

matter, a practical suggestion may be of service. Last year more than $\pounds_{300,000}$ worth of foreign matches were purchased by inconsiderate consumers in this country, to the great injury of our own working people. So true is it that "Evil is wrought by want of thought as well as want of heart." If all consumers would purchase Bryant & May's Matches, that firm would be enabled to pay $\pounds_{1,000}$ a week more in wages.

Nurses should recommend in all cases of Physical Exhaustion

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