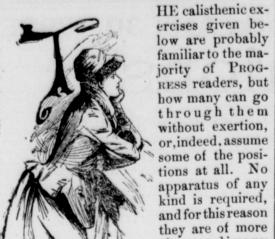
10

SOMETHING ALL CAN DO. matter how necessary it may be in order for a woman to maintain her reputation for

WHY NOT TAKE EXERCISE, AND FEEL BETTER?

Simple Calisthenic Exercises that can be Done Without the Aid of Apparatus-No One is Too Busy to Do Them-Some of Them Not so Easy as They Look.



than ordinary value to the great mass of the people who have not the time nor opportunity to visit a gymnasium.

An hour or so each day or even less time devoted to these exercises will give surprising results. A number of St. John professional and business men known to the writer, recognize this and their physical and personal appearance are largely due to the hour spent each day in calisthenic ex-

When these exercises are performed in classes, the leader or teacher should arrange the pupils so that each will have room without hitting



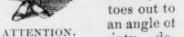
movement, until all the members of the class can easily perform it with the nicest precision and exactitude. First Position .-"Attention !"-When this command is given the pupil is to square the shoulders, place the heels slightly apart in line, the FIG. 2.

each other's hands,

and give the word of

command, to be re-

peated for each move-



F. sixty degrees, the knees straight, the arms hanging easily by the side, and the hands open to the front. The chest must be slightly inclined forward, the abdomen moderately drawn in, the head erect, the eyes looking directly forward, and the weight of the body resting more on the fore part of the feet than on the heels (fig. 1). The proceeding is substantially the "military position," which brings the ear, shoulder, hip, knee, and ankle into a line. as seen in fig. 2. First Exercise - "Chest Expansion !" The object here is to expand the lungs FIG. 3. and increase the flexibility of all the muscles of the chest, and those of the abdominal and dorsal region which are concerned in respiration. Take full, deep inspirations, retain the air in the lungs when fully inflated as long as possible, and then let the breath go out steadily and slowly; at the time beat the chest, abdomen, and back with the hands, gently in front, but smartly on the sides and back. as represented in FIG. 4. figs. 3 and



PRETTY CHEAP TRAVELLING.

A Bicyclist Who Went From America to complying with the de-England on Ten Dollars.

mands of tashion. The Mr. Arthur Mellish, a student at Harvital circumference may vard, tells in the Christain Union how he be increased three or made a trip from the United States to four inches in as many Liverpool and saw a good deal of England, months by these exerall for the sum of ten dollars. He brought Press. cises, combined with his bicycle with him. He says: other appropriate hy-

Everything being in readiness, I went down to the Boston wharves in search of a steamer on which to cross. I found a large four-masted cattle boat that was to leave Place the arms as in on the next day. On interviewing the the position of "Atboatswain I was informed that by going immediately to the cattle yards I might get a birth as cattleman. This I did; and I might work my way over, and to be

next morning. I turned up at the cattlesheds after a number of adventures, and, in the twilight of that morning, entered on cannot see to read fine print without a my career as a cattleman. The boss was lamp. The tales of the overwhelming of so pleased with my work that he told me he would give me the handsome some of one pound, together with a return ticket. school-boy. Not longer ago than May, for the trip. Although 4.86 2.3 dols. is not a very great sum, yet, as it would increase my available resources by one-half, or five inches was torn up and scattered I felt quite pleased.

was very exciting—consisting of getting them into cars and there tying head-ropes round their horns or necks. I got off the cars at Charlestown and went over to fine, loose sand has been blown away,

board aft, where the quarters of the cattle- travel men were situated, preferring to have a ever changing their outlines like discussion as to whether I could take it or drifts of snow. A few miles north of fig. 10. The counting may not after we got to sea.

motion, which may be from teen cattlemen. I and two others had described by the geologist Russell as some

Upward !" Place the arms worked fourteen hours a day, as follows :-- least twenty miles in length, and forming as in the "Hands to Breast" 3.45 a.m. Roused by night watchmen. hills two hundred to three hundred feet position; then, at the word Four a.m. (a) Meal Colorado cattle. (b) high, occurs on the eastern end of Alkali of command, throw the arms Water all cattle. giving them as many lake, in the same state. On the eastern upward as far as possible, buckets as they will drink. (c) Hay cattle. shore of Lake Michigan are also dunes of without raising the heels (d) Sweep up. Seven a.m. Breakfast-- sometimes two hundred feet in height, and from the floor, as in fig, 11. consisting of scouse (salt meat boiled with which at Grand Haven and Sleeping Bear This movement may be potatoes), soft tack, and coffee. Keep have drifted over the adjacent woodlands,

graceful and sensible thing to remember that in coming to a place where the object is to enjoy pleasure, their own capacity of pleasure is interested in considering that of others. We never feel angry with a woman except when she persists in doing something to diminish the delight we take in complimenting the sex - Detroit Free

MOVING SAND HILLS.

Countries Where Dust is Very Much Like Snow.

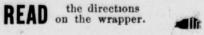
In the arid lands of Central Asia, the air is reported as often laden with fine detritus, which drifts like snow around conspicuous objects, and tends to bury them in a dustafter some parley was told that drift. Even when there is no apparent wind, the air is described as thick with fine on hand at the cattle sheds at two o'clock dust, and a yellow sediment covers everything. In Khotan, this dust sometimes so obscures the sun that at midday one travellers by sand-storms in the great desert of Sahara are familiar to every 1889, there was a dust-storm in Dakota, during which the soil to the depth of four in all directions. Drifts of sand were The morning's work among the cattle formed in favorable places, several feet Boston for my bicycle and a small bundle of clothing. When I arrived at the steamer I found that nearly all the cattle had been got on board. The men being quently gathers in the form of busy with them, I smuggled my bicycle on drifts or dunes, which themselves slowly across the country. Winnemucca Lake, in western Nevada, We had 850 cattle on board, and nine- is a belt of these drifting sand hills, charge of 150, which were ranged on the seventy-five feet in thickness, and about port side of the main deck-there being forty miles in length by eight miles in Sixth Exercise .- "Arm altogether three decks of cattle. We breadth. Another range of sand-dunes, at walking among cattle every ten minutes all leaving only the dead tops of trees exposed. day. Nine a.m. hoist corn and meal in One of the most interesting and remarkable bags from the hold. Ten a.m. give all of the many regions for the observation of cattle, except Colorados, corn. 11.45 a.m. sand-dunes lies between Bordeaux and Bay-Dinner—consisting of salthorse, or soup and potatoes. Three p.m. (a) give Colorados meal. (b) Water all cattle. a hundred miles in length, some five mil-(c) Hay cattle. Five p.m. supper-con- lion cubic yards of sand. The prevailing sisting of salthorse, soft tack, and tea. westerly winds continue picking up the



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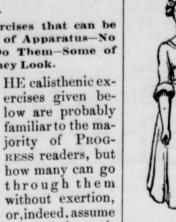
Anything that needs cleaning can be cleaned with Surprise Soapit cleans everything.

He's Cot

the Idea.



His Mouseship can see better, perhaps, by using a glass. It makes it easier for him, and saves his eyesight. What applies to the Mouse is applicable to mankind. Why



tention !" (fig. 1) then, at the word of command, throw them forcibly downward (the hands FIG. 7. being closed meanwhile), as in fig. 8. The movement may be repeated from ten to twenty times; and if the pupil counts with each downward motion,

FIG. 8.

the voice is also improved as well as the breathing. Fourth Exercise.—"Hands to Breast !"

This exercise commences with the "Arms Down," as shown in the preceding figure, from which position they are brought forcibly up the breast, as in fig. 19, repeating the motion several times with counting.

Fifth Exercise.—"Arms FIG. 9.

ginic medication.

"Arms down !"

Third 'Exercise.

as in the preceding position, and, at the word of command, throw them out laterally as far as possible, as in be done with the outward ten to twenty times re-

peated.





Outward !" Place the arms

This exercise may be kept up during two to six respirations. This move, combined with local gymnastics, is one of the best preventives of consumption. Second Exercise. -

"Chest Extension !" This exercise comprehends several movements of the arms, all of which are intended to stretch the muscles, ligaments, etc., more particularly of the upper portion of the chest. The most important movements consist in holding the arms as near-

ly perpendicular to the body as possible, and then throw the hands and arms back-FIG 5.

When the word is given, the hands and arms are to be thrown violently backward, striking

the backs of them together behind, if possible, as in fig 6. Then from the same commencing position, strike the elbows together behind, or endeavor to do so, as in fig. 7. These motions expand the chest in

FIG 6.

in rapid succession. By continuing these

exercises forsome time FIG. 11.

repeated

with count-

preceding

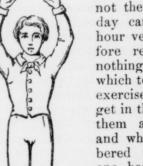
cases and

then all of

these arm

exercises

may be made



the opportunities to visit what they can in the way above described. Although the exercises

beginner will probably find them difficult, but with practise the results will be surprising. What at first seems impossible bewill be incalculable.

The Growth of Hair.

The influence of diet upon the growth of hair is the subject of a paper in a recent number of the British Medical Journal. The writer says: "Several cases of shedding of hair after influenza have confirmed my opinion that diet has much to do with the production and with the cure of symptomati alopecia. Hair contains five per cent of sulphur, and its ash 20 per cent of silicon and 10 per cent of iron and even milk, which constitute the diet of patients with influenza and other fevers, cannot supply these elements, and atrophy at the root and falling ward a number of of hair result. The color and strength times with consid- of hair in young mammals is not attained erable force. It is so long as milk is their sole food. As to dreamed what a favor they were conferring useful for the pu- drugs, iron has prompt influence. The pil to count aloud foods which most abundantly contain the with each back- above named elements are the various alward motion, till buminoids and the oat, the ash of that the number of grain yielding 22 per cent. of silicon. I counts reaches have often found a dietary largely com-

twenty, thirty or posed of oatmeal and brown bread greatly forty. Fig. 5 shows promote the growth of hair, especially commencing when the baldness was preceded by constiposition, the hands pation and sluggish capillary circulation. Those races of men who consume most being open and the meat are the most hirsute." palms together.

His Personal Qualities Bequeathed.

The last will and testament of M. E. cottage and a peasant's family. You may Renan, after stating that he is 60 years old and certain to die some day or other, be-stows: "My excellent character on M. seen an enthuiastic play-goer settle Lauer, deputy for Neuilly, who seems to himself in his seat and evidently conme to stand in need of it; my constant gratulate himself on the evening he good temper I leave to the miners of was about to enjoy when a party France to be divided among them, thus of ladies swimming into the seats before solving the social question which they have him, and have been the ruin of all his prosvery much at heart." In conclusion the pects. The bonnet is the enormity! And will says: "As for my gaiety I leave it we are sorry to say that the fair occupants

After tea sweep up. Six p.m. work stops, surface particles from the westward side, our mess.

one soon finds himself deriving a benefit from being double-that is, two slept side by them. Those who have side. The mattresses consisted of potatonot the time during the sacks filled with hay, each pair having from three to six feet a year, whole villages day can spend a halt their openings sewn together. The men hour very profitably beusually slept on these, with their boots | burial, and rebuilt at a distance. fore retiring, and as wrapped inside their coat, the bundle being nothing is needed with used as a pillow. Only three or four of the men had bedclothes. After an eventwhich to go through the exercises, one will soon ful passage we arrived at Liverpool. Here get in the habit of doing I spent a couple of days with the boatswain. them at spare times, I pawned an old suit of clothes for eight and when it is remembered that they make shillings, with which I was so fortunate as one healthier and bet- to obtain a nice pair of bicycle trousers, ter; all who have not which were a slight misfit for a previous customer. After changing my American a gymnasium should do money into English, I found that I had just three pounds, having besides my return ticket. It was then the 12th of June, and the question was, How should I make it last until my return? look simple enough, a

After a little calculation, I found that I would have to live on a little over twenty cents a day in order to make it last out. comes easy in time, and the benefits derived This I determined to do, and did it. The chief trouble I found was to get a cheap bed over night. Shilling and halt-crown beds were common enough, but I did not soar to such luxuries. Sixpenny beds were the best I could aspire to, and I often got a place to bunk in for threepence. Only three times during the whole of my stay in England did I obtain a bed for nothing. The problem of subsistence I solved with less difficulty. I became a vegetarian, and found that by going to the little shops on the outskirts of a town I could obtain a very large tea-cake for a penny-often getting one with a glass of cider for a penny and manganese. Solution of beef, or ha'penny. This I found amply sufficient rather part of it, starchy mixtures, for a meal, and often did with two such meals a day. Nor did I starve. I did not mind it at all, but rode long distances, and got fat on it. There were, however, on several occasions, breaks in this Spartan market. fare. I was frequently invited to meals by the hospitable English people, who little on the apparently well-to-do American bicyclist.

The Great Big Bonnet in Theatres.

Human nature is much the same in all ages. The amiable author of Abou Ben Adhim in 1831 filed a remonstrance against longer, but ask your druggist for it or send enormities in the theatres, of which, in his direct to K. D. C. Company, New Glasopinion, "the bonnet is the worst." If you sit right behind it, he says, it shall swallow up the whole scene. It makes nothing of a regiment of soldiers or a mountain or a forest or a rising sun; much less of a hero or so significant a thing as a entirely for the foundation of a who sit inside them, like the lady in the hospital, which is to bear the name lobster, too often show a want of gallantry

and night watchmen go on duty. We had whirl them over to the inward slope, where two messes. The dishes were all of tin. they are again deposited, and the entire There was one knife and one fork among ridge, by this means alone, moves gradually inward. In the course of years there The sleeping accommodation was rather has been formed a complex system of dunes, peculiar. The bunks were arranged round all approximately parallel with the coast, the sides of a small cabin, some of them | and with one another, and of all altitudes up to two hundred and fifty feet. These are marching steadily inward at a rate of have sometimes been torn down to prevent

THINGS OF VALUE.

Contentment is natural wealth; luxury is artificial poverty .- Socrates. Sin has many tools, but a lie is the handle that fits them all .- O. W. Holmes. K. D. C. is "worth its weight in gold," 'sells like hot cakes," "is all it is recommended," "an excellent remedy," and the "best dyspepsia remedy ever offered to the public." See testimonials.

Circumstances form the character, but like petrifying waters they harden while they foam .- L. E. Landon.

Sold! Sold!! On what? Its merits! K. D. C. a household word! Cure guaranteed ! Test it ! A free sample package mailed to any address. K. D. C. Company, New Glasgow, N. S.

Men of courage, men of sense and men ot letters are frequent; but a true gentleman is what is seldom seen .- Steele. Gold! Found by the K. D. C. company the Dyspeptic's Gold Mine-K.D.C. Dyspeptics invited to test the quality. A free sample mailed to any address. K. D.

C. company, New Glasgow, N. S. I never hear the rattling of dice that it does not sound to me like the funeral bell of the whole party .- Douglas Jerrold. "The proof of the pudding is in the eating." K. D. C. has been tried and tested and has proved itself to be the King of Medicines, the Greatest Cure of the Age, and the only Perfect Dyspepsia Cure in the

True contentment depends not on what we have. A tub was large enough for Diogenes but a world was too small for Alexander.-Colton.

Millions of people are suffering from dyspepsia. Now is the time to be cured. The best dyspepsia cure ever offered to the public-the world-famous K. D. C. -is now within the reach of all. Do not suffer gow, N. S.

I hate ingratitude in man more than lying, vainness, babbling, drunkenness or any taint of vice whose corruption inhabits our frail blood .- Shakespeare.

Raised up :- This is to certify that for years I have been suffering from dyspepsia and for the past six months ending the middle of May, 1890, I was bed-fast when I commenced taking K. D. C. which I am happy to say has so far restored me to health that I am now able to attend to my household duties. To any suffering from this disease I would heartily recommend K. D. C.

MRS. E. MCDONALD, Granville, P.E.I. The wiseman has his follies no less than the fool; but herein lies the differencethe follies of the fool are known to the

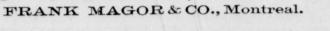
let vour wife wear herself out when she can have the laundry sent to Ungar's every week? Hundreds do it and find that it pays in the long run. The Rough Dry way is the most popular; by it the ironing is done at home. Send the laundry to Ungar's this week, and see what a difference it will make.

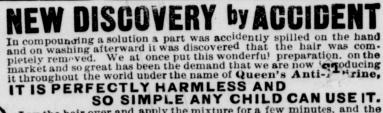
BE SURE and send your Parcels to UNGAR'S Steam Laundry and Dye Works, St. John, (Waterloo street); Telephone 58. Or Halifax: 62 and 64 Granville street. It'll be done right, if done at





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