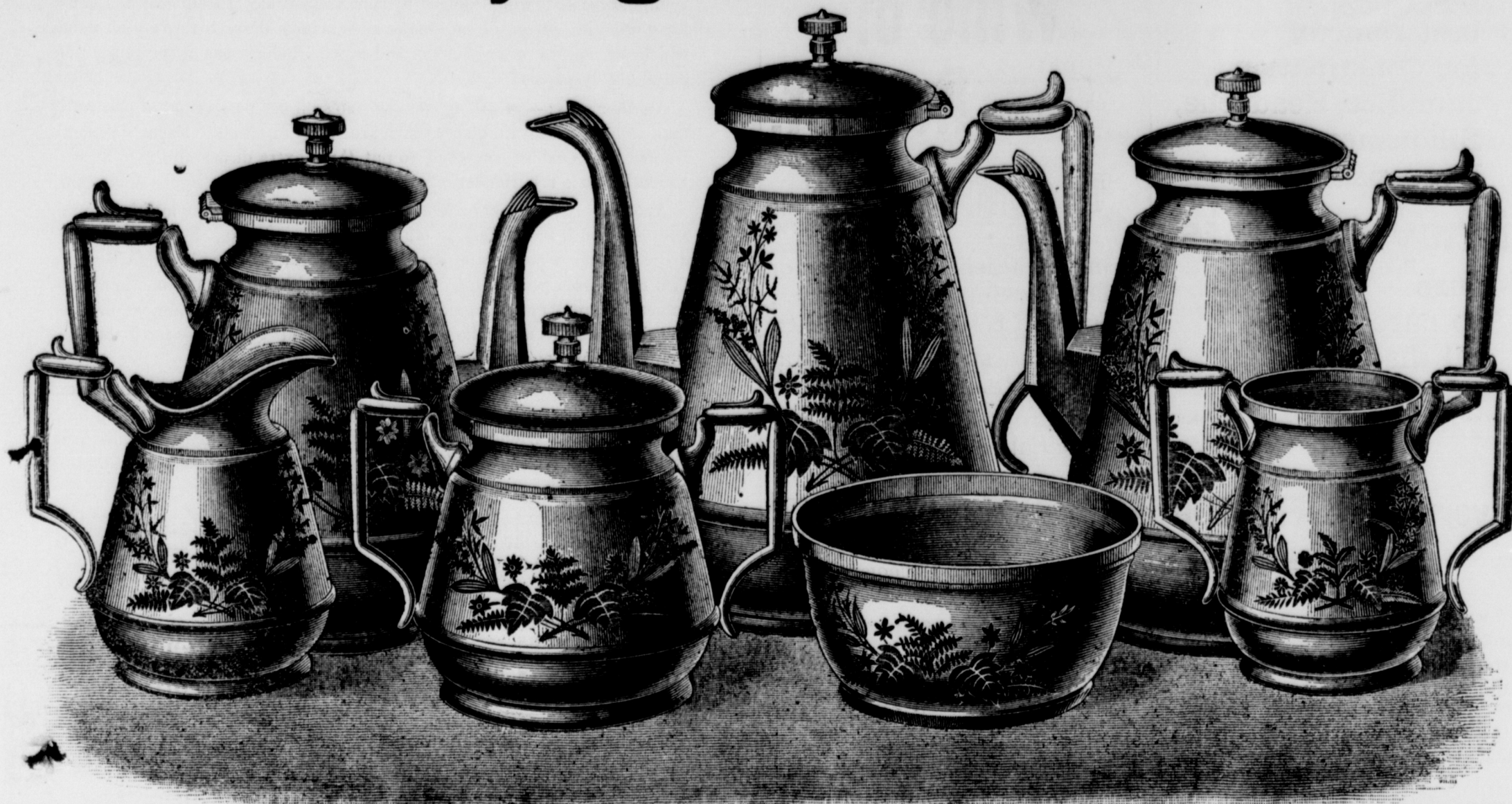


Are You Trying For This?



The engraving printed above is an exact representation of the beautiful Silver Service offered for the most coupons cut from PROGRESS from next Saturday (July 9) to Saturday, September 24th. Although this paper has a circulation larger than any other paper in these provinces the publisher has good reason to think that it can be increased two or three fold, and to that end—to gain new readers for the paper—to make new acquaintances for it, this beautiful prize is given. There is hardly a reader of PROGRESS who does not know of some

of their friends who do not take PROGRESS. This prize is offered with the hope that they will induce them to buy it and give them the Coupon, which will be printed upon the first page of each issue beginning July 9.

Do not imagine that if you live in a small town you have not the same chance as your rival in St. John or Halifax. You have just as good a chance because there will be so many try for the prize in the larger places that the coupons will be more eagerly sought after. Besides this there will be a natural and family rivalry between the

different towns that PROGRESS has agents in to see which will bear off the trophy. This will be increased by the fact that this agent of PROGRESS who succeeds in increasing his order the most will receive a check for \$20 when the silver service is given. So help yourselves and your agent at the same time. Here is one hint that any one can make use of: Remember to write and tell your friends in other towns that you are in for the prize, and ask them to send you all the coupons they can collect.

This is but one of a score of good ideas that will occur to the competitors. The

only conditions in connection with the contest is that no selling agent of PROGRESS or any one in the office can compete for the prize.

It is the intention of the publisher to exhibit the Silver Service in all the towns where PROGRESS is sold—as far as possible—but do not wait until you see it before you begin to work for it. Rest assured that it is guaranteed by Messrs. Ferguson & Page, that it was selected and imported for PROGRESS for this prize; that it is the best quadruple plate, and that its value is not less than \$45.

"Progress" Silver Service Contest.

WHY GREAT PEOPLE LIVE LONG.

An Active Brain Has Something to Do With It, Says a Physician.

It often strikes thinking people as odd that those lives which are famous, either through the brilliancy of their owners' attainments or through some circumstances either of wealth or birth, should be as a rule long ones.

A celebrated physician, asked if he could account for it, said that in a general way he did so by the fact that such persons, in order to attain their fame, or in order to keep positions of responsibility already attained, were obliged to use their God-given mental faculties, and that use was conducive to keeping them in order, to strengthening, brightening, and improving them, just as allowing them to remain dormant, or only partially using them, would get them into disorder, dull and, finally, prematurely destroy them.

Brain power was a thing on which general health greatly depended, he said, and half the people in ordinary walks of life only used half, sometimes not a quarter, of their brains. Individually, the great healer pointed out there were, no doubt, various reasons why famous people lived long; but even here, he averred, it was always a principle that the brains given were used to the full, not taxed too continuously, and not allowed to fall into disuse through never being taxed.

We, in England, have many examples of lives that have reached, and passed, the threescore years and ten allotted as man's usual space of existence here, and are yet vigorous, lively, useful and active. The Queen, for instance, who works as surely few women of her age work. It is true that Her Majesty is the subject of very special care. A doctor is always resident under her roof. Sir William Jenner pays periodical visits at short intervals.

The queen's diet is carefully considered, and is prepared with all the skill of modern science; she is wonderfully good in obeying the dictates of her doctors, she lives healthily, regularly, and is cared for and thought of at every turn. Still, all these things would hardly have secured for her so long and healthy a life taken alone. The queen works; there is nothing of importance going on all through Europe with which she does not converse. Her memory is marvellous, and has become so by being constantly exercised. She is vigorous in body as in mind, and often causes court ladies discomfort by driving in an open carriage in bitterly cold weather.

Mr. Gladstone is the monarch's senior by nearly ten years. He has referred in public to his wife's care of him, her forethought, her personal supervision of all that concerns his comfort, and her true and noble widowhood to him through the fifty-three years of their married life; and has gallantly and gracefully attributed to this estimable lady, and pattern wife much of his bodily vigor and consequent success. They have no doubt contributed largely towards it, but had Mr. Gladstone's brains lain dormant, or even partially so, he would almost certainly not be the man he is now, even if he were still alive.

There is in society an example of marvellously well-worn years in the person of the celebrated Maria Marchioness of Ailesbury. Now, it is a rare thing to put a lady's age in black and white, even when she is justly proud of it. We will therefore only state that if the Marchioness live until next year she will see the sixtieth anniversary of her wedding day. She is erect and upright as a dart, and there is no beauty's box at the opera more besieged by men eager for a few words with the occupant than that of this wonderful Marchioness. Her intellect is keen, her wit brilliant, her repartee smart, her memory bright, and all her powers as well in working order as ever they were.

Lady Ailesbury is a conversationalist of the first order. The art, as an art, has been said to be dead, but that cannot be so while this lady lives. She is a favorite

guest at country houses, an honored one at Sandringham. When hospitalities were there dispensed, the Prince of Wales and his lovely wife vied with each other in offering pretty attentions to this fine old lady, whose heart and brain are young enough. She is very fond of young folk, and one of her great charms is that she does not even wax ill-natured in her wit, that her anecdote is not scandalous, and her repartee is not in personalities at the expense of those with whom it may be exchanged. There is not any envy, hatred, or malice about her; she has used her brains fair and square, kept them bright, and kept herself happy with a good heart, as may be seen by her beautiful, serene countenance, which looks as though it had come to life from a fine old miniature.

These are but a few examples of people who enjoy prominent positions, either due to their own efforts or to other circumstances, but whose brains have all been actively exercised for many years. There are, of course, cases of inherited weakly constitutions, and others of constitutions impaired in reckless youth, where fine brains, well exercised, had not produced length of days.

The late Earl of Lucan, who lived over eighty-eight years, would never hear of the doctrine of nourishment and feeding up. He lived with a view to seeing how little he could keep going on, and always declared that more people were killed by over-eating than by under-eating.

It is the fashion now to say, "Oh, he (or she) killed him (or her) self with work," but it is very, very seldom that work kills if it is heartily and intelligently done. A man may work like an automaton and never use his brain, which will then as surely get in disrepair as though he idled, and will probably bring the body into disorder too. There is no doubt that, as brain work is conducive to mental health, so is physical exercise to bodily health, and both practised together will, in all human probability, lead to fame, good days and long life.—*Tid Bits.*

What Brides Delight In.

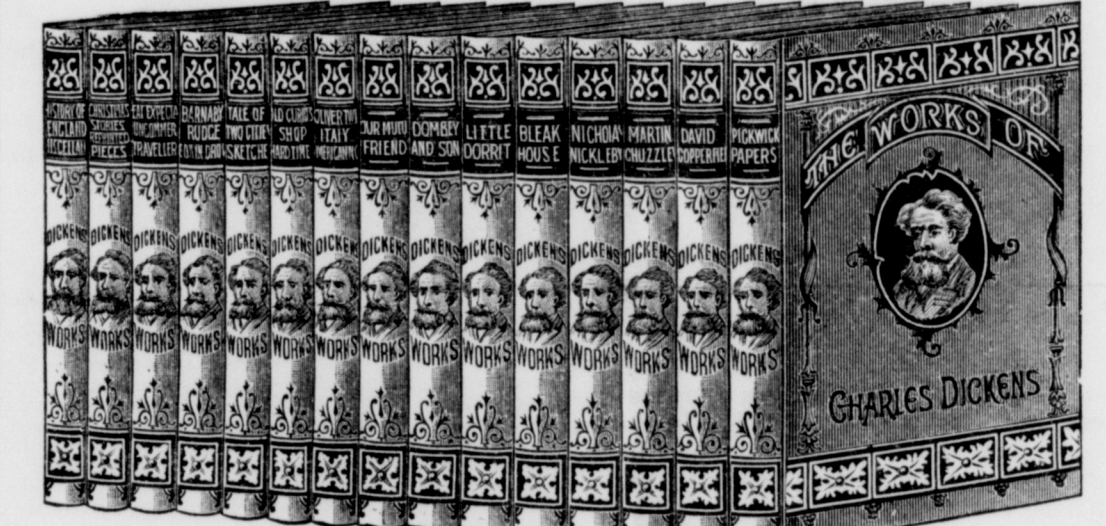
Every bride delights to give some touch of originality to her wedding fête, and florists and decorators are taxed to suggest or carry out some distinctive design. A couple recently stood under two large wedding rings of golden flowers hung above their heads by broad, white ribbons. A background of another wedding was a screen of greens, on which a large true lovers' knot was designed in roses, while at still another wedding bells made of white flowers spanned the entrance to the room where the ceremony was performed. In the heart of each floral bell was fastened a metal one, whose silver tinkle rang musically out with every air vibration.

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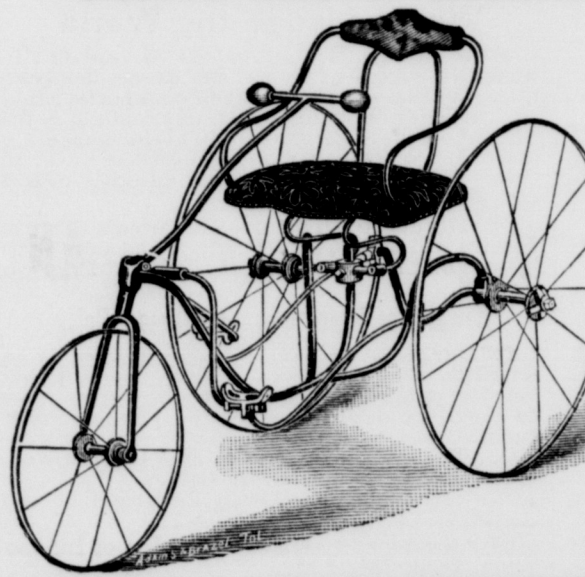
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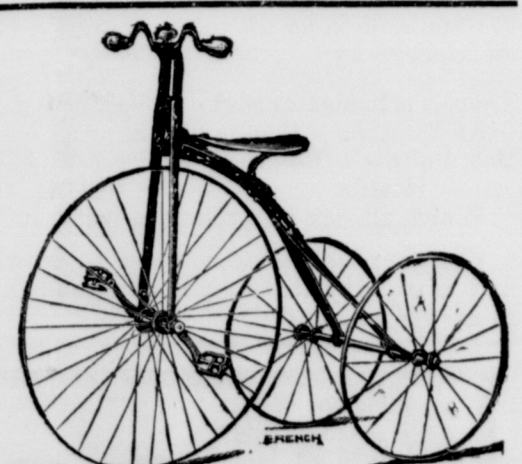
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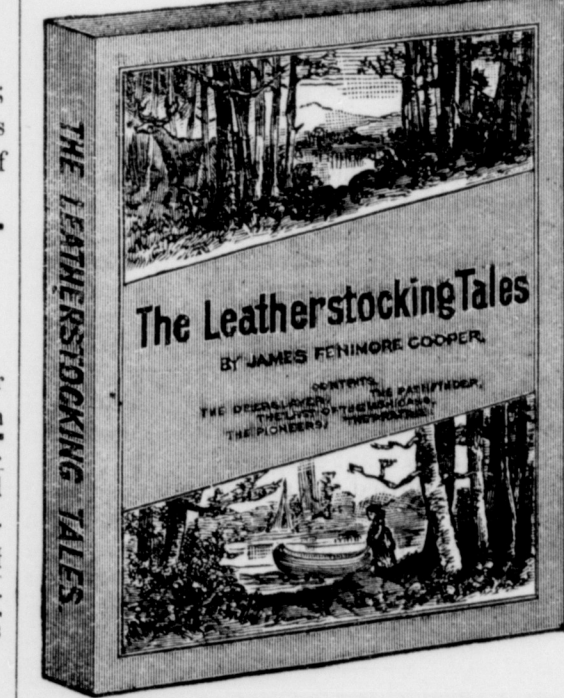
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