise. The Spanish peasant works every day, and dances half the night; yet eats, only his black bread, onion and watermelon. The Smyrud porter eats only a little fruit, and sometimes olives; yet he walks off with his load of a hundred pounds. The Coolie, fed on rice, is more active, and can do more work than the negro fed on fat meats.—*Ex.*

Cheap Tooth-Brushes Dangerous.

An operation for appendicitis revealed the fact that the disorder was due to the presence of tooth-brush bristles. "Cheap tooth-brushes," remarked the surgeon, who had charge of the case, "are responsible for many obscure throat, stomach, and intestinal ailments. The bristles are only glued on, and come off by the half dozen when wet and brought into contact with the teeth."

This is a good argument to use at the counter in discouraging the sale of the cheap and, as the above item shows, dangerous tooth brushes with which the fancy-goods trade is flooded. It were better for the user to pay fifteen or twenty cents more for a brush well made, than to risk dangers attending the use of the cheaper makeshift.—*American Druggist.*

To Cure a Sty.

A sty is a small boil situated on the margin of the eyelid, and is generally the result of impaired general health.

On close inspection an eyelash may be seen in the centre of the sty, which, if early extracted, will cure the trouble; but if delayed, a small poultice of linseed-meal, or bread should be applied, and the pus removed. A very good remedy is prepared by rubbing well together the white of an egg and a little alum. Put it between two pieces of thin muslin and bind it over the eye for a few hours. To prevent further trouble the general health should be built up.

A Common Error.

Dr. Webster Fox, in the *Journal of the Franklin Institute*, maintains that the majority of blind people have lost their sight from want of proper care during infancy, and that nurses or mothers, who heedlessly expose an infant's eyes to the glare of the sun for hours, may be laying the

foundation of the most serious evils. He protests against permitting young children to use their eyes in study, and declares, that the eye is not strong enough for school work, until the age of seven to nine. Children should not be allowed to study much by artificial light, before the age of ten; and books printed in small type should be absolutely prohibited in the school-room.—*Times and Register.*

Purity of Speech.

Nothing so strongly indicates the man of pure and wholesome thought as habitual purity of speech. By his conversation among his own kind you may always pretty accurately form an opinion as to the moral worth of a man. It is there, when no restraint is supposed to be placed upon his words, that you discover his true nature. If he be given to looseness of discourse, or his mind wanders to the discussion of subjects proscribed in mixed company or respectable society you may justly mark him as one with whom association is undesirable.—*Ex.*

Broken Milk.

The methods of Siberian milkmen are unique. The people buy their milk frozen, and for convenience it is allowed to freeze about a stick, which forms a handle to carry it by. The milkman leaves one chunk, or perhaps more, as the case may be, at the houses of his customers. The children instead of crying for a drink of milk, cry for a bit of milk. The people in the winter time do not say, "Be careful not to spill the milk," but "Be careful not to break the milk." Broken milk is better than spilled milk, though, because there is an opportunity to save the pieces.—*Ex.*

A Lesson in Astronomy.

They were young and romantic, and, although the minute-hand was pointing to twelve o'clock, they stood upon the porch gazing at the stars. "That's Jupiter, dear, isn't it?" she murmured.—"Yes, pet; and that is Sirius," he replied, pointing to another star.—"Are you Sirius?" she cooed. He kissed her several times. Then he pointed upward, and said, "That's Mars, dove."—"And that's pa's," she whispered, as a footstep sounded inside; and if the young man hadn't scooted he would have seen more stars than he ever dreamed of. Her pa wears a 12½ with a brass toe.—*American Paper.*

A Glass of Water at Bedtime.

The human body, says a writer in *Hall's Journal of Health*, is constantly undergoing tissue change. Water has the power of increasing these tissue changes, which multiply the waste products; but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drink water are liable to have the waste products formed faster than they are moved. Any obstruction to the free working of natural laws at once produces disease.

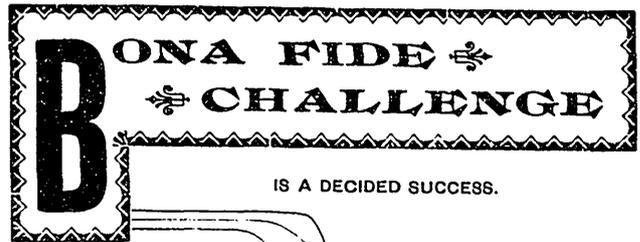
People accustomed to rise in the morning weak and languid will find the cause in the imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night, and leaves the tissues fresh and strong, ready for the active work of the day. Hot water is one of our best remedial agents. A hot bath on going to bed, even in the hot nights of summer, is a better reliver of insomnia than many drugs.

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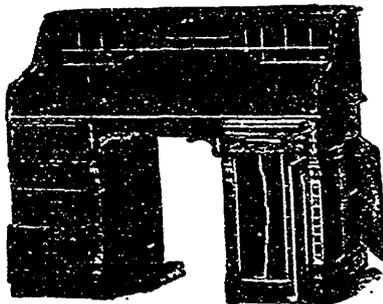
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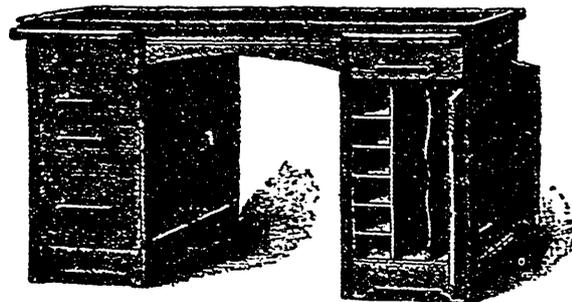
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EDITORIAL NOTES.

In presenting this Journal to the public, we desire to furnish reliable information relating to the health at all stages of life ; as well as other articles, that are of interest to everyone. We shall endeavor to have the articles short and pointed, so as not to weary the reader ; and at the same time evince that progressive spirit which is essential to success.

As the price is within the reach of everyone, we hope for a liberal support ; and are sure that those who send us ONE DOLLAR for a year's subscription, will not have cause to regret the investment.

The advertising in connection will be thoroughly reliable, being in every case subject to the approval of the Editor.

Human Inspection.

It should be the duty of every physician to teach people the necessity of having a thorough examination of their systems at regular intervals, such inspection being especially important when about to enter upon new duties. To ensure the success of such advice, the charging of moderate fees is necessary. As a protection against accidents, dangerous or fatal to human life, laws have been enacted requiring vessels, engines, boilers, bridges, etc., to be carefully inspected by experts at regular intervals. Yet the mechanism of the human body, which is more complex and liable at any time to get out of order, receives little or no attention until it becomes impaired by some insidious, long-standing and troublesome disease, which gives no more warning to the individual than slight discomfort or occasional anxiety.

By such careful examinations many affections might be warded off, made light, or radically cured, and thus human life and happiness be greatly prolonged. Mankind has long been the subject of such diseases as consumption, heart and nervous affections, Bright's disease, diabetes and malignant

growths. But since La Grippe has swept over our land the weaknesses of the system are more apparent, and heart, lung, kidney, and nervous affections, which are so insidious in their approach, causing no marked subjective symptoms, leave the person in ignorance concerning his physical condition, and of these some frequently result in sudden death. It is against such conditions that the honest physician by his careful examination will protect the masses.

Many are the instances in which an individual has been sitting talking, or eating and drinking in apparent enjoyment ; or, walking, running, jumping, or working, as if his system were in perfect health ; when suddenly he falls with a cry or gasp and life is ended. To such, periodic examinations would have been of inestimable value.

There is, moreover, in human inspection an important duty for dentists. The teeth should be examined at short intervals from the time of their eruption, on through life. This would preserve regularity and soundness, thereby protecting against that terrible malady, toothache, for which there is so little sympathy ; as well as preserving the natural shape of the mouth. The teeth require more care now than in former years, owing not only to heredity, but also to changes in climate and quality of food. The demand for artificial teeth is increasing, notwithstanding that dentists are using all available means to preserve the natural, but before the exchange is made much severe pain is endured through fear of filling or extraction, as well as from degeneration. Of this loss and suffering much could be avoided by a careful examination being made at regular intervals during life.

Synonyms.

Steal a chicken and you are a thief ; steal a \$1000 from your employer, and you are an embezzler ; steal \$5000 from the Government, and you are a defaulter ; rob your competitor on the stock exchange of \$10,000, and you are a financier ; rob him of from \$10,000 to \$50,000, and you are a wizard or a Napoleon of finance ; wreck a railroad and gather it in, and you are a "magnate ;" wreck a great railroad system, and you are a "railroad king ;" conduct a "negotiation" by which a strong nation plunders a weak nation of thousands upon thousands of square miles of territory, and make the weak nation pay millions of money indemnity for the wrong it has suffered, and you are a diplomat. Truly the "times are out of joint."—*Religious Herald.*



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NO man is nobler than another, unless he be born with better abilities, and a more amiable disposition.

HOWEVER great a man's power and influence may be, they are made greater by Christianity.

HE that walketh uprightly, walketh surely.

A kindly word, or a merry thought, does more to make a beautiful face, than all the cosmetics, and complexion-powders to be found in the market.

WHEN out for a promenade, do not walk along all bent over with head drooping and shoulders stooped. The head well poised and erect will keep the chest well out and the lungs inflated.

“**C**IRCLES are praised, not that excel
In largeness, but th' exactly framed ;
So life we praise, that doth excel
Not in much time, but acting well.”

—Waller.

THE true glory of a nation consists not in the vastness of her possessions, her fertile soil, or her natural beauties, but in the moral and intellectual superiority of her people.

FRIENDSHIP does not authorize you to say disagreeable things to your intimates; on the contrary, the more acquainted you become with a person the more necessary do tact and courtesy become.

IN bodily exercises a discretion is to be used ; nor are they equally to be undertaken by all.

DON'T ride in an open carriage, or near a car window, after exercise of any kind.

DON'T let young children sleep with consumptives. Neither suffer individuals disposed to consumption, to frequent localities inhabited by consumptive people.

REMEMBER that canker rash, scarlet fever, and scarlatina are the same as scarlet fever, and the same precautions must be used. Severe forms of scarlet fever may be caught from mild cases.

IN the battle of life we must make the best preparation we can, and then plunge in and take our chances with the rest.

THE commander who fights only when he is sure of winning never gains great victories.

THE amount of a man's virtue is best seen in presence of adversity, for its occurrence does not make a man weak, but shows what he is.

HE is prudent who strives now to be such in life as he desires to be found at his death.

SPEND less nervous energy each day than you make. Be cheerful. A merry heart doeth good like a medicine.

AVOID passion and excitement. A moment's anger may be fatal.

DON'T carry the whole world on your shoulders, far less the universe. Trust the Eternal.

NEVER despair. "Lost hope is a fatal disease."

TAKE this as a golden rule, that the breath should at all times, and under all circumstances, be taken into the lungs *only through the nostrils*.

GOLDEN RULE: "Do unto others as ye would that others do unto you."

"THERE are faces so fluid with expression, so flushed and rippled by the play of thought, that we can hardly find what the mere features really are. When the delicious beauty of lineaments loses its power, it is because a more delicious beauty has appeared; that an interior and durable form has been disclosed."—*Emerson*.

THAT low man seeks a little thing to do,
Sees it and does it;
This high man with a great thing to pursue,
Dies ere he knows it.

That low man goes on adding one to one,
His hundred's soon hit:
This high man aiming at a million
Misses a unit.

That has the world here—should he need the next,
Let the world mind him!
This, throws himself on God, and unperplexed,
Seeking, shall find Him.

—*Browning*.

"THERE are moments in life, when the heart is so full of emotion,
That if by chance it be shaken, or into its depths like a pebble
Drops some careless word, it overflows, and its secret,
Spilt on the ground like water, can never be gathered together."

—*Longfellow*.

A Sunny Disposition.

Give thanks for a sunny disposition, if you have it, an ability to look affairs in the face, and lastly—but not least—for the faculty of seeing the pleasant or humorous side of everyday life. If parents only realized how far this gift goes to oiling the machinery of home-life, preventing friction of temper, and causing general smooth running, they would encourage and not repress this quality in children's minds. Most children are naturally quick at seeing the funny side, which is nearly the same as the sunny side. What a difference it makes in a house whether or not there is a sunbeam person keenly alive to the ludicrous side of affairs!

THIS is an American's idea of what a favorite girl is: The girl everybody likes need have neither money nor beauty, which, in the world's estimation, constitutes social power; but she must have and does have a gracious manner, a certain graceful bearing, decided intelligence, instinctive generosity, and, above all, the greatest gift ever awarded to women—personal magnetism. Beauty is called the fatal gift; but personal magnetism, which is independent of beauty, is the gift of power; and, though scarcely recog-

nized at first, only relinquishes its hold with death itself. The popular girl always has this fascination in more or less degree; and, if with it go the other attractions of happy circumstances, she rules, the indisputable queen of her small sphere. Her friends do not analyze the effect she has on them; they simply like her, love her, and later, when the time comes, adore her.—*Young Ladies' Journal*.

A Smart Husband.

STRANGER (midnight)—"I should like you to go to No. 999 Suburb Avenue, to see my wife."

DOCTOR—"All right. I'll be ready as soon as I can get my carriage. Wait and you can ride with me."

DOCTOR (two hours later)—"I can see nothing the matter with your wife, except that she seems pretty mad at being waked up."

STRANGER—"Remarkable recovery, I must say. Here's your dollar."

WIFE (five minutes later)—"Why in creation did you bring a doctor to see me?"

HUSBAND—"The street cars had stopped running, and it was cheaper than hiring a cab."—*The Doctor's Factotum*.



The Hygiene of the Newly Born.

The following instructions to mothers and nurses, prepared by a commission composed of Moutard Martin, Bergeron, Parrot, Blachez and Dujardin Beaumetz, have been issued by the head of the Department of Public Charities, Paris:—

1. Till the appearance of the first teeth, i.e., between the sixth and seventh months, the only food of the infant should be milk, that of the mother preferably, if she be in good condition, otherwise that of a wet nurse. It is very dangerous to give an infant solid food of any kind during the first months of its life.

2. The child should be offered the breast about once in two hours, and less often in the night.

3. In the event of inability to provide woman's milk, the milk of the cow or goat may be substituted. This milk should be given warm, diluted with one-fourth part water, and slightly sweetened. At the beginning of the fifth month the milk may be taken pure. All other liquids employed to dilute the milk (thin gruel, bread-water, barley-water) are injurious.

4. In feeding the infant, glass nursing-bottles should be employed. These, especially the tubing and the mouth-piece, should be thoroughly cleansed every time they are used. Never allow the nurse to resort to those "sugar teats" with which some mothers seek to appease the cries of the infant, and which are sure to produce canker, and disorder, and indigestion.

5. It is not till the sixth or seventh month that one should begin to allow farinaceous substances with milk, such as bread, baked flower, rice, arrow root, mealy potatoes; these supplementary foods should always form a considerable part of the infant's dietary towards the end of the first year, to accustom the child to weaning. Weaning ought

not to be thought of till the first twelve or sixteen teeth have pierced the gums, while the infant is in a good state of health, and during the lull which follows an eruption of teeth.

6. Every morning the "toilet" of the little one should be made before suckling or feeding; this toilet consists: (1) in washing the child's body, and especially the genitals, which ought always to be kept clean; (2) in rubbing the head, on which it will not do to let scruff or dandruff accumulate; (3) in changing (at least every second day) the child's underclothing; (4) in giving a warm bath in which the infant should be held five or six minutes. The belly band ought to be kept on during the first month.

7. Swaddling clothes, which cause compression of the body, should be interdicted. The more freedom the young child has in its movements, the more robust it becomes, and the better its development. All swathing which encumbers the neck and head should also be discarded.

8. The infant should be protected against the injurious effects of excess of cold and heat, whether outdoors or in the house; within doors, the air should be renewed several times a day.

9. It is not safe to carry the babe into the open air before the fifteenth day, unless the temperature is very mild.

10. The child ought not to be allowed to sleep in the same bed with its mother or nurse.

11. The bed of the infant should be composed of oaten straw, soft thatch, or husks; the cradle should have curtains during the first months of infancy, and especially during the cold season, to avoid currents of air, but these curtains should never be completely closed. The babe ought not to be rocked.

12. There should not be undue haste in teaching the infant to walk; it should be allowed to creep on the floor,

and help itself up; walking-carts and baskets should be discountenanced.

13. The least indisposition on the part of the infant (colic, diarrhoea, vomiting, cough) should be at once attended to.

14. It is a good plan to vaccinate infants during the first three months after birth, or during the first few weeks, if an epidemic of small-pox is prevailing.—*The Canada Lancet.*

Convulsions.

Convulsion, or fits in young children are usually excited by some irritation, as overloading the stomach, with indigestible food; from the bowels being constipated; from temper; from fear; from worms; from the effect of teething, though this alone is seldom the cause; from hereditary tendency; or in nursing children, if predisposed, from the milk of the nurse, when used shortly after she has had a fit of anger, grief, or any other strong emotion. Blows or falls upon the head may be followed by these attacks. When a convulsive attack is excited, the clothes must be loosened about the neck and chest, and the child placed on its back with a cold cloth on its head.

If it has eaten something that has disagreed with it, an emetic of from half to one teaspoonful of syrup of ipecac, according to age, may be given, and repeated if necessary until it acts, administering a little warm water after each dose.

If the child does not recover at once, remove its clothes, and place it in a bath of hot water with mustard, to relax the muscles, taking care not to have the water too hot. Keep a cloth wrung out of cold water to the head; and when the child is removed from the water, it must be dried thoroughly, and well wrapped up.

See that it does not injure itself during the convulsive movements; and to prevent the tongue being bitten, place some suitable thing between the teeth on one side of the mouth.

The doctor should be sent for at once, as great danger might arise even from an apparently slight attack; and a succession of attacks might be thus averted.

Teeth.

In different classes of animals the teeth differ considerably in size, shape, and strength, so as to be well adapted for masticating the kinds of food they live upon. In some they are intended for seizing and lacerating, in others for

cropping and triturating, and in others for chizeling, etc.; while in man they are so varied, as to be adapted for a mixed diet of animal and vegetable food. Mankind has only two sets of natural teeth during life. The first, or temporary set, generally appears in the lower jaw first, about the seventh month; and continues to come for about two years, when there will be ten in each jaw. The second, or permanent set, absorbs the roots of the temporary, and appears from the fifth to the seventh year. The last molars, or wisdom-teeth, are cut any time between the sixteenth and twenty-fifth years, numbering altogether thirty-two in the permanent set. For convenience the names and the order in which they appear may be given in the following form:

Molar	○	24 m.	○	Molar	Molar	○	16-25 yrs.	○	Molar or Wisdom
Molar	○	12-14 m.	○	Molar	Molar	○	12-14 yrs.	○	Molar
Cuspid	○	16-18 m.	○	Cuspid	Molar	○	5 yrs.	○	Molar
Incisor	○	9	○	Incisor	B.	○	10-12 yrs.	○	Bicuspid
Incisor	○	7	○	Incisor	B.	○	8-10 yrs.	○	Bicuspid
					C.	○	9-12	○	Canine or Cuspid
					I.	○	7-9	○	Incisor
					I.	○	○	○	Incisor
							5-7 yrs.		

The duration of the teeth depends greatly on the care received. With proper attention there should be little or no tooth-ache with either sets; and the natural teeth could be preserved to a good old age. Have the teeth properly attended to, both in childhood and in after years, by a careful, practical dentist.

Use "Fox in Your Throat" Cough Lozenges--10 Cents. J. McKay, 395 Yonge Street.

TO A BUTTERFLY.

Butterfly,
Flutter by!
Under and over,
Haunting the clover,
Each flashing wing
Fashioning
Quivering glories,
Luminous stories!
Life in a miniature!
Swiftly to win a pure
Realm of ideals,
Hoping it heals.
Who can tell best
What is the quest?
Hoping is vain,
Thinking is bane!
Once again
Flutter by,
Butterfly!

G. HERBERT CLARKE.

Hours Apportioned.

The following table shows how the twenty-four hours may be apportioned for children from seven to fifteen years of age :

AGE.	EXERCISE.	WORK.	LEISURE.	SLEEP.
7	7	2	5	10
8	7	3	4	10
9	7	4	4	9
10	7	4	4	9
11	6	5	4	9
12	6	5	4	9
13	5	6	4	9
14	5	7	4	8
15	4	8	4	8

The Old Lady Knew it All.

A traveller once put up for the night with a simple-minded old couple in a lonely farmhouse. As he rode up to the door, he heard the old woman say, in a tone of deep conviction :

"There! I knowed somebody'd come before night, for I dropped my fork on the floor this morning, and it stuck straight up. Then I dropped the dish-cloth at noon—another sure sign of company."

In entering the home, the visitor carelessly struck his foot against the step, and came near falling.

"Ah!" said the old lady, quickly, "which toe did you stub, the right or the left?"

"The right," was the reply.

"That's good; it's a sure sign you're going where you are wanted. Pa, shoo that rooster off the fence. If he crows there, it will rain before morning."

A little boy ran into the room, crying out: "Oh, grandma, look! Here's a copper I found in the road."

"I'm not a bit surprised. Don't you, remember, Tommy, that you dreamed of finding a nest of hen's eggs last night? I told you then, that you'd find some money before a week."

A young woman was washing on a porch back of the house, and the old lady cried out :

"There, there, Susan, if you haven't splashed soapsuds all over the front of your dress! And if you don't get a drunken husband for it, I'm wonderfully mistaken. I've known that sign to come true, often and often. But you can keep it from coming true by hanging all the clothes on the line wrongside out, and you'd better do it."

So Susan did, as the traveller noticed, to his great amusement.—*Our Dumb Animals.*

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Oil-cloths will last twice as long if a layer of wadded carpet-lining is placed under them.

By rubbing with a flannel dipped in whiting, the brown discoloration may be taken off cups which have been used for baking.

MARBLE CAKE.—White of seven eggs, two cups white



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sugar, one cup butter, one cup sour milk, four cups flour, two teaspoons creamtartar, two teaspoons soda, yolks of seven eggs, two cups brown sugar, one cup molasses, one cup sour milk, one cup butter, five cups flour, two table-spoons cloves, one nutmeg, one and a half teaspoons soda.

Grease can be taken out of white marble by the application of whiting or Fuller's earth saturated with benzine, and allowed to stand a short time.

When baking cakes, set a dish of water in the oven with them, and they will not be in much danger of scorching.

Paint, varnish, or Japan, may be softened or easily removed from old surfaces with a solution of caustic potash.

It is better to cover food closely with a tin and place it over a basin of hot water, than to put it into the oven to keep hot for a late comer. This keeps it from drying.

Milk and butter should be kept air-tight. They absorb odours and gases, and are harmful to take into the stomach,

after remaining exposed for two or three hours. The germs that fill the air are attracted to milk and butter.

CHOCOLATE BISCUIT.—Take one pound of granulated sugar, half a pound of flour, one dozen eggs, and a quarter of a pound of grated chocolate. Separate the yolks from the whites, and beat the yolks and sugar to a cream. Whip the whites to a stiff snow, then mix in the flour, the yolks and sugar, and the chocolate. Put the mixture into little paper cases, dust over with fine powdered sugar. Place them on baking-sheets, and bake in a moderate oven.

FLAT-IRONS.—Wash them once a month in ammonia soap-suds, wipe and dry. If they are rough, polish them on sand-paper; or, on coarse table-salt spread on a bit of board. When wanted for use, rub the bottom of the iron with cloth, in which a piece of bees-wax is folded, then wipe thoroughly. When not in use, flat-irons should be kept in a dry closet, away from dampness and dust. Cooling them, when too hot, by dipping them in water, will very soon spoil them.

It is stated, that if a pail of water containing a handful of hay, be placed in a room where there has been smoking, it will absorb all the odor of the tobacco.

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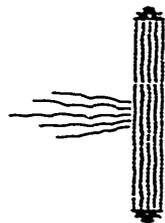
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