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retary and Physical Director.

The recent lassitude in Y. M. C

A. circles has changed to one of ac-

tivity, and at a recent meeting of the

Board of Directors a new secretary

and physical director was engaged,

and the Association promises to boom

J. J. Thompson, of the Toronto West

End Y. M. C. A. and these men will

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men are, the work is bound to go

forward. The physical department of

the Y. will receive better attention

than heretofore. All members are re-

Don't take home troubles of the

sideration because you are a woman.

scent. Your particular kind of per-

fume may be exceedingly obnoxious

appropriate blouses.

dress or manner.

cess in Lindsay.

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NEWTON SMALE,

Assistant.

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SAVINGS BANK DEPARTMENT Deposits of \$1 and upwards received; interest allowed at current rates and paid quarterly. The depositor is subject to no delay whatever in the withdrawal of the whole or any portion of

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- ONTARIO. office and air them there, the Ontario Veterinary you or those for whom you work. als receive prompt attention day or one to office, King Edward Hotel.

DR. POGUE, DENTIST, Searly Opposite Post Office optial attention given to Children's

HAROLD V. POGUE, D.D.S., L.D.S. to those about you, | Latt ...

* Some Remarks on

By "THE STROLLER."

We see that our old friend, and preceptor, Jas. L. Hughes, Pub tic School Inspector for Toronto, has returned from the old land thorou; hly imbued with the idea that we neled more physical training tage; ht to lour children than we have. We think the majority of parents, who have the welfare of their children at heart, will agree with this. Some are inclined to the idea that there is too much "play" and not enough "work" at our schools now, especially the higher up we go. The chairgion Rugby team of a Collegiate or University, gets column after column of attention in the newspapers, whilst it is at work, and it would give one who did not know, the imbusiness of that Collegiate or University, forgetting that the Rugby team and its admirers, form an al most infinitesimal part of the whole, Physical training, however, cannot be described as "play". If part of the curriculum, it would mean a thorough examination, by a physician, of every scholar who would determine the particular needs (physically) of each, and they would be develop those parts of the body that laid out, would be done daily, the there would be exercises in which aff would partake, such as walking. breathing, etc.

We only need to look at the chil dren attending any of our schools, to see the great need of physical train-We read with a great deal of

hollow-chested honor graduates, however, of a staff of teachers go age boy or garl all round, mucher than a few honor ones and whole grist off ne'er do-weels, is correct. The trouble is, that human nature, in a teacher, would rather lead him to have, say, five of his class pass with first-class honors, and the rest be starred, if necessary, thun all the class simply pass on a good average In the recent examinations, a gupil from Markham sweet everything in sight, and most people will give Markham school great cre dit, although it may not have turaed out another graduate. As a mitter of fact; a pupil like that would turn out well from any ischool, or no school at all, but as the Doctor rather have every scholar - espothose in every class-turned out a estelliations plus a lot of sticks.

dicious expenditure, by our Board, on the people he represents, and it would those boys or girls who behave the that have been passed by any ieg the greatest national sin we have are the children of parents who take islature on this continent was that is indifference. True, it would mean most interest in Foreign Missions. passed last month by the Georgia self-sacrifice on the part of the Evidently "Farmer" has not had logislature, whereby the negros were member, but after all, the oulk of much to do with the inner working distranchised entirely in that State. the good that is done in the world is of any church. If he had, he would No one, who has followed Southern done by self-sacrificing people, and know that the invariable rule is, that history, will be surprised at this they all have their reward. action, nor at similar action being taken by any other of the States south of Mason and Dixon's line There is no getting over the fact that the negro question has been, be paid, the same as any other pub- tizens in the community, take them is, and will continue to be, for all die servant. A great deal of up- in any way you choose, and that time to come, the question of ques- grobrium has been sought to loc tions in all the Southern States. cution, that he who sows to the men to trive of their timeters to this refuse to this refuse. wind, shall reap the whirlwind, and another where it says that "the fa- should pay them a fair compensation. we presume he means on one subther's sins shall be visited upon the children unto the third and fourth generations." To an unprejudiced The new men are Messrs Cook and results of the breaking of both of earn half their idemnity anything relaped in the South to-day! For considerably over one hundred years. slavery, with all its attended crimes and horrors from its initial stage, where homes were ruthlessly broken up in Africa, in its deathly trail

WILSON'S - SOLD BY -Don't sprinkle yourself with heavy

will last a whole season.

Things in General

"OSHAWA" GALVANIZED gression that that was the principal crimes that were committed-murdits almost countless cost of money told off to the classes in which they a chance, and he made fairly good ary interest, and yet he gives up the would get the training best titted to use of it. When you take into con- impression, at times, that he would told to their physician at this critical

other day, on this idea of cramming children, to the detriment of their health. Whilst there may be a few would not be intalined to be so sweep ing as the genial Doctor. His idea ing in for getting out a good aver-

We verily believe regular physical training would help any school other thing we know of. If the body its attendant horrors, over this same lives changed by it, and whilst they is kept in good shape, the mind is negro question. art to be in good shape too. If the body is weak and sickly, the mind vantages on your savings angue that physical training can be loyal opposition at Ottawa, is tour- thing happening, with the same sucdone at home. We venture to say ing the country in the interest, of jects, with another scholar in whon deposit. Our interest rates that there are not more galin a doc- his party in particular, and of the we are interested? en rooms in this town, where one whole country in general. We beare substantially higher than could swing a cat, let alone a pair lieve it is a good thing for every pody the track, as we wanted panticularly of clubs, without knocking over some when a man of Mr. Borden's a tain- to remark on his other points. He bric-a-brack, or an electric light, or ments and worth, takes the trotole speaks about parents wasting their a kid. Then there are the lessons and is willing to sacrifice his time over the children of India and and the regularity - how many par- and money on a tourt such as this is Japan, instead of looking after their ents have the time or knowledge to likely to be, in educating the people, own, evidently meaning that those devote to them, even if they had the More than once we have advocated a who are interested in Foreign Misroom? What is needed is plenty of more general use of the public meg; sions are neglecting those at home. room, with plenty of fresh air, and ing, not only by the leaders, but by Now, we don't know "Farmer", and regular exercises, under a compet- the back-benchers. We think ev- we don't know the boys he sparks ent instructor. That can only be ery member ought to endeavor to or, but if "Farmer" has the done at school, and we very much, hold a series of meetings in his con- price of a barrel of flour in his mistake the feeling of our towns- stituency, between sessions.

across the ocean in the abominable





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er. dicentiousness, separation of famillies, all so well depicted in Uncle Tom's Cabin, could not but oring a curse on the people who were ressponsible for them! The great oastigation, of course, was the war, with

That, however, did not settle the have taken the matter up, along the matter by any means. An amendment lines we advocated it is not neceswas added to the constitution, wheraby no one was to be departed from sary to say anything further on the citizenship for his color, creed, or subject. "Farmer" says he reads anything elise. This gave the negro our remarks with more than ordinsideration the fact that, before the like to biff us with a stuffed alub war, the negro was looked upon as such as they use in Harleguin. Well, moded it most. The exercise, thus a chattel, used and sold as such, and there are others, only some of them that mine-tenths off them could not would prefer the club neat. Farsame as an arithmetic exercise. Then tell who their father was, is it any mer" needs to be careful or he will lower limbs, eyes dim, desire for solitude; getable Compound my periods were irregwonder that they have been slow to get himself into trouble. He says take in all the advantages that they be has seen boys by the score going might have done? Years of slavery to and from the Collegiate smoking and degradation had so warped their chgarettes and otherwise misbehavmoral natures that it is really sur- ing themselves. Some one will be prising they have come along as will calling out for names, and if "Facas they have. These Yanks are a mer" is known, he will get the glasgreat nation of blowhards and in- sy stare and have lots of things said consistencies. When you remember about him that will be far from compleasure Dr. Burraws' letter, the the fact that the cause of their plimentary. It will not matter that rebellion against Britain was for the be has called attention to a fact, and great principle that he who pays the a well known one at that. It is tax shall say now it is to be spenie discreditable, therefore, he should not and then remember that one State speak in print. han disfiranchised half of its popula- If "Farmer" has followed our retion, although it will continue to marks, we think he will admit that

a freest nation under the sun.

men, if they would object to a ju- would keep him more in touch with for the benefit of the Hospital, that keep the people interested in the af- best, and pay most attention to their One of the most portentous acts fairs of the nation, for, after all, teachers, either in or out of school,

A great deal of nonsense has been itself are those who take most inwritten about the leader of the op- terest in, and contribute most, to position accepting a salary. really do not see why he should not They are also, as a rule, the best orsent us, it is only reasonable that wa It may be quite true that some that jeet-Socialism. "Farmer". if we reare sent there are not worth the member aright, is a Socialist, and money, and also that some could not we imagine the trouble with that the constituencies that gends them talking through their hats. They are there. Now, if an ordinary mem-be, who has no responsibility, as far tions," until it gives one a pain in as the running of the House or Gov. the neck, as if they, of all people, tion is worth all he gets, Although he holds not official place under our say for a hundred years, and take up constitution, he yet is a wery news- something practical, such as the pubsary and very important item in it. lie ownership of public utilities, the side of the Premier. Such being the they die. If they would start with Item published the following; if we expect the work tobedonepro- the bar in local affairs, and gut as perly. As a rule, he is expected to much strenuousness into them as devote all, or nearly all, of his time, they do into talking about "condioutside of the session, to his parity's tions" there might be some credit acprofessional man, that his income sight of. stops, and if a business man, that he has to hire a competent man to look after his business.

Conservative press said about the new ministers last week, we are evidentily getting two pretty bum enacacters to run these great spending departments. At a private or nonpo'itical gathering, when Laurici and Borden or their subs meet, they don't seem to be able to speak too flatteringly of each other, and on the plutform it is just the opposite. We believe it is this phase of our national life that gives critics, such as Goldwin Smith, the impression that there is very little difference between the garties - both are simply after the loaves and fishes. Now, we are Gritty - very Gritty - but we don't imagine for one moment that all the white wings are on our side, nor all the cloven feet on the other - not by a flarge majority, and we fail to see what is gained by this continual belittling and blackguarding of the opposite side, that some speakers and papers pursue. It would not be a bad idea were those that way inclined to take a leaf out of the example of a good, bang-up commercial traveller. One of this kind zenthe slave States, was carried on up erally has very little to say about held and defended, by those twin the opposition house, especially its knew better, but who, for greed and sbortcoming; as a rule he confines pelf, would not see. The countless himself to his own house and his own goods, showing up the good points

> "Farmer", was good enough to make some animadversions on the remarks we made regarding the recent cr aminations. As the school board

make them pay their taxes, we can we have very strong views on the residily see the crass inconsistency of question of allowing children out at their contentions as to being the might and other equally serious faults, and have referred to them It is not the worst element they so often that we feel sometimes we have distranchised, either. Taose are overdoing it, although we know who know the facts, tell us that the too much warning cannot be given most useless and shiftless part of the those parents who are inclined to be population of the South is what are careless. We must admit that all termed 'poor white trash'. Even | "Farmer" says about the superiority the negroes despise them, and yet, or country boys to town boys is borne for the sake of these cumberers of out by long experience, but as to the ground, the State refused to whether they are in the majoraty at make the test of citizenship an ed- those who passed this time, we are ucational one, for it would have not in a position to say, but we barred out almost as many whites as rather think they are not. It may neigroes, It remains to be seen surprise "Farmer" when we teld him what the rest of the States will do that we were not hitting particularin the matter. No doubt, one by ity at this Collegiate in our gremarks, one of the Southern States will fol- although it afforded a very good says again, he may not amount to low Georgia's example, but it will de- text. When writing we had parshucks in after life. We would far pend on the actual treatment they ticularly in mind a Collegiate of 35 mete out to the negroes, as to the years ago, where what we describcially the laggards, and there are attitude the North will take. If it ed actually happened, one in a more partakes of the treatment accorded aggravated form; not only that, but good average, than have a few con- them before the war, there will no the same thing happened in the same doubt arise champions, such as Gar- school, with the same teachers, and rison, Phillips and Lincoln, and it is the same subjects, just 25 years alwithin the bounds of possibility that ter. The two parties most interalong, educationally, better than any there may be another clash, with all ested had the whole course of their

did not have to go pounding sand for a diving, it was no fault of the tauch At the time we are writing thit, ens. Is it any wonder, we should is apt to be the same. Some may the honored leader of His Majory's feel grouchy, when we saw the same However, "Farmer" has got us off

pocket, we will wager one with him, the best givers to the local church both Home and Foreign Missions means that they regulate and rule of "Farmer's" criticisms, or guesses opinions expressed are different -traternity is, that for all practical

One Month in Jail.

There is one feature, however, that | ing in Nestleton, went into the Star side, of either its men or its poly, month in fail by Magistrate Jackson well calculated to exert an elevating shought it was stationery."

Mothers Should Watch the Development of Their Daughters-Interesting Experiences of Misses Borma's and Mills.



which is of vital interest to her young Dear Mrs. Pinkham: - (Second letter.)

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful consulted several doctors, but they failed to laws and penalties.

Girls' over-sensitiveness and modesty any benefit from their treatment. I followoften puzzle their mothers and baffle ed your advice, and took Lydia E. Pinkphysicians, as they so often withhold their confidence from their mothers and conceal the symptoms which ought to be

When a girl's thoughts become sluggish, with headache, dizziness or a disposition to sleep, pains in the back or friends, her mother should come to her "But since taking the Compound my aid, and remember that Lydia E. Pink- headaches have entirely left me, my periods ham's Vegetable Compound will at this are regular and I am getting strong and well. time prepare the system for the coming I am telling all my girl friends what Lydia change, and start this trying period in E. Pinkham's Vegetable Compound has a young girl's life without pain or irreg- ton, Iowa.

and from mothers, expressing their for them, have been received by the Lydia E. Pinkham Medicine Co., at from a source that has no rival in the

ing letters to Mrs. Pinkham, which will followed, put her on the right road to a be read with interest : Dear Mrs. Pinkham: - (First letter,)

If you know of any young girl who Hundreds of letters from young girls is sick and needs motherly advice, ask gratitude for what Lydia E. Pinkham's her to address Mrs. Pinkham at Lynn. Vegetable Compound has accomplished Mass., and tell her every detail of her symptoms, and to keep nothing back.

Miss Mills has written the two follow- experience of woman's ills, and it will, if

strong, healthy and happy womanhood. Lydia E. Pinkham's Vegetable Com-"I am but fifteen years of age, am depressed, have dizzy spells, chills, headache and backache, and as I have heard that you medicine that the world has ever known.

"It is with the feeling of utmost gratitude

that I write to you to tell you what your

I wrote you in regard to my condition I had

understand my case and I did not receive

ham's Vegetable Compound and am now

healthy and well, and all the distressing

symptoms which I had at that time have

disappeared."-Myrtle Mills, Oquawka, Ill.

Miss Matilda Borman writes Mrs.

"Before taking Lydia E. Pinkham's Ve-

ular and painful, and I always had such

Pinkham as follows:

can give helpful advice in my condition, I | Why don't you try it? Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

Raspberry Vinegar, Lemon Squash, Lime Juice

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SPECIALS—Table Glasses in all varieties. Limoge China at cheap prices. New Cut Glass, etc., etc.

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PUMPS .- One Plunger Pump, size 21 in. by 10 in., belt driven, complete with pulleys, suitable for feeding steam boiler or pumping water a long distance. One Northway Duplex steam Pump, size 3 in. by 2 in. by 3 in., discharge pipe 11 in. One Suction Pump, belt d iven, size of chamber 3 in. dia. 16 in. stroke, suitable for pumping water to stock or fire purposes,

The above are all in first-class condition and can be seen working. Owing to extensions being made these must be replaced with pumps having larger capacity. One Hancock Inspirator No. 12, 3-4 in.delivery. 1 No. 4 Sturtevant exhaust fan, 10 in. pipe, solid iron, 1500 revolutions per minute, good as new. One large steam thrown at the members of parlie. their families properly. Another one heater containing 850 running feet of 3-4 in. pipe, 70 return bends, 2 headers, constructed for high steam pressure, can be taken apart and used for separate radiators

THE HORN BROS. WOOLLEN CO., LIMITED.

DEATH OF WM. COCHRANE.

else, but that is entirely withe fault of purposes, most of the time, they are Former Resident of Victoria County Dies at Lynn, Mass.

At his residence, 60 Howard street, Lynn, Massachusetts, U. S. A., ernment is concerned, is worth \$2 . could alter them. If they would give August 17th, 1907, William Cochrane soncerned, is concerned, is worth \$2 up their nebulous vaporing on con- passed peacefully to rest, after an | 500, surely the leader of the Oppost- ditions, or at least lay it to one sade, illness of two days. The deceased was passed peacefully to rest, after an Justly with all. His generous heart born in Dalmeny, near Queen's Ferry, about 8 miles from Edinborough, Practically he has as much, if not abolition of the bar and other ab- Scotland, a brother of Mr. John Cochuses that are ever present with us, rane, of Cambray, and a brother-in- ing them the only consolation which more, to do, and certainly more than the words can convey, that the his mind in the way of worry, than they would have some change of do- law of Mrs. James Roy Cochrane, of mere words can convey, that the his mind in the way or worry, that the any member of the Government, out they worth while before I tem published the following: side of the fremier. Such being the the acquiring of the telephone in nato compensate him in some measure, the her in local affairs, and the abolishing of Hall. Monday evening. Ang. 19 the

events, it has pleased the Divine Rui- they be spread upon the records, the outside of the session, to his paint to them before they are last er of the Universe to summon into charter draped for 60 days, and a His presence one of our beloved clans- | copy of the resolutions be published men, in the person of William Coch- in the Lynn Evening Item .- (Commitrane. Therefore, be it

mously adopted;

Henry Campbell, an ex-soldier, liv- Resolved, that the clan, by this sad dispensation, has lost a most honor-

bim. And while we realize that by his departure a void has been created in our midst, that cannot easily be filled, we feel no less that the community has lost a valuable citizen-His public, no less his private, career has been marked by integrity of parpose and the manly desire to deal harbored no ill will, and his genial menners won the love of all who

influence over those associated with

Resolved, That we sympathize deeply with his afflicted family, tender-

following resolutions were unani- | Resolved, That a copy of these resolutions be engrossed and sent to Whereas, in the course of human the family of the deceased, and that tee.)

The merchant-"Why. I always

DRUCCISTS, CROCERS AND CENERAL STORES we do not like to see, and it applies Clothing store on Saturday and stole was an ornament to the position he to both parties, and to both the Constable John Shortt arrest bald on the Drummer—"The price of writspeakers and the press, and it is the a hat. Constable John Shortt arrest- held and who, by his cultivated ing paper has gone up." unnecessary belittling of the other ed him, and he was sentenced to one testes and habits of thought, was