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**HOPKINS AND HOPKINS**, Barristers, Solicitors, Notary Public, etc. Solicitors for Bank of Montreal. Money to loan on terms to suit borrower. Offices—William street, south, Lindsay, Ont. G. H. Hopkins, K.C., F. H. Hopkins, B.A.

**STEWART & O'CONNOR**, Barristers, Notaries, etc. Money to loan at very lowest current rates on best terms. Office—corner Kent and York sts., Lindsay. E. Stewart, L. V. O'Connor, B.A.

**MOORE & JACKSON**, Barristers, etc., solicitors for The Canadian Bank of Commerce. Money to loan on mortgages at five per cent. Office William Street, Lindsay. F. D. Moore, K.C. Alex. Jackson.

**LEIGH R. KNIGHT**, Barrister, Solicitor, Notary Public, solicitor for Farmers Bank, representing Waterloo Mutual Fire Insurance Co., of Waterloo; Federal Life Assurance Co., of Hamilton, Empire Accident and Surety Co., of London, Ont. Office over Farmers Bank, opposite post office.

**McLAUGHLIN, PEEL & FULTON**, Barristers, Solicitors, Notaries. Office—corner Kent and William-sts., over Dominion Bank, Lindsay. Money to loan on real estate. Money to loan at current rates of interest. R. J. McLaughlin, K.C., James A. Peel, A. M. Fulton, B. A.

**Money to Loan**

**M. WELDON**, Mariposa township Clerk, Oakwood, Fire Insurance Agent, Issuer of Marriage Licenses. Surveying in all its forms.

**THE UNDERSIGNED** is prepared to loan money on Farm, Town and Village Property at very lowest rates of interest. Company or private funds. I am always ready to buy good mortgages. L. E. WELDON, Solicitor, etc., Milne Block, Lindsay.

**Coal and Wood**

Lumber, Shingles, Etc  
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PHONE 77

John Linnan, who is said to have a son in Toronto, was drowned in a creek at Bradford, Pa.

Mr. W. K. Greenwood, of Toronto, has been appointed town engineer of Orillia.

**NOTICE**

To all parties contemplating a trip to the Canadian Northwest. I am the agent for all the C.P.R. Northwest lands in Alberta, Saskatchewan and the fruit lands in British Columbia.

I will arrange for prospective buyers to get cheap rates on the C.P.R., both single and return fares and also arrange with guides to show you over the lands free.

It will pay you to call or write for booklets and full particulars.  
**LEIGH R. KNIGHT**,  
Barrister, etc., Lindsay, Ont.

**Prof. West Moves to Lindsay**

Lindsay has within its borders at the present time a man who has, to his credit, the honor of winning over 500 contests in various forms of sport. This man is Capt. John Langland West, who recently became a citizen of Lindsay, coming here from the lakeshore town, Cobourg, where he resided for some time.

Capt. West is very much impressed with Lindsay, so much so that he has taken up his residence in Shier's block. He is a Scotchman by birth and was born in Kilmarnock, Scotland, more than 55 years ago.

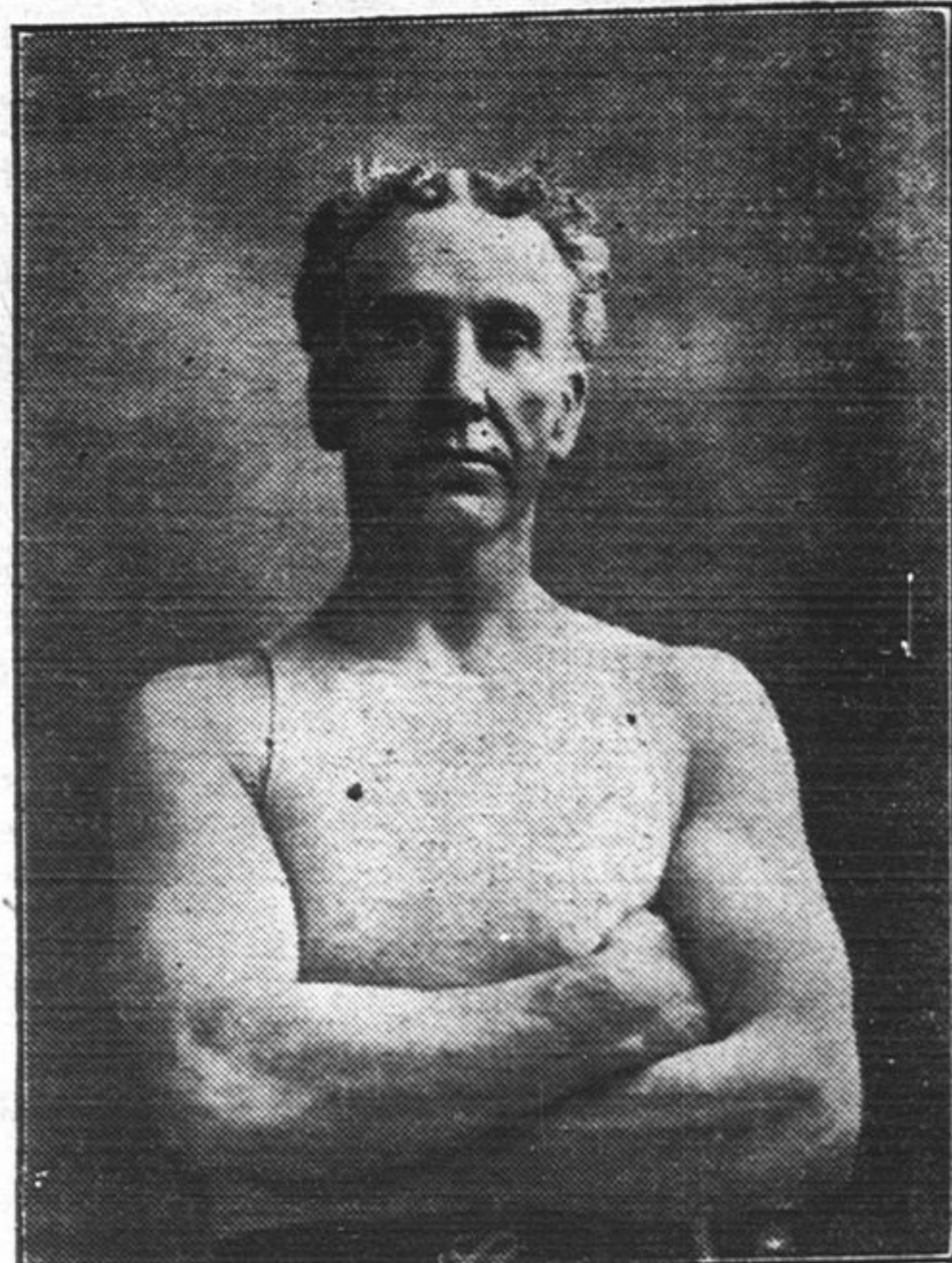
Prof. West is acknowledged by many of the best authorities to be one of the best physical directors in Canada. While in Cobourg he was physical director in the Collegiate Institute and has testimonials from the principal, Mr. G. W. Mitchell, M.A., and Mr. J. Colling, B.A. (formerly of Lindsay.) He also has many other first-class recommendations from all parts of the world. Prof. West has devoted his entire life time in teaching physical culture, fencing, boxing, wrestling, etc. and can be termed a practical man.

As a traveler he has seen many

ing and wrestling. He was also the owner and rider of some well-known horses in Australia. The professor is a lover of good horses.

**OPENING IN LINDSAY.**  
It is the professor's intention to open up a physical culture training room in Lindsay at once, and for this he has secured a room over Mr. A. L. Campbell's store. It is also his intention to apply for a position as physical director at the Collegiate and possibly at the Y.M.C.A. There is no doubt as to Prof. West's ability as an all-round gymnastic instructor as he has had many years of experience in all parts of the world.

**A TEMPERATE MAN.**  
While in conversation with the professor he gave a Warder man considerable advice pertaining to athletics and physical exercise. He is a strong believer of temperate habits and advocates a temperate use of alcohol and tobacco, stating that he thinks a smoke or a drink if taken in moderation will not harm any one. He also pointed out the road to success in all branches of athletics and how to train for them, by living a clean, moral life and a



PROF. JOHN L. WEST.

Late Sergeant-Major of the Gordon Highlanders and holder of over five hundred prizes in all branches of athletics. He is now a resident of Lindsay.

parts of the world and has advanced gymnastic and physical culture in many parts of England, Australia, New Zealand, Tasmania, Queensland, South Africa and Canada.

**CLUB SWINGING RECORD.**

He has one record to be proud of, that is, he is the holder of the world's record in endurance club swinging. With clubs weighing two pounds each he swung them for 41 hours without a stop for rest at East London and South Africa. The previous record was 40 1/2 hours, held by Thos. Burrows and made at Port Elizabeth.

**A GOLD MEDAL.**

Mr. West carries with him a gold medal which he received from the citizens of East London as a token of their appreciation of his pluck. Later in Australia he swung clubs weighing 2 1/2 pounds each for 28 hours, which is also a world's record.

The professor while in his native country was a sergeant-major and instructor of gymnastics to the famous 92nd Gordon Highlanders, and had the honor of drilling the late Major-General Macdonald when he first joined the regiment. He was also for many years late instructor of H. M. gymnasium, Aldershot and Edinburgh Royal and University gymnasium, England.

In his younger days he was a famous pole vaulter and won the championship of Scotland at Edinburgh in 1873.

**FOUGHT WITH OLD "FITZ."**  
The professor is also worthy of note as a boxer. He is very clever with his fists and is prepared to defend himself at all times. In his younger days while in New Zealand he was a personal friend of "Bob" Fitzsimmons, and at Timarue he and his brother donated a cup for a boxing tournament in which "Bob," the world's champion, won. Twenty-eight years ago just before leaving for America, he signed articles with Fitzsimmons for a fight and in the very first round slipped on the floor and fell, injuring himself so that he could not continue. During the professor's tour of the world he gave many exhibitions on box-

temperate one. He quoted from the remarks of eminent medical men the great injury to the heart that excess in drink and smoking did and how it shortens life. He has lectured in many parts of the world on this particular branch of athletic work.

**BELIEVES IN FENCING.**

He is a strong believer in fencing as an exercise, principally because every muscle in the body is brought into action without any undue strain. He stated that fencing was



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**Scott's Emulsion**  
the standard Cod Liver Oil preparation of the world. Nothing equals it to build up the weak and wasted bodies of young and old.

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Send 10c., name of paper and this ad. for our beautiful Savings Bank and Child's Sketch-Book. Each book contains a Good Luck Penny.

**SCOTT & BOWNE**  
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the greatest exercise for women. He is also a strong believer in exercise for the boys, self defence and wrestling.

In conclusion the professor is under the impression that to be able to ride a horse is one of the greatest enjoyments in life and a grand exercise.

Professor West will in all probability deliver an address in Lindsay in the near future on the aforesaid exercises and the great benefits derived from them.

**ONCE MORE IN TROUBLE.**

Toronto, April 28.—A daring attempt to pull the wool over the eyes of the Morality Department was made in the police court yesterday. Several days ago the police arrested Ethel Taylor on a charge of vagrancy. She had just come back from Buffalo with another young woman, and the detectives kept watch on her because she had been with two young men who were sentenced by the American authorities for taking part in the white slave traffic. When the Taylor girl appeared before the magistrate she said she wanted to turn over a new leaf, and was going to Lobeaygeon with a philanthropic lady who had offered to take care of her. She was allowed to go, but outside the court she met Agnes Fletcher, and the two were departing together when the latter was arrested on a charge of vagrancy.

The Fletcher woman was placed in the dock, and Staff Inspector Kennedy indignantly explained the circumstances of the case to the magistrate. He said the prisoner had been in Buffalo with the Taylor girl, and wanted to get possession of her. "Agnes Fletcher was allowed to see this girl three times while she was in custody at the jail," said Inspector Kennedy, "and they fixed up this trick to get her out." He also produced a letter which he said explained the real motive of the story about the philanthropist, and added that the destination of the pair was not Lobeaygeon. Agnes Fletcher was remanded until to-morrow on the vagrancy charge.

**POOR VENTILATION.**

Ottawa, April 27.—The House in committee on supply this evening discussed various estimates. There was the annual complaint about poor ventilation of the chamber. Several members complained that the bad air in the chamber brought on sick headaches and drowsiness.

Col. Sam. Hughes declared that during the Premier's speech in the afternoon no less than fifteen members had fallen asleep. "I do not know what kind of architecture you have," said Col. Hughes. "They have built the new wing without any arrangement whatever for ventilation. It is built in the same way as it would have been built in 1045 B.C."

**SCALPED TO DEATH.**

London, Ont., April 27.—Mary, the 17 months' old daughter of Roy Shaver, fell into a pail of boiling linseed, which her father was preparing for his horses, and died as the result of terrible scalds she received.

**TWO LIVES LOST.**

Manchester, N.B., April 28.—Fire gutted the Oddfellows' building and threatened to destroy the business district this morning. Two lives were lost. George Cuttney, the janitor, and his wife were asleep on the fourth floor. They were warned, but waited to dress, and perished. Bert Wilner after warning them found that his own escape by the stairway was cut off, and was rescued from the fourth storey window by firemen.

The building was the headquarters of the state offices of the Oddfellows. A twenty-five mile gale was blowing and sparks were carried throughout the rest of the city, but the flames were finally confined to the building, with a loss of \$125,000.

**THREE DROWNED.**

Quebec, April 27.—A deplorable accident occurred on Bedard's rapids at Tewkesbury about 6 o'clock last evening by which three met a watery death in the Jacques River, only one of whose bodies, that of Sam Dumont, belonging to Batiscan, has so far been recovered. The unfortunate men were engaged in driving logs for the Jacques Cartier Paper & Pulp Company of Pont Rouge when the fatality happened. Gangs of men are actively engaged in dragging the river for the bodies of the other two men.

**The Hercules Coaster Brake**

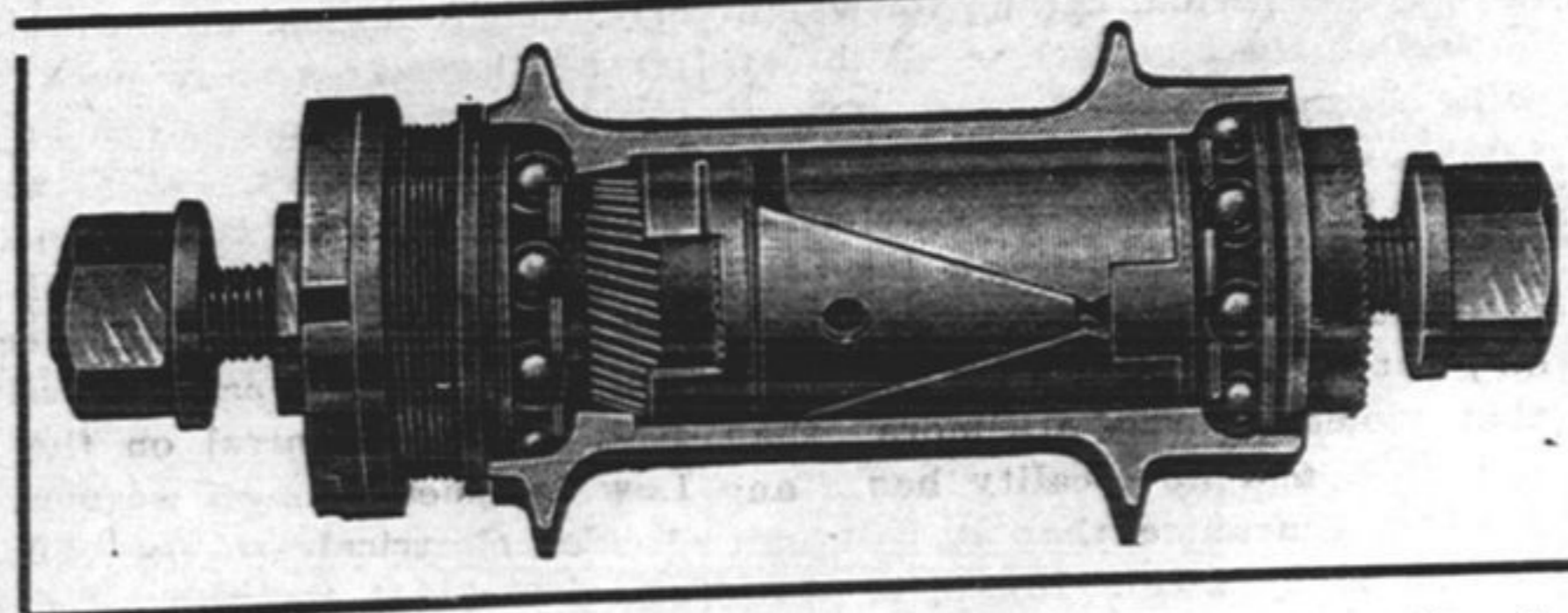
"The Brake That Makes the Wheel Run Easy"

There were more "Hercules" brakes sold in Canada last year than all others combined.

One reason for the "Hercules" popularity is that it is lighter in weight than any other. The "Hercules" is an armless brake, a great feature in any bicycle. Also it is pathetically simple. A child can take it apart and reassemble it.

**Hercules Coaster Brake**

Positive in action and easy running when released. It wears well because it is solidly simple and there are no intricate



parts to get out of place or become damaged in the wear.

THE HERCULES IS AS SMALL AS THE ORDINARY HUB OF A BICYCLE.

Write us for particulars and catalogues.

**Canada Cycle & Motor Co., Limited, Toronto**

**LEFT FOR GOW GANDA.**

Mr. John Coburn, Caroline-st., left Wednesday for Gow Ganda, where he will be employed with the James Bay Lumber Co., and with the Craig Brothers, particularly. Mr. Coburn spent the winter in Gow Ganda, but during the past two months has been in Lindsay. He was accompanied by Mr. Booth, of Burnt River, and a large number of friends saw the two gentlemen off at the G.T.R. depot last evening.

**GRADING THE ROAD**

(By A. W. Campbell.)

Good grading is the basis of permanent roadwork, for good grading implies at least good surface drainage. Grading is the cheapest part of roadwork, yet it is often badly done or neglected altogether. In grading, points requiring emphasis are:

1. See that the longitudinal slopes follow the flow of the water.
  2. Never gravel or stone the road until the grading is properly done.
  3. Old gravel or stone roads will usually derive more benefit from cutting away high shoulders and rounding the road off from the top outward, than from additional coatings of stone or gravel.
  4. Always grade away the sides of old roads before putting on new metal. Never draw soft material to the centre.
  5. Grade to a high crown, as the constant tendency is for the road to spread and flatten. A newly graded road settles rapidly in the first year. If not made too high at first, it will soon be too flat.
  6. Do not make the graded roadway wider than is necessary, and straighten crooked roads so as to have the roadway in the centre of the road allowance.
  7. Use a grading machine for this work.
- Do not try to form a gravel or stone roadbed till the grading has been properly done. It is a "penny wise and pound foolish" policy. Grade the roadway, cut down the knolls, fill the hollows, conform the slopes so as to drain to natural watercourses, crown the road with a good fall from centre to side. When this is done, graveling and stoning will be a matter of permanent benefit.

**It's Easy to Stop Pain**



TAKE ONE OF THESE LITTLE TABLETS AND THE PAIN IS GONE.

"I use Dr. Miles' Anti-Pain Pills for Neuralgia, LaGrippe and all pains. I don't intend to be without them, for I find ready relief in them for everything I use them for."  
MRS. L. F. MILLER,  
120 W. 6th St., Davenport, Ia.

**All Pain**

"In my family Dr. Miles' Anti-Pain Pills are used for headache, colic and other pains, and always give relief at once."  
THOS. R. FOWLER  
R. D. No. 3, Dunn, N. C.

Price 25c at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.  
DR. MILES MEDICAL CO., Toronto.

**DRY WOOD FOR SALE**

Large quantity of four mixed wood, also 22 inch hardwood, good and convenient to road. Will be sold reasonable. Apply to

**JOS. MCGAHEY OR JOSEPH HICKSON, Mt. Horeb**

**T. W. Campion Taxidermist**

Birds and animals stuffed and mounted

**Deer and Moose Heads** a speciality. Also case work.

Canaries, Finches, Rabbits, Pigeons and other birds for sale at

**Toronto Bird Store**  
175 Dundas-st., Toronto

**Repairing**

All makes of guns and rifles repaired. Keys and springs fitted to sewing machines and general repairs at LINDSAY BICYCLE WORKS.

Skates Sharpened and Polished

**Geo. W. Shepherd**  
Proprietor  
NEXT POST BUILDING

Sir Sandford Fleming has been elected Chancellor of Queen's University, having held the office since 1880.