

WALKING FOR THE HEALTH

A FEW PRACTICAL HINTS BY A MAN WHO KNOWS.

Expands the Chest and Strengthens the Lungs—Its Many Advantages.

Without exception, walking is the finest and most healthful form of exercise and recreation extant. It is Nature's only system of human locomotion, and as such it brings into action all the muscles of the body, from the tips of the fingers to the tips of the toes, at one and the same time. More especially is the influence of walking asserted in the development of the muscles of the chest, abdomen, and thighs. In my own case, since I have indulged in pedestrianism, the normal measurement of my chest has been enlarged from 36 inches to 40½ inches, writes Mr. W. J. Sturges, the world's fastest amateur pedestrian, in London Answers.

But the influence of this exercise is not only confined to the physical betterment of the human frame; it affects the mind as well, and, as a matter of fact, the harmonious combination of the brain and body is absolutely essential if any benefit is DERIVED FROM WALKING.

The most recommendatory feature of this form of health improvement is that it is available to all, excepting, of course, those afflicted with a physical deformity. Persons of weak and delicate constitutions, those in the earlier stages of consumption, those subject to kidney and liver disorders, and those with highly-strung nerves—all should make a point of participating in pedestrianism.

They will be considerably relieved, and, in course of time, provided the exercise is maintained, will be completely cured of their ailments. From experience I have found walking of inestimable benefit in the case of consumption, so long as the malady has not obtained too strong a hold, since walking expands the chest, strengthens the lungs, and consequently by this treatment of the healthier portion of the respiratory organs, the disease in the affected part is ultimately eradicated. A person who indulges regularly in a good walk enjoys an enviable

IMMUNITY FROM ILLNESS.

When I was a child I was a constant source of trouble to my parents. I was unable to walk when I was three years of age, owing to rickets, and, thereafter, until I first commenced to train for pedestrianism, I was constantly ailing. Since that time, however, I have been a complete stranger to illness of any description.

Walking has many advantages over other forms of athletics. The weaker spots in the frame rapidly assert themselves, and are then slowly and gradually built up and strengthened. General gymnastics and other sports are too violent in their character to achieve this same end. By the latter methods, of course, the muscles are benefitted and developed; but, as is well known, they are hard and knotty. Such muscular power is not what is requisite to preserve the health. The muscles should be strong, but perfectly pliable. The possession of hard muscles is a bad sign, and their presence retards rather than assists walking.

A man whose business demands his close confinement in an office throughout the day, should make a point of taking a good

SHARP WALK EVERY EVENING

—or, better still, if the distance of his residence from the scene of his employment is not too great, he should walk to and fro. As a rule, when he leaves the office at the end of the day, he feels somewhat jaded and tired, and invariably seeks the assistance of the nearest train or other means of transit to carry him home. But this is the very time when he should walk. It is absolutely necessary to dissipate the languor and tiredness of the body, revive the nerves, to clear the lungs from the impure air inhaled in the office, to set the blood once more in good circulation; and, last, but not least, clear the brain and relieve the mind from all worry incidental to business. These functions can only be achieved by means of walking.

A large proportion of people indulge in a ten minutes' dumb-bell exercise every morning upon rising, but half an hour's brisk walking would be far more beneficial, for the simple reason that the former exercise only affects certain muscles of the body, while the latter sets the whole machinery of the human frame, which is similar to an engine, in motion. A person whose occupation is indoors, or precludes him from taking much walking exercise, can reap much benefit by swinging his arms briskly to and fro when walking from one room to another. This will serve to open his chest somewhat, and prevent the

MUSCLES BECOMING RUSTY.

The possibility of becoming a good walker is available to all, and depends, to a great extent, with any elaborate preparations. First, the tyro should devote his energies to the cultivation of a good style and carriage. The body should be carried erect, but not stiffly so, and the head held easily up in order that the air may have a free, wide passage to the respiratory organs. The

arms should be swung freely, since they act in precisely the same manner as the cranks of an engine. When the arms cease swinging the legs come to a stop.

The muscles of the thighs must be strengthened, because they should carry the weight of the body. This object may be achieved very easily, even when walking through the streets. Describe an imaginary straight line upon the pavement, or take the line of the kerb; then swing each leg round at each stride so that the centre of the heel is brought on to the line on the ground.

By this action at each step the leg will describe an arc, the foot descending always upon the same line. At first this method of walking will be found somewhat fatiguing, especially round the hips. In a very short time, however, this pain will pass away, and the sinews and muscles will develop.

To train regularly, it is advisable to start with a short, determined distance, to cover this slowly at first, and, as proficiency is attained, to decrease the distance and increase the speed of walking. Soreness in the shins will manifest itself, as well as strains in the hips and other parts of the body. The best palliative for these pains is a warm bran-poultice, frequently applied to

THE AFFECTED PART.

Spirits should on no account be taken, as the kidneys and other organs are susceptible to disorder from this source. Tea and coffee should be avoided, if possible, and also mineral waters. Good plain food should be eaten, comprising mutton, fruits in season, and all vegetables with the exception of potatoes.

Many persons refrain from walking owing to valvular affections of the heart, but no apprehension need be entertained regarding danger in this connection. Pedestrianism strengthens the muscles of the heart, though where persons suffer from such troubles the walks should at first be short and easy, so as to accustom the organ to the exertion, gradually increasing the exercise as the muscles are strengthened. The person should also partake of a glass of dry sherry and egg every morning immediately upon rising, as this acts as a tonic to the heart. In the cases of people with narrow or weak chests, there is no more efficacious cure for the malady than walking. By enlarging the chest, it prevents congestion at the lower part of the lungs, which, if allowed to remain stagnant there, develops into phthisis.

PLAN NOW FOR SUMMER TOURS

No matter where you are going, if in the United States, write to Fred. P. Fox, care Lackawanna Railroad, Buffalo, N. Y., for rates and routes. Very cheap excursions during the summer to Atlantic City, Boston and New York. Excursion rates now in effect to all resorts. Plan now.

Ladies are like watches—pretty enough to look at, sweet faces and delicate hands, but somehow difficult to "regulate" after they are set going.

Minard's Liniment Cures Coughs in Cows.

EASY IDENTIFICATIONS.

It Isn't Always Hard to Get Along With Supposedly Exacting Officials.

A story is going the rounds of German newspapers about the curious experience of a professor in a German town who wanted to cash a postal order. The post office attendant to whom he applied told him that he would have to be identified. The professor was unknown in the community. He was much troubled, for he needed the money. The post office man presently became sympathetic and expressed a desire to be helpful.

"Have you not perhaps a photograph of yourself with you?" he asked, after some moments of pondering.

"Why, yes, indeed, I happen to have one in my pocket," said the man of learning, and he drew it forth and handed it to the Government employee.

"Indeed, yes, that is you indeed!" said the helpful Teuton; "here is your money."

An American business man had an experience which matches this in London last summer.

He discovered on the Channel boat on his way back from Paris that his Paris hotel bill contained a charge of 15 francs which was obviously an error. Not being a pessimist, he refused to believe that the Paris landlord was a thief, and from Dover he wrote to him, calling attention to the erroneous charge and asked that the 15 francs be remitted to him at his London address. Experienced travelers may smile at his confidence, but he avers that in a considerable experience of his own he has learned that most business men are square in their dealings when they are squarely met.

In London he received a money order for the 15 francs, and when he presented it at the general post office he was asked to write his name as a receipt. When he handed the paper back the man at the desk said that he could not pay out money

ON THAT SIGNATURE.

The American was in a quandary

until it occurred to him that he signed his name as often with his first name and middle initial as he did using only the two initials. He couldn't recall how he had signed the letter to Paris, but as he had just signed his first two initials only to the postal receipt and had been turned down, he concluded he must have put his first name and middle initial to the Paris letter.

He explained matters to the clerk and offered to write the other form of his signature, which the clerk bade him do. After looking at the second signature the clerk told him to write between the two signatures the words "described as," so that the paper read: "W. W. Blank, described as William W. Blank."

Then the critical British clerk paid him his money.

When the story was told to a scientist, he said, falling into the vernacular:

"I turned a trick similar to that once myself. I was traveling from France to Italy in the days before passports had gone so much out of fashion. I had my passport in my trunk instead of my pocket on this occasion. It was night when we reached the Italian border and an Italian official politely asked me for my passport. With something of an unpleasant feeling of imminent annoyance, such as these men can cause if they want to, I explained that I had packed my passport in my trunk.

"To my relief the man, still most politely, asked if I had my visiting card with me. I said that I had and produced one. He looked at it. "That is quite sufficient," he said, and I continued my journey."

Small Politician—"I want to talk to you, sir, about a remark you made respecting me in your paper. You called me a political jobber, sir!"

Editor—"Yes, it was a very annoying typographical error, and I promptly dismissed the compositor." Small Politician—"Ah! Then you didn't mean to call me a 'jobber'?" Editor—"No, sir; I wrote 'robber' very distinctly."

For Over Sixty Years.

AN OLD AND WELL-TRIED REMEDY.—Mrs. Winslow's Soothing Syrup has been used for over sixty years by millions of mothers for their children while teething, with perfect success. It soothes the child, softens the gums, allays all pain, cures wind colic, and is the best remedy for Diarrhoea. It is pleasant to the taste. Sold by druggists in every part of the world. Twenty-three cents a bottle. Its value is incalculable. Be sure and ask for Mrs. Winslow's Soothing Syrup, and take no other kind.

23-74

He kissed her suddenly. "Well, I like that!" she cried. "So do I," he answered, calmly, and she let it go at that.

At the Yarmouth Y. M. C. A. Boys' Camp held at Tuskett Falls in August, I found MINARD'S LINIMENT most beneficial for sun burn, an immediate relief for colic and toothache.

ALFRED STOKES, General Secretary.

Minard's Liniment Cures Distemper.

Men over 40 years old are rarely attacked by typhoid fever. There was only one case in the Soudan campaign of a man over 40 dying of typhoid.

Minard's Liniment Cures Diphtheria.

There are at present in the British Isles 5,546 private persons with incomes of between £1,000 and £2,000 a year, in addition to 7,441 firms and 3,119 companies.

CHRISTIAN ENDEAVOR, DENVER

For the International Convention at Denver, July 9th to 13th, the official route selected by the Transportation Managers for Ontario and Quebec is via the Chicago and North-Western and Union Pacific Railways. Special train of tourist sleeping cars through to Denver. Tickets on sale July 6th, 7th and 8th. Return limit August 31st, 1903. Very low rates from all stations in Canada. Write for official Christian Endeavor folder, rates and full information to B. H. Bennett, 2 East King street, Toronto.

Warwickshire, Lancashire, Durham, Northumberland, and Staffordshire have the heaviest death-rates of any English counties.

Minard's Liniment Cures Colds, etc.

The world's wheat surplus of the crop of 1901 is put at 13 million quarters, about half as much as the United Kingdom uses yearly.

Page Metal Ornamental Fence

Handsome, durable and low-priced. Specially suitable for front and garden fences in town lots, cemeteries, crofters, etc. Retail for 20 CENTS PER RUNNING FOOT. Just about the cheapest fence you can get up. Write for full particulars. Use Page Farm Fence and Postery Netting. The Page Wire Fence Co., Limited, Walkerville, Ontario, Montreal, P. Q., and St. John, N. B.

1-2-27

VALUABLE KNOWLEDGE.

The unique botanical knowledge of Sir George Birdwood, one of the most erudite men in the India service, once enabled him to perform, almost unconsciously, a neat bit of detective work. He was in Bombay when he was asked to investigate the case of a young nobleman who, in applying to the governor for an appointment, represented that he was just out from England, and that his letters of introduction had been lost on the voyage.

A few days after Doctor Birdwood, as he then was, had undertaken the investigation he met the young nobleman at dinner at the governor's house. The table decorations of orchids suggested a conversational opening, and Doctor Birdwood's praise drew from the young nobleman sitting opposite:

"You should see the Amherstia nobilis in its native woods, sir."

It was a fatal remark.

"You come from Rangoon, then?" instantly exclaimed Doctor Birdwood. The pale face, the silence that could be felt, the request of the young man that he might leave the table, all prepared the governor and the company for the subsequent discovery that he had absconded from Rangoon with some public funds.

Charlie—"How in the world, Gawge, do you manage to see with that single eyeglass of yours?" Gawge—"My dear fellow, I see with the other eye."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & Co., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm. WEST & TRUAX, Wholesale Druggists, Toledo, O. WARDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c. per bottle. Sold by all druggists. Hall's Family Pills are the best.

The value of last year's mineral output of the United Kingdom, exclusive of stone, etc., dug from shallow quarries was £115,331,713.

CHEAP EXCURSION TO DENVER

The Wabash will sell round trip tickets to Denver, Colorado Springs or Pueblo, Col., at less than the one way fare. Tickets on sale July 6th, 7th and 8th, good to return any time before August 31st, 1903.

Passengers going via Detroit and over the great Wabash line, can go via Chicago and Omaha, return through Kansas City and St. Louis without extra charge. This will give passengers the grand opportunity of seeing the World's Fair buildings at St. Louis. All Wabash trains stop at the Fair grounds.

For full particulars address J. A. Richardson, District Passenger Agent, northeast corner King and Yonge streets, Toronto.

Of every 1,000 bachelors who marry in England, only 2 are over 55, but of 1,000 widowers who remarry, 196 are 55 years of age, and upwards.

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