POISON FOR YOUR LUNCH.

IMMENSE AMOUNT OF ILL-HEALTH CAUSED BY ARSENIC.

It Is Present in Scores of the Article Which We Drink or Handle Daily Symptoms of Chronic Poisoning.

The colossal case of arsenic poisoning at Manchester, England, calls attention in a startling manner to the risk we all run even in our own homes. Thousands of tons of poison are now used in the manufacturing arts, including a quantity of arsenic.

According to the British Registrar-General, only twelve or fourteen deaths occur annually from arsenic in England, most of them being accidental. But medical men, who have enquired into the matter, assert that an immense amount of ill-health arises from the use of this drug, which may be innocently taken at lunch time or absorbed in the bedroom.

This is perfectly credible when we consider the various uses to which the drug is put. It is used in making shot. Three parts of arsenic are combined with 1,000 parts of lead to make ordinary shot. Now, shot is extensively used in washing bottles, and in this process a good deal of the arsenic gets detached and adheres to the bottles. When these are filled with beer the arsenic dissolves in the beverage and, though the quantity is too small to injure a moderate drinker, it often seriously affects the health.

To understand how these infinitesimal quantities of arsenic prove harmful, a curious property of the drug must be explained. It is what the doctors call "cumulative" in its action. That is to say, when a dose is swallowed it sticks tenaciously in the body, and though the body gets rid of a little of it every day, it takes from two to six weeks to eliminate the whole.

Green-backed playing cards very often contain arsenic, and many great card-players get an eruption on their hands from this source.

IN DUST AND GAS.

Theatre tickets, railway tickets, omnibus tickets are also frequently coloured with a pigment containing this dangerous chemical. It is much used in the manufacture of artificial flowers, and it comes away from them, as from wall-papers, both in the form of dust and as a gas called "arsine." It is also used in the coloring of children's toys, crayons, candles, the glazed papers that cover confectionery, lamp shades, and many toilet articles. Violet powder frequently contains arsenic, and some time ago two children were fatally poisoned by the use of this powder.

Arsenical soap is greatly favoured by ladies vain of their skin. Undoubtedly arsenic has the effect, if properly used, of beautifying the skin. But very often the soap causes a nasty rash through its poisonous qualities, and it helps all the other things in producing ill-health.

Arsenic is very often present in glases, stockings, and hat linings, and causes rash, or gets into the system. Perhaps one of the most dangerous poison-carriers is the colored window or bed curtain.

There seems to be no end to the articles of daily use which may be the mysterious cause of stomach aches, sore eyes, neuralgia, and other results of chronic arsenic poisoning. Britannia metal spoons, forks, and teapots frequently contain arsenic, which is slowly dissolved out of them in use. All kinds of glassware may have some arsenic in their substance, though not so often now as formerly. It is used in bronzing brassware and tinning sheet-iron. Orpiment, an arsenical compound, is used as a hair destroyer, and tanners often use it to take the hair off skins. Several deaths have been traced to it. Arsenite of copper is used, under the name of paris green, for destroying insects on potatoes. Possibly it finds its way into the tuber, and is eaten by us at dinner. Corn intended for seed is steeped in an arsenical solution to prevent "smut" and here, again, there is some probability that the drug passes into the new corn, and thus into our bread. Then, most sheep dips consist of arsenic, and it is almost certain that some of it gets into the sheep's body and remains in the mutton; while fly-papers, fly-water and rat pastes owe their destructive power to arsenic, and when used in a house some of the poison passes into the air. To mention one more source of danger, immense quantities of arsenic are thrown into the holds of ships to prevent vegetation and nothing is more likely than that corn subsequently loaded in bulk gets contaminated.

In most cases, however, it is consoling to know that the trifling quantities of arsenic we accidentally take into our system do more good than harm. It is an excellent tonic, and promotes health, when taken in suitable quantity. The symptoms of slight chronic poisoning are unfortunately easily taken for something else. One victim always had a cold in his head, and thought it arose from draughts in his office, but it was really due to irritating effects of arsenic, which fact he did not discover till his health was undermined. Most people feel their eyes sore, as if there were sand in them, usually the stomach is in an inflamed condition, but this is put down to ordinary dyspepsia. Neuralgia, headache, and depression of spirits are other symptoms. But no one thinks of arsenic poisoning when he suffers from these.

CHANGES AT BISLEY.

The title of the great "Queen's Prize" of the N. R. A. will henceforward be altered to the "King's Prize," by command of his Majesty, who will continue patron of the association. Instead of ten rounds at 500 yards and fifteen at 600, the second of the three stages of the competition will in future consist of ten rounds at 600 yards and ten at 800

The Man Who Knows.

CHAPTER II.

"When you left Mr. Hatteras, to visit Miss W[illegible] rell at Potts Point, I remained [illegible] the house for half an hour or so [illegible]ading. Then, thinking no harm c[illegible] possibly come of it, I started out [illegible] a little excursion on my own [illegible]ount. It was about half-past ele[illegible] then.

"Leaving the hot[illegible] made for the ferry and crossed D[illegible]ng Harbour to Millers Point; then, [illegible]ing myself for a good ramble, of [illegible] went through the city, up one str[illegible] and down another, to eventually [illegible]ing up in the botanical gardens. [illegible] view was so exquisite that I sat [illegible]self down on a seat and resigned [illegible]yself to rapturous contemplati[illegible] of it. How long I remained t[illegible] I could not possibly say. I only [illegible]w that while I was watching the [illegible]vements of a man-o'-war in the [illegible] below me I became aware, by in[illegible]ion—for I did not look at him—[illegible]t. I was the object of close sc[illegible]ny by a man standing some little [illegible]istance from me. Presently I fo[illegible] him drawing closer to me, until [illegible]ame boldly up and seated himself b[illegible]e me. He was a queer-looking lit[illegible]chap, in some ways not unlike my [illegible] tutor Baxter with a shrewd, cl[illegible] shaven face, grey hair, bushy eye[illegible]vs, and a long and rather hooked n[illegible] He was well dressed, and when [illegible] spoke did so with some show of [illegible]ation. When we had been sitting [illegible]e by side for some minutes he t[illegible]d to me and said,—

"'It is a beautiful [illegible]ture we have spread before us, is [illegible]ot?'

"'It is, indeed,' I [illegible]wered. 'And what a diversity of [illegible]pping!'

"'You may well s[illegible]hat,' he continued. 'It would b[illegible] interesting study, would it not, [illegible]ake a list of all the craft that p[illegible]n and out of this harbour in a d[illegible] to put down the places where th[illegible]ere built and whence they hail, t[illegible] characters of their owners, and c[illegible]anders, and their errands about [illegible] world. What a book it would ma[illegible] would it not? Look at that man-[illegible]ar in Farm Cove; think of the [illegible]ey she cost, think where that [illegible]y came from [illegible] paid without —the poor people w[illegible] dreaded the coming of the tax col[illegible]or like a visit from the Evil One; [illegible]rine the busy dockyard in which [illegible] was built—can you not seem to h[illegible] the clang of the riveters and the [illegible]izzing of the steam saws? Then [illegible]e that Norwegian boat passing [illegible] fort there; think of her birthp[illegible] in far Norway; think of the pla[illegible] she has since seen; imagine her m[illegible]s growing in the forests on the [illegible]ntain side of lonely fiords, where [illegible] silence is so intense that a ston[illegible]olling down and dropping into t[illegible] water echoes like thunder! Then [illegible]ain, look at that emigrant vessel [illegible]aming slowly up the harbour; thi[illegible] of the folk [illegible]ith his hopes [illegible] a successful [illegible]cognita, or [illegible] everything there you see [illegible] making her [illegible] blue Pacific; [illegible] weeks among [illegible]tvens dropped [illegible]ers—buying [illegible]ps you have [illegible] it is a wonderful picture! [illegible]udied it very carefully,' I said, [illegible] a moment's silence.

"'[illegible]ps, I have,' [illegible] answered. 'I am [illegible] interested [illegible] the life of the [illegible] sea—few more so. A[illegible] you a stranger in [illegible]outh Wales [illegible] I replied. 'T[illegible] strange [illegible] only arrived in Aust[illegible] a few days [illegible]

"Then y[illegible]ave to make the acquaintance of [illegible]my entrancing [illegible]. Forgiv[illegible] my impertinence but, if you ar[illegible] a tour, let me recommend you t[illegible]ce the islands before you return to [illegible]r home.'

"'The South-Sea [illegible]ands, I presume you mean?' I a[illegible]

"'Yes; the bewitch[illegible] islands of the Southern Seas! The [illegible]t entrancing-[illegible] beautiful spots o[illegible]d's beautiful earth! See them bef[illegible] you go. They [illegible] repay, an[illegible]ouble it may [illegible] reach t[illegible]

"'[illegible] would like to [illegible] them very much,' I answered, [illegible]ling my en[illegible]ords.

"'Perhaps you a[illegible]nterested in them already?' he co[illegible]ued.

"'[illegible] much ind[illegible] I replied.

"'[illegible] that ca[illegible] I may not be considered presumpti[illegible] if I offer to [illegible] South-Sea [illegible] have amassed [illegible]utiful objects [illegible] would allow [illegible] be delight[illegible]

"'[illegible] them very [illegible], thinking it [illegible] to make the [illegible]

"'If you have tim[illegible] might perhaps go and overhaul [illegible]m now. My house is but a short [illegible]nce from the Domain, and my ca[illegible]ge is waiting at the gates.'

"'I shall be [illegible]ated,' I said, thinking, there could [illegible] no possible harm in my accepti[illegible] his courteous invitation.

"'But before we [illegible] may I be allowed to introduce [illegible]self' the old gentleman said, ta[illegible] a card-case from his pocket an[illegible]ithdrawing a card. This he hande[illegible]o me, and on it I read—

"'Mr. Mathe[illegible] Draper.'

"'I am afraid I h[illegible] no card to offer you in return,' [illegible] said; 'but I am the Marquis of B[illegible]nham.'

"'Indeed! Then I [illegible] doubly honoured, the old gent[illegible]an said, with a low bow. "Now sh[illegible] we wend our way up towards my carriage!'

"We did so, chatting as we went. At the gates a neat brougham was waiting for us, and in it we took our places.

"'Home,' cried my host, and forthwith we set off down the street. Up one thoroughfare and down another we passed, until I lost all count of our direction. Throughout the drive my companion talked away in his best style; commented on the architecture of the houses, had many queer stories to tell of the passers-by, and in many other ways kept my attention engaged till the carriage came to a stand-still before a small but pretty villa in a quiet street.

"Mr. Draper immediately alighted, and when I had done so, dismissed his coachman, who drove away as we passed through the little garden and approached the dwelling. The front door was opened by a dignified manservant, and we entered. The hall, which was a spacious one for so small a dwelling, was filled with curious weapons, but I had small time for observing them, as my host led me towards a room at the back. As we entered he said, 'I make you welcome to my house, my lord. I hope now that you have taken the trouble to come, I shall be able to show you something that will repay your visit.' Thereupon, bidding me seat myself for a few moments, he excused himself and left the room. When he returned he began to do the honours of the apartment. First we examined a rack of Australian spears, nulla-nullas and boomerangs, then another containing New Zealand hatchets and clubs. After this we crossed to a sort of alcove where reposed in cases a great number of curios collected from the further islands of the Pacific. I was about to take up one of these when the door on the other side of the room opened and some one entered. At first I did not look round, but hearing the new-comer approaching me I turned, to find myself, to my horrified surprise, face to face with no less a person than Dr. Nikola He was dressed entirely in black, his coat was buttoned and displayed all the symmetry of his peculiar figure, while his hair seemed blacker and his complexion even paler then before. He had evidently been prepared for my visit, for he held out his hand and greeted me without a sign of astonishment upon his face.

"'This is indeed a pleasure, my lord,' he said, still with his hand outstretched, looking hard at me with his peculiar cat-like eyes. 'I did not expect to see you again so soon. And you are evidently a little surprised at meeting me.'

"'I am more than surprised,' I answered bitterly, seeing how easily I had been entrapped. 'I am horribly mortified and angry. Mr. Draper, you had an easy victim.'

"Mr. Draper said nothing, but Dr. Nikola dropped into a chair and spoke for him.

"'You must not blame my old friend Draper,' he said suavely. 'we have been wondering for the last twenty-four hours how we might best get hold of you, and the means we have employed so successfully seemed the only possible way. Have no fear, my lord, you shall not be hurt. In less than twenty-four hours you will enjoy the society of your energetic friend Mr. Hatteras again.'

"'What is your reason for abducting me like this?' I asked. 'You are foolish to do so, for Mr. Hatteras will leave no stone unturned to find me.'

"'I do not doubt that at all,' said Dr. Nikola quietly; 'but I think Mr. Hatteras will find he will have all his work cut out for him this time.'

"'If you imagine that your plans are not known in Sydney you are mistaken,' I cried. 'The farce you are playing at Government House is detected, and Mr. Hatteras, directly he finds I am lost, will go to Lord Amberley and reveal everything.'

"'I have not the slightest objection,' returned Dr. Nikola quietly. 'By the time Mr. Hatteras can take those steps—indeed, by the time he discovers your absence at all—we shall be beyond the reach of his vengeance.'

"I could not follow his meaning, of course, but while he had been speaking I had been looking stealthily round me for a means of escape. The only way out of the room was, of course, by the door, but both Nikola and his ally were between me and that. Then a big stone hatchet hanging on the wall near me caught my eye. Hardly had I seen it before an idea flashed through my brain. Supposing I seized it and fought my way out. The door of the room stood open, and I noticed with delight that the key was in the lock on the outside. One rush, armed with the big hatchet, would take me into the passage; then, before my foes could recover their wits I might be able to turn the key, and, having locked them in, make my escape from the house before I could be stopped.

"Without another thought I made up my mind, sprang to the wall, wrenched down the hatchet, and prepared for my rush. But by the time I had done it both Nikola and Draper were on their feet.

"'Out of my way!' I cried, raising my awful weapon aloft. 'Stop me at your peril!'

"With my hatchet in the air I looked at Nikola. He was standing rigidly erect, with one arm outstretched, the hand pointing at me. His eyes glared like living coals, and when he spoke his voice came from between his teeth like a serpent's hiss.

"'Put down that axe!' he said.

"With that the old horrible fear of him which had seized me on board ship came over me again. His eyes fascinated me so that I could not look away from them. I put down the hatchet without another thought. Still he gazed at me in the same hideous fashion.

"'Sit down in that chair,' he said quietly. 'You cannot disobey me.' And indeed I could not. My heart was throbbing painfully, and an awful dizziness was creeping over me. Still I could not get away from those terrible eyes. They seemed to be growing larger and fiercer every moment. Oh! I can feel the horror of them even now. As I gazed his white right hand was moving to and fro before me with regular sweeps, and with each one I felt my own will growing weaker and weaker. That I was being mesmerized, I had no doubt, but if I had been going to be murdered I could not have moved a finger to save myself.

"Then there came a sudden but imperative knock at the door, and both Nikola and Draper rose. Next moment the man whom we had noticed in the train as we came up from Melbourne, and against whom you, Mr. Hatteras, had warned me in Sydney, entered the room. He crossed and stood respectfully before Nikola.

"'Well, Mr. Eastover, what news?' asked the latter. 'Have you done what I told you?'

"'Everything,' the man answered, taking an envelope from his pocket. 'Here is the letter you wanted.'

"Nikola took it from his subordinate's hand, broke the seal, and having withdrawn the contents, read it carefully. All this time, seeing resistance was quite useless, I did not move. I felt too sick and giddy for anything. When he had finished his correspondence Nikola said something in an undertone to Draper, who immediately left the room. During the time he was absent none of us spoke. Presently he returned, bringing with him a wine glass filled with water, which he presented to Nikola.

"'Thank you,' said that gentleman, feeling in his waistcoat pocket. Presently he found what he wanted, and produced what looked like a small silver scent-bottle. Unscrewing the top, he poured from it into the wine glass a few drops of some dark-coloured liquid. Having done this he smelt it carefully and then handed it to me.

"'I must ask you to drink this, my lord,' he said. 'You need have no fear of the result; it is perfectly harmless.'

"Did ever man hear such a cool proposition? Very naturally I declined to do as he wished.

"'You must drink it!' he reiterated. 'Pray do so at once. I have no time to waste bandying words with you.'

"'I will not drink it!' I cried, rising to my feet, and prepared to make a fight for it if need should be.

"Once more those eyes grew terrible, and once more that hand began to make the passes before my face. Again I felt the dizziness stealing over me. His will was growing every moment too strong for me. I could not resist him. So when he once more said, 'Drink!' I took the glass and did as I was ordered. After that I remember seeing Nikola, Draper, and the man they called Eastover engaged in earnest conversation on the other side of the room. I remember Nikola crossing to where I sat and gazing steadfastly into my face, and after that I recollect no more until I came to my senses in this room, to find myself bound and gagged. For what seemed like hours I lay in agony, then I heard footsteps in the verandah, and next moment the sound of voices. I tried to call for help, but could utter no words. I thought you would go away without discovering me, but fortunately for me you did not do so. Now, Mr. Hatteras, I have told you everything; you know my story from the time you left me up to the present moment.'

For some time after the Marquis had concluded his strange story both the Inspector and I sat in deep thought. That Beckenham had been kidnapped in order that he should be out of the way while the villainous plot for abducting Phyllis was being enacted there could be no doubt. But why had he been chosen? and what clues were we to gather from what he had told us? I turned to the Inspector and said,—

"What do you think will be the best course for us to pursue now?"

"I have been wondering myself. I think, as there is nothing to be learned from this house the better plan would be for you two gentlemen to go back to Mr. Wetherell, while I return to the detective office and see if anything has been discovered by the men there. As soon as I have found out I will join you at Potts Point. What do you think?"

I agreed that it would be the best course; so, taking the Marquis by the arms, for he was still too weak to walk alone, we left the house, and were about to step into the street when I stopped, and asking them to wait for me ran back into the room again. In the corner, just as it had been thrown down, lay the rope with which Beckenham had been bound and the pad which had been fitted over his mouth. I picked both up and carried them into the verandah.

"Come here, Mr. Inspector," I cried. "I thought I should learn something from this. Take a look at this rope and this pad, and tell me what you make of them."

He took each up in turn and looked them over and over, But he only shook his head.

"I don't see anything to guide us," he said as he laid them down again.

"Don't you?" I cried. "Why, they tell me more than I have learnt from anything else I've seen. Look at the two ends of this." Here I took up the rope and showed it to him. "They're seized!"

I looked triumphantly at him, but he only stared at me in surprise, and said, "What do you mean by 'seized'?"

To be Continued.

RATHER PERPLEXING.

A certain Lancashire judge, when attempting to be clear, is at times rather perplexing.

My good woman, he once said to a witness, you must give an answer in the fewest possible words of which you are capable to the plain and simple question whether, when you were crossing the street with the baby on your arm, and the omnibus was coming down on the right side, and the cab on the left side, and the brougham was trying to pass the omnibus, you saw the plaintiff between the brougham and the cab, or between the omnibus and the cab, or whether and when you saw him at all, and whether or not near the brougham, cab, or omnibus, or either, or any two, and which of them respectively, or how it was.

MENUS FOR FAT PEOPLE.

DISHES THAT MAY BE EATEN WITH IMPUNITY BY THE OBESE.

An English Physician's System of Reduction by Means of Diet—Variety of Food Allowed, Together With Some Wine.

Many persons anxious to reduce their weight have an idea that starvation diet is the best means to accomplish the desired result. Women especially are frequently heard to boast that they have gone for days without food except beef capsules dissolved in hot water. The results attained in these cases are always more painful to observe than the accumulated flesh. Haphazard banting methods are seriously injuring the health of many injudicious women anxious to attain the fashionable fragility of the moment.

A book has recently been prepared by Dr. Yorke Davies, licentiate of the Royal College of Physicians of London, on the dietetic cure for corpulency. Lists of food are given that may be eaten without any fear of their increasing the weight. He also recommends the saccharin tabloid for use as a substitute for sugar, the greatest fat-maker of all foods.

The lists of dishes given, with methods of preparing them, disprove the old theory that the person wishing to reduce must become a martyr. While the sugary and starchy foods must be avoided, there is an imposing list of extremely desirable soups, fish, game and sweets to select from. Beverages and wines that are strictly barred out by the average reduction method are admitted in this new English system, which is planned

ON SCIENTIFIC PRINCIPLES.

It aims at the attainment of a normal weight, improvement in health and permanence of result.

The German reduction methods have always barred fluids with meals, but by the new plan fluids can be consumed, provided they are free from sugar and starch. Briefly outlined the objects of the system are:

First—To improve by exercise the muscular tissue and by diet to keep the muscles of the body in firm fibre and tone.

Second—To maintain the blood in its normal and healthy composition.

Three—To regulate the quantity of fluid in the body by freeing the action of the skin and kidneys.

Four—To prevent the deposit of fat by eliminating from the diet an excess of those articles that create it, but are not otherwise useful in the economy.

Five—To allow quite sufficient food and many luxuries, so as to satisfy the cravings of nature and the wants of the system and yet by dietetic means to reduce corpulency at the rate of from four to six pounds a week at first and more gradually after, so that in a given time the weight should not exceed the proper standard, and to do this with perfect safety and permanent improvement to the constitution.

The saccharin tabloids are a boon to the corpulent, as the jellies and sweets so long denied to the obese may be prepared with them. In culinary work, two tabloids are equal in sweetening qualities to one ounce of sugar and for sweetening a cup of tea or of coffee, one of the tablets is sufficient.

Dr. Davies classes the hurtful wines for people constitutionally disposed to stoutness as those which contain sugar either by arrest of fermentation, or by the addition of sugar. These wines are usually the product of the hot countries. In France, Germany and Hungary, where a cooler climate prevails, fermentation occurs with less rapidity. Sparkling wines or Moselles are not suitable for the corpulent, but dry champagnes of the best quality are permitted. Cheap Rhine wines, in fact cheap wines of all sorts, are

ABSOLUTELY FORBIDDEN.

There are natural sherries now on the market containing absolutely no sugar. Coffee is preferable to cocoa in a reduction diet.

A typical menu scientifically got up as a dietetic treatment is as follows:

Raw Oysters, with thin brown bread.
Julienne Soup.
Sole au vin Blanc.
Chicken a la Marengo.
Calves' Sweetbreads stewed.
New Asparagus, Spinach, Tomato and Lettuce Salad.
Lemon Cream. Nuts. Fruit. Coffee.

Julienne soup made after the dietetic recipe is much simpler than the usual Julienne and contains no fat of any sort. Take three carrots, three turnips, the white part of a heart of celery, three onions and three leeks. Wash and dry the vegetables and cut them in thin shreds, which should not be more than an inch in length. Place the shreds in a saucepan with two ounces of butter and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock and simmer gently for an hour or until the vegetables are tender. Carefully remove the scum and grease and half an hour before the soup is done add two pinches of salt and two pinches of pepper.

To prepare sole au vin blanc put the sole after it has been trimmed into a fish pan and with it some slices of onion, a fagot of sweet herbs, a couple of cloves, some pepper corns and salt. Spread a little butter over the sole and pour in enough white wine to cover it. Let it boil from ten to twenty minutes, according to the size of the fish. Keep it covered while it is boiling. When it is done remove the fish. Keep it hot while making the sauce. Strain the liquor, return it to the pan and add the yolks of one or two eggs, according to the quantity of liquor, only do not put in too much egg, just enough to thicken the sauce. Put in a little chopped parsley, pour the sauce over the fish, and serve at once.

CHICKEN A LA MARENGO

specially prepared for the fat is made from an extra fine broiling chicken cut in neat joints and seasoned with salt and cayenne. Fry it in clarified butter. When half cooked add a clove or garlic, two shallots, and a fagot of sweet herbs. Drain the meat from the fat and mix with the latter a teaspoonful of flour, and very gradually, sufficient good stock to make the sauce of the consistence of thick cream. Mushrooms may be used to garnish the dish.

For the next course, put two calves' sweetbreads in a stew pan with some nicely flavored stock and let them simmer gently for a quarter of an hour or more. Take them out and place them on a hot dish. Draw the gravy from the fire for a minute or two, and add to it very gradually the yolk of an egg. Put this over a gentle fire until the sauce thickens, but do not allow it to boil. Pour over the sweetbreads and just before serving, squeeze into it the juice of a lemon.

Lemon cream as prepared with saccharin tablets is made by paring into a pint of water the peel of three large lemons. Let the water stand four or five hours; then take the peel out and put in the water the juice of four lemons and two grains of saccharin or four tablolds dissolved in a little boiling water. Beat the whites of six eggs and mix it all together; strain through a lawn sieve, set it over a slow fire, stir it one way until as thick as cold cream, then take it off the fire and stir it until cold. Serve in a glass dish.

Fish is a specially non-fattening food. Beef, duck, goose and pork are not suitable food for the obese. The list of vegetables allowed include almost every variety but the potato. A large variety of foods is essential.

ALL-BRITISH RAILWAY.

John Bull Goes the Russian Bear One Better as Regards China.

One of the great tasks of the new century is the railroad Great Britain is planning to build from Egypt to the Yang-tse. It is proposed that the western point of departure shall be either Alexandria or Port Said, and that the route, following roughly the parallel of thirty degrees north latitude, shall cross the Isthmus of Sinai and Northern Arabia, skirt the shores of the Persian Gulf, and pass through Baluchistan to Kurrachee in India. The length of this section would be a trifle under twenty-five hundred miles, and except at the head of the Persian Gulf, would present no physical obstacles that could not be easily surmounted. Use of the Indian systems, with a link to be supplied here and there, would bridge the distance between Kurrachee and Mandalay, whence the Indian government is now building a railroad to Kunlong. Careful surveys have developed a practical route from Kunlong to the Yang-tse at Su-chow, and from that point a line could be easily extended to Shanghai. Many-sided results will attend the building of this line. Besides revolutionizing the sea route and traffic with Australia, it will provide a rapid and safe means of transit between Europe, India and China, and will enable cheap and speedy exchange of products throughout the vast region lying between the Mediterranean and the Pacific. Finally, and this is the argument most frequently urged in its behalf, it will form England's natural response to the Trans-Siberian Railway, and will conduce enormously to her power and prestige in the East. Construction of this line is part of the declared policy of Great Britain in China, and conservative advocates believe it will be built during the next decade.

ROYAL FAMILY OF FIFE.

Romantic Love Story of Princess Louise of Wales.

Princess Louise of Wales was in love with the Duke of Fife from the time she was a very young girl, but it was long ere the royal parents could bring themselves to give their consent to the marriage. However, the little princess drooped and became so pale and wan that in the end her father and mother could not refrain from doing what they could to bring back the colour to her cheek and the sparkle to her eye. A story has always been told and seems to be true, that just before her marriage this shyest of all shy princesses blushingly took her fiance into her boudoir where, opening a well-locked cabinet, she showed him quite a large collection of pretty articles made or purchased by her as Christmas and birthday gifts, but which, year after year she had been too bashful to present to him.

The eldest little "Fife" bears a distinct resemblance to her lovely grandmother, the Princess of Wales, both in features, expression, smile and turn of her pretty head and shoulders. Though now a curly headed little person, when an infant she remained a "bald baby" for an unusual length of time, to the dismay of her young mother. No one could understand why she did not have her little girl photographed, but at last the secret leaked out. She was waiting for the little bald head to be covered. When at last the curls came, many charming pictures were made of the pretty child.

WHO SAID "KILT"?

The wife of a Gordon Highlander received some time ago an invitation to visit him at the barracks in Scotland. She did so, taking with her their little six-year-old girl. When they arrived, as it happened, the husband was engaged on sentry duty and so they could not approach him. The child eyed her "daddy" with a rather sorrowful but amazed expression as he paced up and down the square shouldering his rifle and wearing a kilt. She had never before beheld him thus arrayed, and for a few minutes the spectacle seemed to be quite beyond her; but for no longer could she keep silent.

"Mamma," she said, in a voice that betrayed a trace of childish covetousness, "if daddy finds the man who stole 'ees trousers, will he gimme da lickle frock?"

EMPIRE'S MILITARY NEWS

WHAT IS GOING ON IN BRITAIN'S CAMPS AND HARBOURS.

Condensed Paragraphs of Interest to Both Military and Civilian—How Tommy Atkins Fares in Different Countries.

Nearly a hundred acres of ground at Tenby Burrows are to be purchased by the War Office for military purposes.

By the death of Colonel C. W. H. Tate, A.O.D., an appointment as ordnance officer, first-class at Gibraltar has become vacant.

Battery Quartermaster-Sergeant Albert E. Bosher, R.A., has been awarded a commission as second lieutenant in the Norfolk Regiment.

It is announced that a British naval squadron will go to Spezia on the occasion of the launch of the new Italian armoured cruiser Regina Margherita.

The war in South Africa necessitates increasing activity at the four Government manufacturing establishments at Woolwich, Enfield, Waltham and Birmingham.

The flotilla of torpedo boat destroyers, which has been cruising along the coast recently in the neighbourhood of the Mersey estuary, will pass along the Ship Canal and visit Manchester.

While exercising at Chatham, Lieutenant Charles Trotter, 2nd Cheshire Engineer Volunteers and a nephew of Major-General Trotter, was thrown from his horse and killed. "Accidental death" was the verdict.

The new scheme of army reform, says the Chronicle will provide that at least fifty horses shall be attached to all infantry regiments for the purpose of training the men to act as mounted infantry if required.

Major Edmund John Phipps-Hornby, V.C., Royal Horse Artillery, who commanded the famous "Q" Battery at Sanna's post, has been appointed to Earl Robert's personal staff at the War Office.

Captain G. A. Wilkinson, 1st Liverpool Regiment, who has been noted for promotion on completing six years' service in recognition of his distinguished conduct in the field, only joined the army, from Sandhurst, in March, 1893. In the fight at Belvetia, when the 4.7 gun was captured, Captain, then lieutenant, Wilkinson, behaved with great bravery.

The secretary of the Navy League advertised, on behalf of a Cardiff firm of shipowners, that they had vacancies ready for a few apprentices on board their steamers. Applicants were requested to call at the office of the Navy League. A hundred boys applied personally, and thirty made application in writing. Thirty got an appointment, and the remaining hundred a disappointment.

Major-General Hector Macdonald entered upon his 56th year, having been born in 1852. He had served nearly ten years as a private and non-commissioned officer when he received a second lieutenant's commission in the 92nd in January, 1880. In the course of his distinguished career he has served in Afghanistan, the Transvaal Campaign of 1881, and repeatedly in the Soudan.

In an army order just issued it is provided that an officer who has been wounded in action and has thereby lost an eye, a limb, or a tooth, or sustained any injury necessitating the use of artificial appliance, may be granted sufficient to defray the necessary expense of providing it. It will be noticed that the order applies only to officers, so that the poor privates will still have to bear the cost of making good their lost members.

Mr. William Walters, of Worksop, Eng., is father of probably the four tallest brothers in the Army. Sergeant W. Walters, 2nd Grenadier Guards, is 6 ft. 4 1-2 in. in height; Lance-Corporal A. Walters, 1st Grenadiers, and now of "B.-P.'s" Police, is 6 ft. 3 1-2 in.; and Sergeant J. Walters, 1st Royal Scots, and Sergeant F. Walters, 3rd Grenadiers, are both well over 6 ft. The father was once a colour sergeant, and stood 6ft. 3 1-2 in.

AN AFFECTING TALE.

Poor Jim has been sent to the insane asylum, said the barber in a Hertford shop.

Who's Jim? asked the victim in the chair.

Jim is my twin-brother, sir. Jim has long been broodin' over the hard times, and I suppose he finally got crazy.

H'm! Not uglikely.

Yes. Him and me has worked side by side for years, and we were so alike you couldn't tell each other apart. We both brooded a good deal, too. No money in this business now.

What's the matter with it?

Prices too low. Unless a customer takes a shampoo it doesn't pay to shave or hair cut. Poor Jim! I caught him trying to cut a customer's throat because he refused a shampoo and so I had to have the poor fellow locked up. Makes me very melancholy. Sometimes I feel sorry I didn't let him slash all he wanted to. It might have saved his reason. Shampoo, sir?

Y-e-s, sir.

THE LONGEST LINE.

He was a jolly sailor-lad, and had come to spend a few days in his native city.

Yes, he remarked proudly, as his steamship company was being referred to in complimentary terms, ours is the longest line in the world, stretching, as it does, from America to China.

There was a moment's silence, and then the hostess—a hard-working Scot—chimed in:

Weel, I dinna ken if ye've cause tae bounce sae much, for does not my class (clothes) line no' stretch frae pole tae pole?

And Jack good-humouredly took a back seat.