

Out-door Air and Exercise.

The street of all natural prophylactics is active exercise in the open air. Air is a part of your daily food, and by far the most important part. A man can live on seven meals a week, and survive the warmest summer day with seven draughts of fresh water, but his supply of gaseous nourishment has been renewed at least fourteen thousand times in the twenty-four hours. Every breath we draw is a draught of fresh oxygen, every emission of breath is an evacuation of gaseous excrements. The purity of our blood depends chiefly on the purity of the air we breathe, for in the laboratory of the lungs the atmospheric air is brought into contact with each respiration with the fluids of the venous and arterial systems, which absorb it and circulate it through the whole body; in other words, if a man breathes the vitiated atmosphere of a factory all day and of a close bedroom all night, his life blood is tainted fourteen thousand times in the course of twenty-four hours with foul vapors, dust and noxious exhalations. We need not wonder, then, that ill-ventilated dwellings aggravate the evils of so many diseases, nor that pure air should be almost a panacea. Out-door life is both a remedy and a preventive of all known disorders of the respiratory organs; consumption, in all but the last stage of the disease, can be conquered by transferring the battle ground from the sick room to the wilderness of the next mountain range. Asthma, catarrh and tubercular phthisis are unknown among the nomads of the intertropical deserts, as well as among the homeless hunters of our northwestern territories. Hunters and herders, who breathe the pure air of the South American pampas, resist for years on a diet that would endanger the life of the city dweller in a single month. It has been repeatedly observed that individuals who attained to an extreme old age were generally poor peasants whose vocations required daily labor in the open air, though their habits differed in almost every other respect; also that the average duration of life in various countries of the old world depends not so much on climatic peculiarities or their respective degree of culture as on the chief occupations of the inhabitants; the starved Hindoo outlives the well-fed Parsee merchant, the unkempt Bulgarian enjoys an average longevity of forty-two years to the west Austrian citizens thirty-five.—From "Physiologist Education," by Dr. Felix L. Oswald, in Popular Science Monthly.

Manitoba Lake.

Manitoba lake which has given name to the province formed out of the Red river region, is called after a small island, whence the stillness of the night, issues strangely sweet, mysterious sounds. The Ojibway Indians who dwell in that neighborhood believe the island to be the home of Manitoba the speaking God, and will not land or approach it on any consideration, thinking they would desecrate or profane it, or that they would meet with some terrible fate or impiety. The sound is caused it has been ascertained, by the beating of the waves on the large pebbles along the shore. These, with fragments of fine-grained, compact lime stone that have fallen from the cliffs above, are rubbed together by the actions of the water, and give out a tone like that of distant church bells. The natural music is heard when the wind blows from the north, and as it subsides, low, plaintive notes resembling voices of an invisible choir, are heard. It has been compared with the chant of the nuns at the Trinita de Monti, in Rome, with which all travellers are familiar. The effect is impressive. Tourists have been awakened at night in the vicinity under the impression that the chimes of bells were ringing afar off, and that their tones were rippling over the lake. The mystic bells of Manitoba have acquired such reputation that travellers are not satisfied unless they are heard, and often spend days there waiting for the blowing of the north wind.

Tower of London.

The Tower of London is intimately connected with the history of England. It is the place where noted and political persons have been confined and beheaded. It still contains some of those instruments of torture. The last time it was used as a state's prison was in 1820. It is also the place where the crown jewels are kept, which are valued at \$12,000,000. Among those is the celebrated Koh-i-noor. Its early history is unknown. It was obtained from the Lahore Government by the East India Company, and arrived in England June 30, 1850, and July the 3 was presented to the Queen. The crown of Victoria contains one large broadcast sapphire, sixteen sapphires, eleven emeralds, 1,273 rose diamonds, 147 table diamonds, four drop-shaped pearls, and 373 pearls. The prisoners confined in the Tower of London sometimes made inscriptions upon its dreary walls. The following is one: "Be friend to one. Be enemy to none." A square frame contained the following from the same, dated Sept. 19, 1871; The most unhappy man in the world is he that is not patient in adversity. For men are not built with the adventures they have, but with the misadventure which they suffer.

The only notable event of the week in London has been the illumination of the business part of the city with the electric light. On Thursday night Brush & Co. had thirty-two lights replacing 102 gas lamps. Siemens has six great lights hoisted on tall poles, and 28 small lights. The streets seemed like day. One could easily read the newspapers in any part of the city. The outlines of the great public buildings about the Bank of England were brought out with strong effect.

An exchange says that a gander owned by Mr. Brimmer, of Manotie, calls around at the hotels regularly for his whiskey. Phaw! there's nothing strange about that. We know a town where any number of ganders's do that, and it isn't considered much of a town for geese either.

Keeping Eggs.

A lady writing to an exchange says:— "I have little or no trouble in keeping eggs so fresh that when used they are as good as the day that they were taken from the nest. The whole secret just lies here, viz:—when they are collected in the evenings they should be placed in an upright position, the small end downward on shelves with holes made on purpose to receive them, because in this position the yolk does not come in contact with the albumen; if otherwise placed—this is, on their sides—the yolk would then come in contact with the shell and naturally spoil, every egg being porous. The common mode of keeping them is in straw, sawdust, chaff, oats or bran, none of which will keep the eggs fresh for any length of time. As they will perspire you must find some method that will entirely close the pores of the egg and keep them closed. My plan was simple and not at all expensive. I melted together tallow and mutton fat then took wing feathers of the fowl and greased every egg, being careful to replace them in the same position as at first, and keep them in a warm and dry place. By this method you can at any time sell to the grocer or private family fresh eggs, as they do not lose their flavor or weight.

MISCELLANEOUS.

As an indication of how men can rise in life by their own exertions it is stated of the present United States Cabinet that Garfield was a canal driver, Blaine and James were apprentices to printers. Windom was a tailor, and Kirkwood a poor Maryland farmer's son. The remaining three MacVeagh, Hunt and Lincoln, were born as the saying goes, with silver spoons in their mouths, but the last named was the son of a flatboatman and railsplitter.

THE REAL INVENTOR OF STEAMBOATS.—In the "Reminiscences of Thomas Carlyle" there occurred an account of the first invention of steamboats—"Mr. Miller, Laird of Dalwinton in Dumfriesshire, (Poet Burns' Landlord), who spent his life and his estate in that adventure, having had to sell Dalwinton and die quasi bankrupt (and I think broken hearted), after the completing of his painful invention and finding London and mankind dead to it. Miller's assistant and work hand for many years was John Bell, a joiner in the neighboring village of Thornhill. Miller being ruined, Bell out of work and connection, emigrated to New York, and there speaking much of his old master and glorious unheeded invention, well known to Bell in all its outlines and details, at length found one Fulton to listen to him; and by Fulton and Bell (about 1809) an actual packet steamer was got launched, and lucratively plying on the Hudson river, became the miracle of Yankee land, and gradually of all lands." This testimony to the real inventor of steamships clears up a much disputed point in the history of the country.

OYSTERS SEVEN FEET LONG.—For many years New York has held the palm for its oysters. The term "saddle rock" became synonymous with extreme excellence and size but those oysters are dwarfed by a recent discovery made by some scientific gentleman in the west, but this new bed will not be available to our metropolitan epicures, as the animals have long since been devoured, perhaps by Adam of the New World, and only the shells remain, but of such proportions are they, that the primeval man if he were there, would not only require a fork, but a well braced pitch fork, to remove them from their shells. Imagine an oyster shell seven feet in length and three or four feet in width, enclosing a plump, smiling, luscious morsel that would tip the scales at perhaps 150 pounds, and you have an idea of the appearance of an ancient mollusk. Kansas is the state containing that wonderful bed, and the discoverer found the shells piled in broken heaps, half-buried in the chalky soil, and scattered round as if some giant race, disturbed by nature in the midst of a royal feast, had fled, leaving only the remains as monuments to tell the tale.

The great marvel of healing—the grand climax of medical discoveries is Burdock Blood Bitters. It cures all diseases of the Blood, Liver, Stomach, Bowels, Skin and Kidneys, Female Complaints, Scrofula, General and Nervous Debility, and is a reliable Tonic in all broken down conditions of the system. Sample Bottles 10 cents. Supplied by all dealers in medicine.—b162.

'Grey Review'

Don't forget the Stand, next door to Parker's Drug Store, Upper Town, DURHAM. T. J. ADIE. Durham, Jan. 5th, 1881. f-140

Per Annum. MOWAT'S STOCK OF Shelf and Heavy HARDWARE Is the Largest, Best Assorted, And Marked at the Cheapest Prices. A Full Stock of Bar Iron and General Blacksmith's Supplies, Always on Hand. CUT NAILS, Very Cheap. Now is the Time to Buy. J. F. MOWAT, Lower Town, DURHAM. Durham, January 13th, 1881.

New Spring Goods!

H. W. MOCKLER'S.

The Latest Thing in Prints, and the most Fashionable, 'The Eldorado,' in Navy and Gold.

A beautiful line of Dress Lustres at 15c. Another Lot of those Extra value Black Cashmères. A nice assortment of Ladies' Spring Mantle Cloths. 1 Case Swiss Embroidery, very cheap. CORSETS from 35c per pair up. A Large Stock of Towels in Linen and Cotton Huck, and Cotton and Linen Turkish Bath Towels. A Good range of LINEN TABLE DAMASKS. Also Grey and White Cottons, Ducks, Denims, Cotton Tweeds, SHIRTINGS, TWEEDS, &c., &c., &c. Highest Price for Butter & Eggs.

H. W. MOCKLER.

TEA, TEA, TEA!

Having bought for CASH A CAR LOAD OF TEAS and General GROCERIES at the Great Trade Sale of Messrs. Tees, Costigan & Wilson. I am prepared to give a better quality and better value than has ever been offered in this Town.

Japan Tea at 30, 35, 40, 50 and 70 cents per lb. "Dust at 25, 30, " 35 " " " Young Hyson " 40, 50, " 60 " " " Black Tea " 45, 50, 60, " 85 " " "

Good Dark Tobacco at 35cts per lb. Superior Solano Tobacco at 45c., and full weight given. Boneless Codfish. In neat Boxes containing 35 lbs each for \$2, or 6 cents per lb. Rice of the very best quality 20 pounds for \$1. THE BEST ENGLISH MUSTARD in pound jars at 30 cents each. Sugar, Currants, Raisins. And every article in the Grocery line. Cheap! Cheap! Cheap!

J. H. HUNTER'S.

The Leading Hardware House

T. J. ADIE,

Having purchased the Stock from F. J. HALL, cordially invites

All to visit his establishment an inspect his Stock which is now complete. Cross Cut Saws, Hand Saws, Buck Saws, Butcher Saws and Saw Blades. Pocket and Table Cutlery, Paints, Oils, Varnishes, JAPANS, GLASS & PUTTY, Very Cheap. Broad Axes, Carpenters' Tools of all kinds, &c. NAILS at bottom Prices. Farmers and others Building will find it to their advantage to buy from me.

Don't forget the Stand, next door to Parker's Drug Store, Upper Town, DURHAM. T. J. ADIE. Durham, Jan. 5th, 1881. f-140

HARDWARE.

MOWAT'S

STOCK OF Shelf and Heavy HARDWARE Is the Largest, Best Assorted, And Marked at the Cheapest Prices. A Full Stock of Bar Iron and General Blacksmith's Supplies, Always on Hand. CUT NAILS, Very Cheap. Now is the Time to Buy. J. F. MOWAT, Lower Town, DURHAM. Durham, January 13th, 1881.

BURDOCK BLOOD BITTERS. The only Medicine that successfully purifies the Blood, acts upon the Liver, Bowels, Skin and Kidneys, while at the same time it allays Nervous Irritation, and strengthens the Debilitated System, perfectly and speedily curing Biliousness, Jaundice, Dyspepsia, Constipation, Headache, Rheumatism, Dropsy, Nervous and General Debility, Female Complaints, Scrofula, Erysipelas, Salt Rheum, and every species of Chronic Disease arising from Disordered Liver, Kidneys, Stomach, Bowels or Blood. THE BEST BLOOD PURIFYING TONIC IN THE WORLD. Sample Bottle, 10c. T. MURPHY & CO. SOLE AGENTS, TORONTO. Regular Size, \$1.00.

Mrs. Freeman's Worm Powder is a safe, sure and effectual destroyer of worms in children and adults. Price 25 cents or 5 for \$1.

Mrs. Freeman's New Domestic Dyes are perfect in every color. For brightness and durability they have no equal. Price 15 cents per package.

THE BEST IN TOWN! COAL OIL, A. 1.

See the Following Prices. 1 gal. can full 60 cts. 2 gal do 90c. 5 gal do \$2. For 30 days. At HARRIS & CO'S., Durham.

Fancy Goods at John Cameron's.

Special notice of the Ladies is called to his Stock of Goods, viz: Lovely China Fichues, New Style of Embroidered Collars, Gretchen Bows, Muslin and Silk Scarfs, Chemise, Ruchings, Netto Pocket Handkerchiefs, Damask do., Hair Ornaments, Back Combs, Ladies' Neck Chains, Lace Gloves, Coloured Lace Mitts, &c. Fillings from 5 cents per yard up. GENTS' REGATTA SHIRTS. Wall Paper and Window Blinds. Always noted for Good-Flavored TEAS from 35 cents up. J. CAMERON.

FARMERS AND OTHERS Who are anxious to have their Dwelling Houses, Barns and Contents Insured against loss by Fire, can do so at a low rate, and in a reliable Company who pay losses promptly. Apply to JOHN CAMERON, Agent Western Insurance Co., Durham.

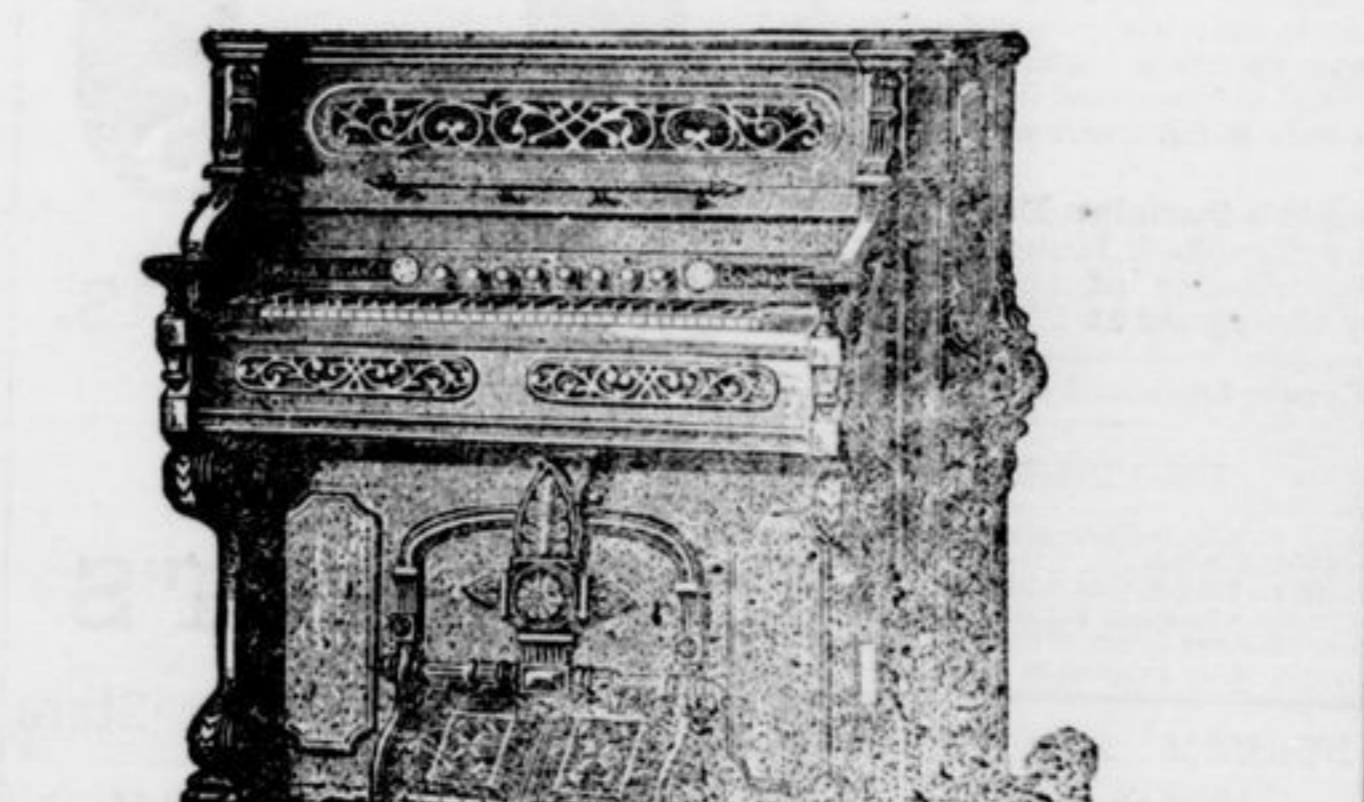
The Durham Woollen Factory

The subscriber wishes to inform the inhabitants of Durham and the surrounding Townships, that he is now prepared to do Carding, Spinning, Weaving, Fulling, Cloth Dressing and Dying, in the latest styles, and at the lowest rates. CUSTOM WEAVING! Done on the shortest notice and in the best style. Flannels, Tweeds, Full Cloth, and Stocking Yarn to exchange for Wool or sell for Cash Cheap. JOHN CAMPBELL. Durham, August 17, 1880.

DOMINION

ORGANS AND PIANOS.

The Largest and Most Complete Factory in the Dominion, 140 x 100. Highest Honors ever awarded to any Maker in the World.



Medal and Diploma, Centennial, 1876. do do Sydney, Australia, 1877. GOLD MEDAL at PROVINCIAL EXHIBITION TORONTO, 1878. HIGHEST Award at INDUSTRIAL EXHIBITION, Toronto, 1879.

We are now manufacturing Square and Upright PIANOS. Best in the Market. Correspondence Solicited. Send for Illustrated Catalogue—Mailed Free. Address—Dominion Organ & Piano Company, Bowmanville, Ont. Feb. 12th, 1880. y-103

THE REVIEW

is PUBLISHED Every Thursday. At the Office, Garrafrans Street, Upper Town.

Durham, - - Ont. TERMS:—\$1.00 per year in Advance. \$1.25 if not paid within two months.

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BUSINESS DIRECTORY.

LEGAL. E. D. MACMILLAN, ATTORNEY AT LAW, &c., OFFICE opposite Parker's Drug Store, Upper Town. Money to Loan. C. B. JACKSON, B.A. ATTORNEY AT LAW, Solicitor in Chief, City, Commissioner to the R. W. Railway. Lower Town, Durham. \$70, 1879. y-141. Frost & Frost, BARRISTERS and Attorneys-at-Law, 500-502, 504, 506, 508, 510, 512, 514, 516, 518, 520, 522, 524, 526, 528, 530, 532, 534, 536, 538, 540, 542, 544, 546, 548, 550, 552, 554, 556, 558, 560, 562, 564, 566, 568, 570, 572, 574, 576, 578, 580, 582, 584, 586, 588, 590, 592, 594, 596, 598, 600, 602, 604, 606, 608, 610, 612, 614, 616, 618, 620, 622, 624, 626, 628, 630, 632, 634, 636, 638, 640, 642, 644, 646, 648, 650, 652, 654, 656, 658, 660, 662, 664, 666, 668, 670, 672, 674, 676, 678, 680, 682, 684, 686, 688, 690, 692, 694, 696, 698, 700, 702, 704, 706, 708, 710, 712, 714, 716, 718, 720, 722, 724, 726, 728, 730, 732, 734, 736, 738, 740, 742, 744, 746, 748, 750, 752, 754, 756, 758, 760, 762, 764, 766, 768, 770, 772, 774, 776, 778, 780, 782, 784, 786, 788, 790, 792, 794, 796, 798, 800, 802, 804, 806, 808, 810, 812, 814, 816, 818, 820, 822, 824, 826, 828, 830, 832, 834, 836, 838, 840, 842, 844, 846, 848, 850, 852, 854, 856, 858, 860, 862, 864, 866, 868, 870, 872, 874, 876, 878, 880, 882, 884, 886, 888, 890, 892, 894, 896, 898, 900, 902, 904, 906, 908, 910, 912, 914, 916, 918, 920, 922, 924, 926, 928, 930, 932, 934, 936, 938, 940, 942, 944, 946, 948, 950, 952, 954, 956, 958, 960, 962, 964, 966, 968, 970, 972, 974, 976, 978, 980, 982, 984, 986, 988, 990, 992, 994, 996, 998, 1000.

MEDICAL.

DR. LIGHTBODY, HANOVER, from 8 a.m. to 12 m., 2nd Con. N.D.R. Building, after noon, from 10 o'clock a.m. to 10 p.m. 10th Street, 1st Floor, 1st Con. N.D.R. Building.

F. Z. NIXON, VETERINARY SURGEON.

Will be at his Office, Hanover, from 8 a.m. to 12 m., 2nd Con. N.D.R. Building, after noon, from 10 o'clock a.m. to 10 p.m. 10th Street, 1st Floor, 1st Con. N.D.R. Building.

MISCELLANEOUS.

ALEXANDER BROWN, PRICED, LITHO, ONT. ISSUER of Marriage Licenses, Fire and Life Insurance Agent, Commissioner of R.R. & C. Co., and Advertiser of Auctioneers or the County of York. Farmers, Merchants, and Land Sales Attorneys to with punctuality and charges made very moderate. Priceville, 1880. f-116.

South End Bakery, Durham.

REMOVAL.

A. PALMER, Baker, has removed to South of Mr. James Brown's Store, where he will constantly keep on hand a supply of Bread, Cakes, etc. Tea and Surprise Parties supplied with care and at very low prices. Factory made to order. He would also take this opportunity of thanking the inhabitants of Durham, and surrounding country, for the patronage bestowed on him during the last year, and he trusts he will be able to supply bread daily at any price in the Town. Durham, May 13, 1880. y-136.

Lumber, Lumber, Shingles, Shingles, Lath & Lime.

AT THE ROCKVILLE MILLS. Also a large quantity of JOISTS, Lot 41, Con. 2 W. G. R. BENTON. J. W. CRAWFORD, 1600 Bush, Fresh Line. Durham P. O., May 25th, 1880.

Alexander Robertson, TAILOR.

Residence at the Old Post Office, Lower Town, DURHAM. THE subscriber is prepared to Receive and Make Up, in the shortest notice, and in the latest style, any kind of Clothing. A Good Guarantee.

F. DOWNES, House, Sign, and Ornamental Painter, DURHAM.

Glazing, Graining, and Paper Hanging promptly attended to. Fresco and Banner Painting a Speciality. Charges Moderate.—Orders left at F. Downes will receive prompt attention. y-136. Durham, March 3rd, 1881.

Look out for cold weather.

How are you for Socks? A VERY important question for every person for health than cold feet, however such can very easily be remedied and especially so to feel comfortable by calling on W. Johnston, who has all the appliances for Knitting Stockings & Socks. In all sizes on the most improved methods, latest styles, on the shortest notice, and at charges that admit of competition. Give him a call and support native industry. WM. JOHNSTON, Jr., Lower Town, Durham. Oct. 19th, 1880. y-138.

TORONTO ARCHIVES