

FOR ECONOMICAL PEOPLE SOME PRACTICAL SUGGESTIONS ON MASSAGE TREATMENT.

Beneficial movements that may be practiced at home—important points that must be borne in mind by a student of the art of massage.

Dr. Randolph Faries, recently prepared a paper on the massage treatment which is clear and practical enough to teach the average layman enough about the subject to enable him, after paying a little attention to a few of the principles upon which the treatment is based, to get all the benefits claimed for massage and save the fee of an experienced trainer or masseur.

For the back, loins, abdomen and chest. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint, exercising greatest pressure on the skin, muscles and tendons.

For the neck, head and face. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint.

For the arms and hands. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint.

For the legs and feet. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint.

For the chest and abdomen. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint.

For the neck and head. The upward stroke in the whole body should be more intense than the downward, and the stroke should extend over the whole surface, from joint to joint.

A Double Disobedience.

CHAPTER I. "Who lives in the big, gloomy house on the other side of the river?" "Kilmeny," she answered, swinging her hat in her hand in spite of her companion's repeated warning that she would take cold in the evening.

"Oh, my dear, I don't care," she said, "I seldom wear a hat in the country and never take cold. I want to know all about my neighbors, and you can tell me, therefore."

"I don't want to be liked," he answered, "anything but that." "Harris," she said, "I am intensely interested in him. Perhaps he will ask me to go to his house."

"I believe so, but it is so long ago that the memory of it is forgotten," she said, "but every one turned out badly and became a disgrace to society."

"And he is left alone?" "Yes, one brother was killed in the hunting field, before he was married, and the other was a woman of whom all well-disposed persons disapproved."

"I am sorry to disappoint you, but she was by no means good. She was a very bad girl, and she was very disappointed in every particular."

"The chest should be rubbed from the insertion of the large muscles upon it to their origin, while the abdominal muscles should be rubbed from the right groin, as it is commonly called, in the direction of the ascending transverse and descending colons."

"The notice was affixed by my orders to-day. If you had come in through the gate you could not have failed to see it."

"I am sorry it was not gossiped," Kilmeny broke in. "I am sorry if we are trespassing, and we will go away at once."

"I have no wish to do so," Mr. Warrender answered. "There are many other walks which will be equally interesting to you."

Since would Be a Lady.

CHAPTER X.—Continued. At the last moment he wished he was not there, and he would have been glad to get away from the Palladium, and he suggested to his mother that they should go instead to the opera; but Mrs. Westbrook reminded him that he had secured a box in the former place, and added that she particularly wished to see it.

"With a slight shrug of the shoulder he yielded the point to her. If he would he would have left matters alone, but he would have been glad to see her slip away."

"I should like to know more about him, and now I can," she said. "You don't really intend to go again?"

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HEALTH REPORT.

Not Only Bright's Disease But All Kidney Diseases Prevented—Dodd's Kidney Pills the Cause of Recovery.

Toronto, Oct. 23.—There has been a marked falling off in the number of deaths due to Bright's Disease in this city of Toronto in recent years. This decrease is due to the use of Dodd's Kidney Pills, the marvelous medicine which has performed so many wonderful cures throughout the country.

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It is as easy to look after your neighbor as yourself when your neighbor is a pretty girl. It is just as easy to cure yourself of Catarrh, Bronchitis or Asthma, if you use Catarrh Pills, the most effective medicine for all diseases of the nasal and respiratory passages caused by germ life.

La Toscana, 10c. RELIANCE CIGARS. An unjust acquisition is like a barbed arrow which strikes a man's heart with horrible anguish, or else will be your destruction.—Taylor.

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