

# THE DAILY EXAMINER

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YAWN AND LAUGH OFTEN.

Scientists Declare That Both Are Highly Beneficial.

It is not so very long ago since a foreign scientist discoursed on the benefits of yawning. This act, which is generally regarded as partaking of the nature of a tired condition, or symptom of such a condition, of the respiration and of the need for fresh air, is said to be of great service in clearing the eustachian tubes of the ears. These tubes lead from the back of the mouth to the inner side of the ear drum, and a yawning is looked upon in this light as a hygienic exercise which benefits the structures in question.

Another scientist has no difficulty in showing that when we laugh we increase the play of tension in our lungs. The result of this increased tension is to arrest the blood flow in the lungs and to induce the taking of deep inspirations. These latter are healthful things for many parts of our lungs are not called into active use in ordinary breathing. The apex, or top of the lung, is notably a part which does not actively participate in the movements of breathing, and as this is the special seat of consumption attack we may reasonably hold that the law of disuse explains the greater liability of this portion of the organ to the onset of disease. The free and active use of a part, strengthening and toning it, as it were, is an essential condition for health; hence laughter, by bringing into play the whole of the lungs, or at least by having an increase of lung work, is to be reckoned an admirable exercise.

Besides this physical effect of laughter we have also to take into account its mental side. There is a certain brain stimulus to be noted, a psychic result, in addition to the physical effect, and it is pretty certain the mental phase of a good, hearty laugh is, in its way, as healthful as is its physical aspect. Singing is also praised as an excellent lung exercise, and public speaking is as effective a lung tonic as one may wish for. The only drawback to the work of the speaker is the foul condition of the atmosphere in which he has often to do his work.—Exchange.

Worth Appreciated.

In his younger days the late Mr. W. H. Smith was usually present to see the morning papers dispatched, and one morning something at one of the offices had gone wrong, so that there was great risk of that paper missing the trains. Mr. Smith, recognizing the difficulty, threw off his coat, worked away as hard as any of his subordinates and had the satisfaction of seeing the vans leave with just time to catch the trains.

He was afterward leaning over one of the tables reading a paper, still in his shirt sleeves, when one of the men, mistaking him for a mate, gave him a resounding smack on his broad back, exclaiming:

"Well, Jack, old man, we got that lot away smartly." When "W. H." raised himself, the man rushed away, terrified by his blunder.

On coming on duty at night the man received a note addressed to him, which he concluded contained the "sack," but to his surprise it was to inform him that from the end of that week he would be a foreman. "W. H." had sense enough to see that a man who was so delighted at having accomplished a difficult task for his employers was made of the right stuff.—Pearson's Weekly.

Motherly Solitude.

Miss Ante—It's funny about our old cat. We can't keep her away from the poker table.

Mr. Age—Nothing strange about that. Naturally she's looking after the "kitty."—New York Tribune.

Spain has 22,966 elementary schools, but only 41 per cent of the children receive even the rudiments of an education. The teachers receive only \$25 to \$400 per year, and most of them are unable to collect that.

It is said that it costs \$28.98 an acre to raise wheat in Massachusetts.

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### Land Tax, 1897

Owners of property are reminded that by the recent amendment to the Assessment Act, the system of valuing property for Land Tax has been changed, and it is necessary that new valuations and declarations be made this year. Such declarations to be made by the owner, occupier or agent, before the Provincial Treasurer or Deputy Receiver of the district.

In valuing property the value of the buildings must be included. The rate of tax for 1897 is one fifth of one per cent, or 20c on every \$100 of valuation.

The tax will be due on the 1st December. A discount of 5 per cent. will be allowed if paid on or before the 15th Nov., 1897.

ANGUS McMILLAN, Provincial Treasurer. nov9—d2awtd&w

### New Goods Just Received

1 case Shelled Walnuts, 1 case Shelled Almonds, 4 cases Deseccated Coconut, Choice Layer Figs, Sweet Jamaica Oranges, California Muscated Raisins, New Jersey Sweet Potatoes, China Preserved Ginger, "Lily Queen" Flour at...

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LULLABY.

A dear little head of golden hair  
Pillowed against my breast,  
A dear little smile on her face so fair—  
My darling, sweetly rest!

Two dear little eyes of bonny blue,  
With their lids to my lips close pressed,  
A dear little heart that beats so true—  
My darling, sweetly rest!

A dear little face has my little boy,  
A dear little form to caress,  
A dear little life that gives me joy—  
Sleep, darling, and take your rest!  
—May Smith Eggleston in Detroit Free Press.

SEEBACH AND THE AGENT.

A German Story of an American Attempt to Boom a Sewing Machine.

The following story, which was published in German in connection with the death of Marie Seebach, the noted German actress, shows very well the conception of American affairs which still prevails in Germany to a certain extent. Seebach was here more than 20 years ago, and it is scarcely possible that such an incident as is described would have taken place then, but many such stories are told in Germany today as illustrative of American enterprise.

According to this reminiscence Marie Seebach one day received a message that a gentleman wished to see her. She told the servant to send him to her drawing room in the hotel, and when he arrived he introduced himself as a certain Colonel Smith. Then he plunged at the object of his visit and said that he represented a certain well known make of sewing machines.

"I have already heard," he said, "that you are a great artist. I want to find out if you are a good business woman as well. Do you want to make some money?"

"Oh, I've no objections to make to that," she said, "if it is possible in a perfectly correct and dignified way."

"Oh, it's in the most correct way possible that I propose," the visitor continued, "and I offer you \$10,000 for doing it."

"What have I to do in return?" asked Seebach.

"Nothing in the world," the colonel replied, and as he noticed the expression of astonishment on her face he went on: "I told you that I came from a sewing machine company—one of the largest in the world. All that I demand of you in return for the \$10,000 is that as Marguerite in the spinning wheel scene from 'Faust' you will use one of our sewing machines instead of the wheel, and just keep it in motion for a few seconds. Then we would let hand-bills drop from the gallery, saying that the machine used by Marie Seebach was made by our firm."

The actress is said to have hesitated for a second, but, in the end, her respect for Goethe's tragedy is described as the feeling which saved her artistic reputation.

This story is of a type that disappeared from general use 40 years ago. It is of the kind told about P. T. Barnum in the earlier days of his career, but stories of the kind still pass muster in Europe, although a press agent who attempted anything of the kind in this country would soon lose his job.—New York Sun.

The Use of the Great Toe.

The negroes of the West Indies use the great toe constantly in climbing. Several years ago, while spending some time at one of the famous resorts in Jamaica, I had an opportunity to observe the skill with which the black women, who do a great part of the menial labor, carried stone, mortar and other building materials on their heads to the top of a five story tower in a part of the hotel not then finished.

Much of the nerving accuracy with which they (women and girls) chased each other up and down the long ladders, with heavy loads skillfully poised on their woolly pates, was due to the firmness with which they grasped each rung of the ladders with the great toe. They did not place the ball or the hollow of the foot on the rung, but the groove at the juncture of the great toe with the body of the foot, and they held fast by making the back of the other toes afford the other gripping surface. In much the same way the Abyssinian native cavalry grasp the stirrup. And I have seen a one armed Santo Domingan black, astride the rear ox in a wheel yoke, guiding a lead mule with a rein held between his great and second toes, while his only arm was devoted to cracking his teamster's whip.—Overland Monthly.

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