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NERVOUS DISEASES IN THE SPRING

Cured by Toning the Blood and Strengthening the Nerves

It is the opinion of the best medical authorities, after long observation, that nervous diseases are more common and more serious in the spring than at any other time of the year. Vital changes in the system, after long winter months, may cause more trouble than the familiar spring weakness and weariness from which most people suffer as the result of indoor life, in poorly ventilated and often overheated buildings. Official records prove that in April and May neuralgia, St. Vitus dance, epilepsy and other forms of nerve troubles are at their worst, and that then, more than any other time, a blood-making, nerve-restoring tonic is needed.

The antiquated custom of taking purgatives in the spring is useless, for the system really needs strengthening, while purgatives only gallop through the bowels, leaving you weaker. Dr. Williams' Pink Pills are the best medicine, for they actually make the new, rich, red blood that feeds the starved nerves, and thus cure the many forms of nervous disorders. They cure also such other forms of spring troubles as headaches, poor appetite, weakness in the limbs, as well as remove unsightly pimples and eruptions. In fact they unfailingly bring new health and strength to weak, tired and depressed men, women and children.

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for $2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Grains of Gold.

Be charitable before wealth makes thee covetous.—Sir Thomas Browne.

He that calls a man ungrateful sums up all the evil that a man can be guilty of.—Swift.

The great thing in the world is not so much to seek happiness as to earn peace and self-respect.—Huxley.

It is a great step in the interpretation of life when we have discovered that all events are ultimately spiritual.—Brierly.

Do not dare to live without some clear intention toward which your living shall be bent. Mean to be something with all your might.—Phillips Brooks.

The world will never be in any manner an order of tranquility until men are firmly convinced that conscience, honor and credit are all in our interest.—Steel.

A man takes contradiction and advice much more easily than people think. Hearts are flowers; they remain open to the softly-falling dew, but shut up in the violent downpour of rain.—Richter.

BABY'S OWN TABLETS USED FOR TEN YEARS

When one medicine is used in a home for a number of years it is the strongest testimony as to the value of that particular remedy. Thousands of mothers have been using no other medicine but Baby's Own Tablets for years—in fact many of them say they would have no other medicine in the house. Concerning them Mrs. Jas. H. Konkle, Beamsville, Ont., says: "I have used Baby's Own Tablets for ten years and would not be without them as long as there are children in the house." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

It is easier and cheaper to get married than it is to get unmarried.

Minard's Liniment Cures Colds, Etc.

"What's the matter, Hans?" "Father caught me smoking his pipe." "Ah, so you got a good whacking, I suppose?" "No, father made me finish it out."

WHY ENDURE PIMPLES

CUTICURA Soap and Ointment

Do so much for pimples, blackheads, red, rough hands, and dry, thin and falling hair, and cost so little that it is almost criminal not to use them.

Cuticura Soap and Ointment are sold throughout the world. A liberal sample of each, with 32-page booklet on the care and treatment of the skin and scalp, sent post-free. Address Potter Drug & Chem. Corp., Dept. 23D, Boston, U. S. A.

SUPERABUNDANCE OF LIFE

IF NO DEATH THERE WOULD BE DESTRUCTION.

Would Not Be Room for Living Beings Upon the Face of the Earth.

Suppose for a moment that the equilibrium between life and death were to cease—imagine death arrested in its work! What would happen? The number of living beings upon the surface of the earth would be so great there would be no room for them. The atmosphere would be transformed into a compact mass of birds and insects, which would be impenetrable even by the rays of the sun. In its superabundance life would suffocate and crush out life itself. And then death would rule supreme all at once. In a few days all organic life would have disappeared from the earth; it would be nothing but a waste and a desert.

That microscopic animal, the Rotifer or Rotator, lays 300 eggs at a time, and starts 70 generations every year. If all these individuals remained alive at the end of a year their total would be so enormous as to make a sphere larger than the known universe.

The Cynips, which produce the galls on the oak trees, the rose lice, the phyloxera and other aphidians or insects, which extract the sugar from plants, multiply in

Enormous Numbers.

One aphidian produces 25 descendants in a single day; on the second day we should have 25 by 25, or 625 individuals, the third day 5,625, and so on in geometrical proportion. Ten thousand of these insects, lighter than ether, weigh one-twentieth of a gram. Ten consecutive generations would make a cube equal to 1,000,000 men weighing 200 pounds each, and this in ten days.

One fly gives birth to about 20,000,000 individuals in a single summer. At the end of five summers of free propagation we should reach a fantastic figure—32 followed by 35 zeroes.

Consider the vegetables for a moment. One plant of henbane can produce no less than 10,000 seeds in a single year. In five years it would have covered the entire surface of the earth with an impenetrable layer. And what about all the mushrooms that multiply so rapidly in a few days as to make all other vegetable life almost impossible?

The destruction of life is as cruel in the depths of the ocean as it is on earth, and the same terrible things would happen if there were no death in the sea. Take, for instance,

The Simple Codfish.

If there were no death one cod would, in six years, fill the ocean "from fell" and running over. Of course, the original codfish wouldn't do it alone, but she would be responsible for it. One cod lays about 9,000,000 eggs in the year after she is three years old.

Three years later, if there were no death, all the progeny of this first fish would each deposit 9,000,000 eggs during that year, making a total of 81,000,000,000,000. Of course, these figures are so great that they mean nothing to us, except, perhaps, a gasp of astonishment. Now, take another three years—making six in all from the time the first cod deposited her eggs—each of these cod deposits 9,000,000 eggs, making the total of six years 64,081,000,000,000,000,000,000,000,000! And this from one codfish only!

If there were no death, imagine what all the codfish would do at this rate. As a matter of fact, taking codfish alone, if there were no death among them, they would smother everything to death with their numbers in the first three years and leave the old earth dripping codfish into stellar space.

Medusae are destroyed in enormous numbers by acquatic animals; but the stomach of each medusa contains

More than 100,000

of those microscopic marine algae called diatoms. One whale at a single mouthful swallows billions of these marine animalculae.

From the bottom to the top of the scale the scene is the same. The greater the propagating power of species, the greater and more rapid is the work of death, so as to preserve the equilibrium, without which all life would cease. Nature seems cruel to us, but is it?

Of course, such a thing as no death is a great deal like an irresistible force striking an immovable body; for in an unbelievable short time the earth would be covered with animal and vegetable matter, the air packed solid with birds and all flying things and the seas made solid by fish. The result would actually be a paradox, to the effect that if there were no death everything would promptly be smothered to death. One need but give a few minutes thought to this before they understand why there is death, why, after all, it is only by death that we live.

Shortening of the Day.

For a long time it has been known that the tides act as a brake on the rotating earth, and that they tend to lengthen the day. The effect is, however, so slight that it cannot be measured in any length of time at man's disposal. It may be estimated, with the aid of certain assumption and upon the data available. MacMillan has made the necessary computation by the formula used by engineers. He finds for the increase of the length of the day one second in 460,000 years.

Found the Cause The Rest Was Easy

DODD'S KIDNEY PILLS QUICKLY CURED HIS KIDNEY DISEASE.

How Hudson Marchbank, After Suffering for Five Years, Found Quick Relief and Permanent Cure in the Greatest of Canadian Remedies.

Marchbank, King's County, N.B., April 28 (Special).—After suffering for five years from kidney disease, brought on by a strain, Hudson Marchbank, Esq., the well-known farmer of this place, is again a strong, healthy man, and another grand cure for Dodd's Kidney Pills has been put on record. In an interview, Mr. Marchbank says:

"About five years ago I hurt my back from lifting, and it developed into kidney disease. My back pained me all the time, and I was very much troubled with headaches. My appetite was fitful: I had a bitter taste in my mouth in the mornings; I perspired freely, and my perspiration had a disagreeable odor.

"I used liniments and plasters, but they did not do me any good, and as there were other symptoms that my kidneys were affected, I decided to try Dodd's Kidney Pills. After using two boxes, my back was completely cured, and my kidneys have not troubled me since."

When Mr. Marchbank decided that his kidneys were the cause of his troubles the rest was easy. Almost any of his neighbors could tell him that Dodd's Kidney Pills always cure diseased kidneys.

ROME'S AGE IS 2,663 YEARS.

Anniversary of Its Founding 750 Years Before Christ.

The City of Rome has just completed the celebration of the two thousand six hundred and sixty-third anniversary of its foundation. This places the birth of the city in the year 750 B. C.

It was Marcus Terenzius Varrone who first advanced the theory, founded upon patient research, that the cornerstone of the city that in after years came to be known as the Mistress of the World, was laid at the end of the third year of the sixth Olympiad, in other words, 50 years before the birth of Christ. Ancient Romans used to celebrate the city's anniversary by fetes in honor of the Goddess Pale, protectress of shepherds. These observances were supposed to have been originated by Romulus himself. Then later came the "Ludi Seculares," or Feast of the Centuries held at the beginning of each new century. In 1900 King Humbert and Queen Margherita took part in these observances.

It is an interesting fact that while Rome has been a city for all these 2,663 years, on one occasion she was utterly bereft of inhabitants. This was early in the middle ages. The barbarians were expected. Word was sent out that, insomuch as no defense could be made, everybody, men, women and children, should move up the river. Not a soul was left within the city limits for more than twenty-four hours.

Under Augustus the population of Rome numbered nearly six millions. Then it went down to the minimum limit of 13,000, in the middle ages, to rise slowly again until it is now 540,000. This is an increase of about 15,000 yearly for the last ten years.

The supposition of most people that the word Roma comes from Romulus is erroneous. Romulus comes from Roma. The original colony was called Roma, from Rumon, river, meaning "The town of the river," and its head, or leader, was Romulus "The man of the town of the river." So that after all Romulus did exist, though Remus is still to be accounted for.

ISN'T THIS ROMANTIC?

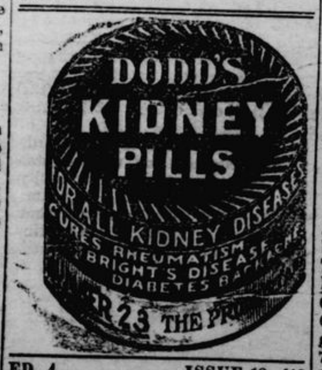
Two toes loved by four corns for five years and sentenced to die by five applications of Putnam's Corn Extractor. If you want to cure corns, "Putnam's" is the only thing—try this painless remedy, 25c. at all dealers.

Some people are always so busy following advice that they never catch up.

Minard's Liniment Cures Distemper.

Landlady—"You make an awful noise with that cornet." Lodger—"Well, I'm sorry to hear it." Landlady—"So's everybody else."

"These opera glasses were given to me a year ago," she said sweetly. "Aren't they beautiful?" he replied. "Yes," she answered, "but I discovered this afternoon that they're beginning to rust from lack of use." Whereupon he tumbled to himself and invited her to go to the theatre.



RECLAIMS A COUNTRY.

A Dane Planted the Marshes and Moors With Trees.

Denmark has made a national hero of Capt. Enrico Mylius Dalgas, the man who saved and remade the country by watering the desert and by planting the marshes and moors with trees. How it was done, Mr. Henry Goddard Leach has told in McClure's Magazine.

In the disastrous war of 1864, Prussia wrested from Denmark much valuable territory. The soldiers of Jutland, trudging over the black and barren heath, home to their untilled farms, encountered a thick-set figure in riding-boots that stalked across the moors with a spade over his shoulder. On nearer approach, it proved to be young Captain Dalgas of the engineers, already a veteran of two wars.

When his late comrades in arms had returned his greeting with the discouraged complaint, "It is a bad, bad day for Denmark!" Captain Dalgas replied, "It is. But what has been lost without can be won within!" and he pointed earnestly toward the desolate heath that stretched to the horizon as unbroken as a desert. "In your time and in mine," he said, "we can turn that waste into forest and farms, and win back more than we ever lost to the Prussians."

The enthusiastic dreams of the young engineer has been made to come true. Failing to get government aid, he formed the Danish Society; he pumped water from distant rivers, and let it run over the heath; he introduced fertilizers, burned off the heather, persuaded farmers to convert the heath into ploughland and pasturage, planted timber-producing trees, and went up and down the country addressing mass-meetings and schools. At last the government lent its aid.

The result of the work of Captain Dalgas is that a new Denmark greets the traveller to-day. These forty years have doubled and tripled the wealth of the Danish nation. Railroads and highways are cutting the heath; new buildings and towns are rising everywhere. Tree-planting gives work for the destitute; the moor is peopled by families; the valuation of certain townships has risen one thousand and five hundred per cent. And it is not the reclaimed land only that has been improved by the planting of forests, for the woods have softened the climate and increased the fertility of the whole peninsula of Jutland.

Old Winter Coughs Now Easily Cured

A New Remedy Now Cures Without the Use of Cough Syrups or Drugs.

Just think of it—you can clear away completely and hard, racking cough, drive it completely out of the system, make yourself perfectly well by the new breathing cure that employs no medicine at all.

You wonder how; very simple, indeed; you simply breathe in through a Catarrhozone Inhaler rich balsamic essences that heal and soothe away the cough in a few hours' time.

In using Catarrhozone you bathe the lining of the nose and throat with that powerful antiseptic of the Blue Gum Tree of Australia, which is probably the surest cold and cough cure in the world to-day.

Clarence E. Cromwell, writing from Medicine Hat, says: "To cure a sneezing cold in about ten minutes the one thing I know of to do it is Catarrhozone. To relieve an irritated throat quickly, nothing can excel Catarrhozone. It simply eats up a cough or cold of any kind. I know of colds that have hung on for months that Catarrhozone cured quickly. Nearly every man I know carries a Catarrhozone Inhaler with him day and night, and in this country it makes a wonderful protection against all winter ills."

Get the dollar outfit, including the hard rubber inhaler, and medication to last two months; medium size 50c., sample size 25c., at all storekeepers and druggists or The Catarrhozone Co., Buffalo, N. Y., and Kingston, Canada.

DUE TO EARTHWORMS.

Egypt's Productiveness Is Largely Due to Them.

The fertility of the valley of the White Nile is renowned. British scientific surveyors report that its remarkable productiveness is due in large part to the diligence of earthworms, which have been digging it for thousands of years. Observations are recorded showing that during the active six months of each year the castings of the worms brought to the surface there amount to about 240,000 pounds an acre. Spread out evenly, this would make an appreciable annual layer. Darwin estimated that the castings of five years in England would cover the whole kingdom with a layer of new earth an inch thick. In the Nile Valley the layer would doubtless be thicker were the worms equally numerous and busy, as appears to be the case, because the proportion of non-arable land there is much less than in the British Isles. It must be remembered, also, that, in addition to the beneficial service of stirring up the soil admitting air and water more easily, and bringing deep deposits to the surface, there is a constant fertilization effected by the vegetable matter dragged into their burrows by the worms, much of which is left to decay where it will do the most good.

Many Christians in Japan.

An official census of Christians in Japan, taken in 1911, has only now been summarized for the public. Tables submitted include the following figures: Roman Catholic, 63,061; Greek, 14,749; Anglican, 15,090; Presbyterian, 18,441; Congregationalist, 16,115; Methodist, 11,763; Baptist, 4,191; other sects, 12,240; total, 155,681.

Bright, Ruddy Cheeks For Pale Girls

No Longer Any Need to be Pale, Weak or Anaemic.

By Following the Advice of Miss McEwen You Can Quickly Become Strong Again.

The pallid girl always lacks appetite. What little she eats is badly digested.

At night she is restless, she dozes, but doesn't sleep soundly.

Vital force must be increased, new blood must be supplied and a general rebuilding take place before she will feel like she ought.

Dr. Hamilton has invaluable experience in these cases and found nothing so prompt in building up young women as his vegetable pills of Mandrake and Butternut.

Dr. Hamilton's Pills begin by cleansing the system and purifying the blood; they also improve digestion and render food ready for absorption. Additional nourishment is quickly supplied and the patient is fast strengthened and invigorated.

Full of spirit, ruddy and strong is the girl that assists her system by the use of Dr. Hamilton's Pills.

The following recent letter from Miss Etta McEwen, of Haliburton, speaks for itself:

"In using Dr. Hamilton's Pills I find my system is wonderfully built up. It is certainly the most effective remedy I ever used. I have now a good appetite, sleep more soundly, and awaken in the morning feeling quite refreshed.

"Formerly I felt tired and depressed. I looked as if a severe illness were hanging over my head.

"Nothing could give quicker results than Dr. Hamilton's Pills and I strongly advise every young woman to use them."

All dealers sell Dr. Hamilton's Pills, 25c. per box or five boxes for $1.00, by mail from The Catarrhozone Co., Buffalo, N. Y., and Kingston, Ont.

ARRAYING DARK RULERS.

London Outfitter Sells the Savages Old Theatrical Costumes.

"Outfitter by Appointment to the Dusky Potentates of the East."

Such is the novel description by which Mr. John Hyman, the universal costumer, whose headquarters are situated in Leicester Square, London, has the right to advertise himself.

For some years he has been driving a picturesque trade with the darkies in West and East Africa, Siam, the Malay Islands, New Zealand and Australia, selling the savages old theatrical costumes, in which they array themselves with childish pride. Only a few days ago he sent out his son, George, with a large consignment of dresses bought up from the 1910-11 editions of "Dick Whittington," "Cinderella," and "The Forty Thieves."

What do natives like to wear best? Frock-coats. They may be out of fashion here, but in the East they are all the rage. Trousers they shun—they have a positive horror of covering their legs; but a frock-coat and if it can be managed—a top-hat will make a savage gentle for a year.

ANCIENT DENTISTRY.

Bridge Work Done Six or Seven Centuries Before Christ.

A medical authority has just stated a number of newly-acquired bits of information that would seem to refute the proposition that modern dentistry is modern. Achievements of unknown dentists of ancient Egypt and Rome prove the contrary. Just who the dentists were the historians do not always relate, but the results of their work have proved beyond a doubt that bridge work—on which we moderns specially pride ourselves—of the most skilful kind was done as long ago as six or seven centuries before Christ. In the tomb of Sidon were found four incisors and two canine teeth in the jaw of a woman that were held together by gold wire, two of the former being transplanted teeth—what might be called crowns in this day—fastened in by gold wire. In the museum at Corneto, the ancient capital of the Etruscan federation, are to be seen several specimens of bridge work done by riveted bands of metal.

When Your Eyes Need Care

Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the Public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.

Murine Eye Remedy Co., Chicago

The hot air treatment for trouble is seldom efficacious.

Minard's Liniment Cures Garget in Cows.

He (making poor headway)—Will nothing induce you to change your mind and marry? She—Another man might.

Only One "BROMO QUININE"

That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day. Cures Grip in Two Days. 25c.

Mistress (getting ready for reception)—How does my new gown look in the back, Norah? Maid—Beautiful, mum. Sure they'll all be delighted when you have the room.

LOOK

A Splendid 10 cent Household Specialty is being Introduced all over Canada. It is Appreciated by the Thrifty Housewife who wants things "JUST A LITTLE BETTER." Send Post Card today. Simply say:—

"Send Household Specialty advertised in my Newspaper."

That's all! You will be Delighted! Pay if Satisfied, We take the risk. Send to-day! Address P.O. 1240, Montreal.

DON'T MISS THIS OFFER.

SPOHN'S DISTEMPER CURE

COLT DISTEMPER

Can be handled very easily. The sick are cured, and all others in same stable, no matter how "exposed," kept from having the disease, by using SPOHN'S LIQUID DISTEMPER CURE. Give on the tongue or in feed. Acts on the blood and expels germs of all forms of distemper. Best remedy ever known for mares in foal. Druggists and harness dealers. Our free Booklet gives everything. Largest selling horse remedy in existence—15 years. Distributors—ALL WHOLESALE DRUGGISTS. SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

$200.00 IN GOLD GIVEN AWAY FREE

LPAPE	NREOCA	UPML	ATSWRVREBR
CPAHE	RCYREH	YGRAPRSRE	ERPA

Can you arrange the above sets of jumbled letters into the names of eight well known fruits. If so, YOU CAN SHARE IN THE DISTRIBUTION OF THE ABOVE PRIZES. It is no easy task. But by patience and perseverence you can probably make out 5 or 6 of them. To the person who can make out the largest number we will give the sum of One Hundred Dollars. To the person making out the second largest number the sum of Fifty Dollars. To the person making out the third largest number the sum of Thirty Dollars. To the person making the fourth largest number the sum of Twenty Dollars. Should two persons send answers equally correct, the first two prizes will be divided between them, (each receiving $75.00) Should three send in equally correct answers, the first three prizes will have to be divided, (each receiving $50.00). Should four persons send equally correct answers, the whole sum of $200.00 will be equally divided (each receiving $50.00), and so on in like proportions, provided they comply with a simple condition about which we will write us soon as answers are received. WE DO NOT WANT A CENT OF YOUR MONEY WHEN YOU ANSWER THIS ADVERTISEMENT. If you can make out anything like a complete list, write us at once enclosing 2 cent stamp for our reply. DO NOT DELAY, WRITE AT ONCE. Address, CANADIAN MEDICINE CO., Dept. 51, MONTREAL, QUE.

DIDN'T LIKE DRUNKENNESS

The Late King Edward's Temperance Influence.

Though he was not a total abstainer no one contributed more to the cause of temperance than did the late King Edward VII. He was very sparing in the matter of stimulants, and entertained an intense horror of drunkenness. It is mainly attributable to the social influence which he exercised upon English life, from the time of his marriage, in March, 1863, until his death, in 1910—that is to say, for nearly half a century—that inebriety has gone out of fashion, and that hard drinking is no longer countenanced. Intoxication is now regarded as being bad form in the banqueting hall of the peer or great territorial magnate, as well as in the back parlor of the small shopkeeper, in the smoking room of the smart London club and in the cafe or barroom of the suburban inn or city gin-mill. The old saying of "drunk as a lord" has no longer any meaning, thanks to King Edward. All will remember the memorable letter written in his name by his private secretary, Lord Knollys, expressing the wish, as monarch, that the royal toasts, which are obligatory at most military and naval messes, should be drunk with mineral water by all those of the officers who for one reason or another objected to alcohol. To-day the number of officers in the British army who are total abstainers is very large, and the battle of Omdurman, which crushed the Madhi and restored the Soudan from barbarism to civilization, was won by Lord Kitchener with an absolutely teetotal force.

Ever Have Cramps, Nausea, Vomiting?

THEN USE NERVILINE.

For Stomach Pains and Cramps, No Remedy so Prompt as Nerviline.

A Westerner's Experience Related.

"It's in an unsettled part of the country like our far West that proves how valuable Nerviline is in the home," writes Mr. Patrick M. Dehaney, from Fort Saskatchewan. "Chills are frequent—a hot drink of Nerviline sends life circulating through the body in three minutes. Cramps or sudden illness at night is one of our terrors. No druggist or doctor is near, but if Nerviline is handy you can get relief. The worst cramps Nerviline has cured in my children in half a minute. I don't think any farmer's wife has any right to be without the protection of Nerviline. In our family we use it for a hundred ills, and it cures them all. One night one of my kiddies had earache and another toothache. Without Nerviline no one could have slept—I applied it as directed, and the childrens' pains disappeared. My husband uses Nerviline for lame back, rheumatism, aching joints and all sorts of muscular pains. It is as good inside as outside, and is as much a part of my home as my kitchen stove."

You find a thousand uses for a good family remedy like Nerviline. Get the 50c. family size bottle; it's more economical than the 25c. trial size. Sold by all storekeepers and druggists, or The Catarrhozone Co., Buffalo, N. Y.

Elaborate Dog's Funeral.

One of the most elaborate funerals ever held at the celebrated dog's cemetery at Molesworth, Hunts, England, has just taken place. The body was enclosed in a coffin of regulation type, with handles attached, and was conveyed from London in a motor car. The "deceased" was a fox terrier, and the interment was witnessed by four persons, including the lady owner of the dog. A wreath placed on the grave bore the inscription: "To my darling little Punch, from his loving mistress. Requiescat in pace."

Minard's Liniment Co., Limited.

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once.

I am never without it now.

Yours gratefully,
MRS. C. D. PRINCE.

Nauwigewauk, Oct. 21st.

To Enlarge Capacity of Lungs.

It has been shown by recorded tests, made principally abroad, that by the means of systematic exercise the capacity of the lungs may be increased to the extent of more than 12 per cent. This figure was the average increase noted in the gymnasium at Bonn. In some individual cases the beneficent results of the exercise were far greater, but the lung capacity of the average student on entering the institution was found to be 207 cubic inches, whereas after a course of training it was increased by twenty-five cubic inches.

FARMS FOR SALE.

H. W. DAWSON, Ninety Colborne Street, Toronto.

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