

# THE DAILY EXAMINER

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NO 12

## WATER FOR ONE.

An Authority Tells How Much Is Needed by Persons in Various Occupations.

According to Professor Allen, we should drink from one-third to two-fifths as many ounces as we weigh pounds. Therefore for a man weighing 168 pounds there would be required 56 to 64 ounces daily, or from 1 1/2 to 4 pints. This is a very indefinite answer. The amount of water required depends on the season of the year, the amount of work done and the kind of food eaten. In hot weather we require more than in cold, because of the greater loss through the skin, though this is in part made up by the lesser amount passed away through the kidneys. If a man labors very hard, he requires more than if his labor is light. A man working in a foundry, where the temperature is high and the perspiration profuse, not infrequently drinks three or four gallons daily. If the food is stimulating and salty, more water is required than if it is bland.

Vegetarians and those who use much fruit require less water than those who eat salt fish and pork, and often get along on none except what is in their food. In most cases our instincts tell us how much water to drink far better than any hard or fixed rule. For ages they have been acquiring a knowledge of how much to drink and transmitting that knowledge to descendants, and if we follow them we shall not go far out of the way.

It is of more use to us to know that pure water is essential and that impure water is one of the most dangerous drinks than to know how much of it is required daily. If one lives in a region where the water is bad, it should be boiled and put away in bottles well corked in an ice chest, and in addition one should eat all the fruit one can if fruit agrees. Fruits contain not only pure water, but salts which are needed to carry on healthfully the functions of life.—Journal of Hygiene.

## The Private Pig.

The number of pigs kept by the colliers and artisans of the north of England fluctuates with the price of coal and yarn. In good times every collier keeps a live animal of some sort, and, though dogs, guinea pigs, cage birds and homing pigeons are attractive, his fancy animal is usually a pig. He admires this on Sunday afternoons, and groups of friends go round to smoke their pipes and compare pigs and bet on their ultimate weight. They have private pig shows, with subscription prizes. Each animal is judged in its own sty, and it is interesting to know that the evolution of an almost perfect pig was due to the innate sagacity of the Yorkshire pig and.

The sties in which these animals live are very rough affairs, often made of a few boards nailed over railway sleepers, but it is interesting to learn that when the author was acting as a peripatetic judge at the colliers' show he found young pigs as blooming and healthy as possible, and that, small though the colliers' back yard is, he always contrives that his pigsty shall be thoroughly ventilated and look toward the south. Architects of costly home farms often house the unhappy pigs under earth and condemn them to rheumatism, cold and sunlessness. Yorkshire produces not only the best pork, but has long been famous for the best cured hams in the world.—London Spectator.

## Some Queer Texts.

When ladies wore their "topknots" ridiculously high, it occurred to Rowland Hill to diminish them from the pulpit, and he did it by means of the words, "Topknot, come down," which he evolved from Matthew xxiv, 17, "Let him which is in the house top not come down." Of course nothing but the exceeding quaintness of the preacher could have excused such a liberty with the sense and sound of the sacred text.

It was almost as bad as Swift's uniquely deft discourse on the text, "He that batheth upon the poor lendeth to the Lord." My friends," said the dean, as he closed his book, "if you approve of the security, run with the dust." As a matter of fact, it is usually only the quaint preachers who venture on such liberties.—Chambers Journal.

## WOOD'S PHOSPHORINE

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A lot of fine black beaver Overcoats, made in the finest possible manner; silk velvet collar, best of erimings and sewn with silk; a gentlemen's coat in every respect; a cheap coat at our former price, \$16 for \$11.

30 dark blue beaver Overcoats, s. b and d. b, velvet or cloth collar, former prices from \$8 to \$13.50, selling now from \$5 to \$9.

9 light drab melton Overcoats, s. b. fly front; the latest styles, selling price \$12 now \$7.50.

18 English nap Overcoats, barrel buttons, tweed lining, and storm collar; the Impress of style, price \$14.25, now \$7.75

14 dark brown Canadian tweed Overcoats, s. b.; fly front velvet collar, a good coat with a good appearance, former price \$8.25, now \$5.60.

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Klondike—this is the name of our extra heavy black frieze Ulster, rubber lined, rendering it windproof, waterproof and frostproof, price \$16.25, now \$8.50.

Extra fine blue and dark brown Ulster, silk lined, with dust vent; a tailor made coat, a snap at \$12.50, now \$7.75.

A mixture of colored friezes of superior quality, will be sold at 1-3 less than price.

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Youths' Overcoats, worth \$11, for \$7.60.

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## Application to Parliament.

Public notice is hereby given that application will be made to the Parliament of Canada, at the next session thereof, for an Act changing the name of The Dominion Building and Loan Association, Ltd. that of The Dominion Permanent Loan Company. Dated at Toronto, this 17th day of November, A. D. 1897. MACDONALD, BOLAND & THOMPSON 2 Toronto-street Toronto, Collectors for Applicants

## NOTABLE CAREERS.

Mary Cowden Clarke spent 16 years on the "Concordance to Shakespeare."

Edison's contributions to the science of electricity have all been made in less than 20 years.

Charles Dickens lived 58 years, from 1812 to 1870. His literary life began in 1835 and ended with his death, thus covering a period of 35 years.

Napoleon's military reputation was made between the battle at the bridge of Lodi, in 1796, and the great disaster at Waterloo, in 1815, a period of 19 years.

Michael Angelo Buonarroti enjoyed a long life, from 1475 to 1564. Over 40 years of artistic effort were his, during which time he executed an immense number of masterpieces.

The enormous mass of poetry which Wordsworth gave to the world was written between 1793, when "An Evening Walk" was published, and his death in 1850. His active life therefore covered 57 years.

Goethe was born in 1749 and died in 1832. His literary life began with the composition of "Gotz von Berlichingen," in 1773, and ended with his death, thus covering a period of 59 years. His last three years were spent in revising a complete edition of his works for the printer.

## RAM'S HORN WRINKLES.

The pruned limb is seldom the one that dies.

A wise man's mistakes are the capital of his experience.

If our eyes were brighter, the stars would be brighter.

Disposition is the mint that coins our comforts or their counterfeits.

Some people are baptized simply to hear the world say, "Oh, how pious!"

The man who will do good as often as he has opportunity will be busy every day.

The greatest deeds are done by those who are the least conscious that they are great.

The man who knows nothing except what he has learned from books is poorly educated.—Ram's Horn.

## CRIPPLED SPAIN.

Spain has exhausted her last louis d'or, mtdadore, picador and torador and is now trying to pawn her cuspidor.—Kansas City Journal.

Any nation that has two or three first class modern warships to sell on long time without security can find a customer in Spain.—Indianapolis Journal.

Weyler's stealings in Cuba are now turning out to have been on such a gigantic scale that the insurgents should give him a vote of thanks for his effective aid in helping to cripple Spain.—St. Louis Republic.

## How Blue Paper Was Discovered.

It was by the purest accident that the simple process of tinting white paper was discovered. It was the result of sheer carelessness in a woman. The wife of an English paper maker named William East, accidentally dropped the "blue-bag," a small bag full of bluing with which she was about to bluish her washing, into a vat of pulp, where it lay long enough to give the entire mass a bluish tinge before, to her consternation, she recovered it. So terrified was she at the result of her gross carelessness and its disastrous result that she dared not mention the fact to her husband, whose dismay at what he considered the discoloration and destruction of the entire lot of paper made from the mass was his worry for months.

He considered the paper spoiled and an entire loss, but suffered it to remain in an out of the way place as unsalable stock for four years, when, in order to get it out of the way and to make room for better stock, he sent it to his agent in London, asking him to get rid of it at any price. To the paper maker's utter surprise, in a short time he received from his agent an order for a great quantity of the bluish paper and found upon inquiry concerning the sanity of the agent that the bluish paper being a novelty had taken wonderfully with the public. But East was in a dilemma, for he had no idea as to how to give the blue tinge to the paper ordered by his agent and wearily tried without result for many days and nights.

Mentioning his trouble to his wife one day she admitted her carelessness and told of the way in which the pulp happened to become spoiled by the bag of bluing. The paper maker was overjoyed at the revelation, found it an easy task to give the tinge to his white paper and until the time of his death, which occurred many years after, he was unable to supply the great demand for blue paper, so acceptable and relieving to the eye of the writer.—Boston Herald.

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