street near Charing Cross.

quite the old humorous air that he had

been offered a place on the staff of a

this to keep himself going until he

"It's a debt, then," he called after

could take up the appointment.

from the best British, Houses, and prices (qual. apare favorably with

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APE. Carter's Broad leaved Farly & Sowing Rape. ORN. One car of selected American Seed Corn, (three of the best varieties), also hard, dry American Corn for fodder.

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KNAPP HOUSE, DURHAM. nterest of James Austin, being a oneinterest, in the following lands, namethe half acre, more or less, composed of amber four on the East side of Elgin

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"Chronicle" is the only Mern Ontario,

PRIMA FACIE EVIDENCE. things often take on new imander a new definition.

me good man, you were could put a good face on it. a road; an' you saw a man

"I have made up my mind to take the plunge," said March. "It is a big thing, no doubt, but honestly I think it is my only chance."

Thomas Gillespie March was clerk in a London bank-a small private bank -and he had held that onerous position for the last fifteen years. His salary, advancing by easy stages, had now arrived at no less a sum than £150 per annum-an amount that might be considered princely remuneration for the work required of him. March did not regard it in that light. Three years ago he had contrived to get engaged, and, of course, the girl was penniless. Certainly there seemed to be nothing for it but heroic measures. The worst of it was, my friend had a sanguine temperament; he would do nothing by ever. In my own happiness it struck forget his meal times but for the force the plunge, I foresaw that he meant no compromise, but a thorough immersion, which might very likely, demand all the efforts of the Humane society for the rescue of the experimentalist. Therefore I counseled caution. leading newspaper, and was only doing

March shook his head.

"It is sink or swim with me now," he said again. "At the end of the year I leave old Fletcher & Harrison start working in earnest. I Physicians, Edinburga, Scottand. Sooner be anything—a crossing-sweeper, ly unsaleable at that time, nor did he if you like—than stay on there any tell me that. He contrived a laugh, as if you like—than stay on there any he reiterated his old determination to longer. I am burning my ships." The hold on at all costs. I slipped the sovinfatuated man laugued light-hearted- ereign into his hand when he was not ly. It was evident en ugh that he enlooking, and ran off. joyed the novelty of the situation, at present.

> "Well," I said a tlast, "it is a good thing you have enough to keep from starving, while you are trying so happened that one day I had occayour hand at the new trade." laughed derisively.

> "You do not seem to comprehend that this is a big thing," he went on. "Look ory, and I wondered what had become here, old man"-in a more serious tone -"I cannot keep that poor little girl of mine waiting any longer. Unless I can secure a decent income in a year or walked back to Cannon street. Somehow two, at the furthest, I don't care much what becomes of me. When I gamble at all I like to do it thoroughly. have sold out all my investments, kept together and I had known him all my enough to keep me for half a year, with economy, and put the rest into a good thing I had wind of the other day. It's not safe, of course, but with any luck

"You utter fool," was all I could trust myself to say.

"We shall see," he replied composedly, as he lit one of my cigars with a ly of what I can make by journalism, I expect my two thousand, which is plaguy little use to me at 3 per cent will be worth twenty. Then I shall sell."

"Oh! you will sell then, will you?" I was rather exasperated at the man's folly. "And you expect to make money house surgeon there was an acquaintby journalism, poor innocent. A thous- ance of mine. only hope you may." I regarded him with mingled feelings of contempt and envy-contempt for his madness, envy of his sanguine temperament. After all, it is a great thing to be born a persist-

ent optimist. "I know you fellows who write think AMES BROWN, Issuer of Marriage no one can make anything at it but yourselves." March spoke with a tolerant smile at my infirmities. "I mean to show you that business habits are

bound to pay even in your profession." "I am afraid you will not have many receipts to enter in your ledgers," I Poor March! I do not retorted. think he had one single qualification for journalism, unless it were this unbounded self-confidence of his. I felt unfeignedly sorry for him, but it was his own affair, and it was too late to accomplish anything by interference in

any case. "You don't know me yet," were his words as he left my rooms that night. I confess that the cheery ring of his voice left me in some doubt whether I might not be mistaken. Of course, gamblers do succeed sometimes. I sav nothing more of March for some time afterward.

Early in February I came across him walking vigorously along Holborn. He the cable did not lie, and March realizwas shabby, but buoyant. I stood him ed a little more than his long-lookeda lunch that day, partly because he had for twenty thousand. The gamble had rather a hungry look, and partly because I wished to find out how things were going with him. He expatiated largely on his economical habits. had found a bed-sitting-room at 5 shillings a week, and was working hard. ways a good man of business. The shares were going up slowly, but steadily; however, there was no hurry about them. No! He had not made much out of journalism, yet, but he had always expected to find it a bit of a struggle at first. He tried hard to speak with the old hopeful tone, but I could see it was an effort, and his Mem Ontant Newspaper in eyes wore a haggard look, I urged him to sell out his shares while they were up—they were some South African mine point where it has become a great naor other, and I never had any faith in tional issue. It is now almost assured,

rock. those shares," he said: "not a farthing ope, that there will be established in those shares," he said: "not a farthing ope, that there will be stored judge, famous for less." I was glad afterward to know of national granaries, wherein will that I had given him a respectable of national granaries of grain be stored large quantities of grain The judge replied in him a least that I had given him a respectable of national grain be stored large quantities of grain meal, for I believe the poor beggar was against times of shortage. The judge replied in his broadmeal, for I believe the poor beggar was be stored language.
meal, for I believe the poor beggar was against times of shortage.
mearly starving then. March was never against times of shortage.
The matter has been tall the defeat if he against the Cabin the man to acknowledge defeat if he

some weeks, during which certain evis likely to be taken Britain against a
the people of Great Britain against a
the people of Great Britain against a
the people of the event of war or other ents occurred of so momentous a charthe people of dies of war or other
strictions that he mouth, that's acter, from my own point of view, as
that he mouth that's eviding that he was after to make me forget for the time all cause that would prevent foreign

me. And I fully believe he meant it. That man was as proud as Lucifer. a house in Surrey, and rarely came up He sion to call on a firm in the city, and on my way there passed by the office of March's old employers. The name brought his story back to my memof him. Poor fellow! the world had been too strong for him, he should have taken my advice and stuck to his clerkship. I was thinking of him still as I I could not help feeling that I was to blame in the matter. I should not have allowed him to drop so completely I out of my sight. We had been at school

Half way down Walbrook there was a block. Crowds always attract me and I pushed forward to see what was the matter. A newspaper-seller, seemed, had fallen down in a fit, or dead. Presently the body was lifted into the ambulance, and wheeled off toward the hospital. As it passed by strove in vain to get a glimpse of the face, for an unreasoning suspicion seized me that it might be my friend. Few spill. "In a year's time, independent- things were less likely, but my mind was full of him just then. I hesitated for a moment and thought of following the procession to the hospital; but . had barely time to catch my train, and after all, it was the merest fancy. But I was unduly depressed all that evening. I resolved to look in at the hospital next morning. They would have taken him to St. Philip's, and the

and a year in that, I suppose. Well-I It was about 12 when I arrived there and found my way into Miller's room. In a quarter of an hour or so he put in an appearance, overwhelmed with work, as usual. I told him my errand, and his eyes brightened as at a humorous recollection.

"Oh! I remember that chap," he said. "Nothing much the matterfainted from want of food I fancy. Curious thing was, he made out that he had just come into a fortune-thirty thousand, I think he said. A bit touched in the head, I expect."

"Where is he? What was his name?" asked eagerly. "Sent him out last night—he was well enough, after he'd had some brandy and a hunk of bread. Some name like Clark or Stark, or something-a monosyllable

"Was it March? Because if so-" "March it was. How do you know

anything about it?" And it was March after all. I saw his wedding announced in the paper this morning. It was the shock of reading in the copy of the paper he was selling, that the director of his mine had received a cable announcing the discovery of a new and valuable gold-bearing reef on their property, that caused his sudden collapse. For once turned out a success, but even now, the gambler does not like to talk much about that year's existence. But he paid me back my sovereign with interest at 5 per cent. March was al-

ENGLAND'S FOOD SUPPLY.

Government Will Store Large Quan-

titles of Grain for an Emergency. The agitation of the subject of the food supply of England has reached a mining shares—but he was firm as a a result of the Spanish-American "Twenty thousand is my figure for war and the scarcity of bread in Eur-

The matter has been talked of for a long time, but the Cabinet has now A few days later I left London for taken it up and some definite action A few days later I left London for taken it up and shortly to guard busaw him dhrawin' the children weeks, during which certain evitation against a some weeks.

me temporarily oblivious of March's of Imperfect Digestion.

welfare-when I became suddenly er hungry." Thus says Dr. William aware of a face and figure that were Henry Porter, who is a recognized aualong the gutter, dressed in the flow- thority on dietetics. Up to this date ing robes of an Arab sheikh, and at- a huge appetite has almost invariably tracting no small amount of attention been considered as evidence of a good small handbills to the passers-by, and physical condition. Many persons will he handed one to me. As he did so our realize after weighing the doctor's reeyes met, and I saw that he was March. mark that their great desire for food He turned away quickly when he saw at certain times is a warning that all that I recognized him. I could not stop is not well with them. Dr. Porter supgot to the theatre I told her his story, ports his startling statement by some and the dear girl insisted on my going interesting explanatory facts. The out between the acts to try and find healthy person does not, however, last I ran him to earth in a little byslight his meals, it must be understood, but does ample justice to them. I pressed a sovereign on him-I was Yet not until he tastes the food before not a rich man, or I would gladly have him, says Dr. Porter, does he realize me with a keener pang to find him in of circumstances. The pangs of hunger such a miserable condition, but he did are felt as an effect of imperfect di-

est work, at any rate, and he saw no Dr. Porter gives some valuable infor
DEPARTMENT Is completely stocked with all NEW TYPE, thus afneed for false shame. He said with mation on the question which and of what kind shall be the principal meal -morning, noon or night. In speaking of this he said:

"My dear fellow," I remonstrated, "surely it would be worth while to "As in running of an engine, the realize on a few of those shares, just most intensive consumption of fuel to tide you over for the present." I must be just prior to and in accordwould did not know that they were practical- ance with the amount of work to be performed; so, in a man, the time for | 171]. taking, and the quantity and quality of the meal digested, or the determination of the 'principal meal,' must be in harmony with the work to be accomplished. If the individual is to begin his daily labors between 4 and 6 A year passed away. I had taken in the morning and terminates them between 5 and 6 o'clock in the evening it necessitates the taking of a good and liberal breakfast at an early hour before beginning active work, especially so if the last meal of the day previous has been a light one at 6 o'clock, Its Local News is Complete as is the common habit of this class. Habits of this kind naturally call for the heaviest meal, which also may be called the principal meal, at noon, or near that hour.

"On the other hand, if the custom is to rise between 6 and 8 in the morning, and the largest amount of work is performed between 9 in the morning and the succeeding midnight, an | the hours usually spent for sleeping." entirely different arrangement of the meals must be followed. In this class a light breakfast is in order at about | THE LARGEST FARMER IN ENG-8 in the morning; a stronger, more substantial meal at 1 o'clock in the afternoon, and the heaviest and what justly deserves to be called the principal meal should be taken from 6 to 7 in the evening, because this is more nearly in the middle of the working hours. When the labors are continued until midnight and the hour of resting is after this time at light meal should be taken at 11 o'clock.

"In any of the instances cited, if the foodstuffs taken have been easy of digestion, rapidly absorbed and oxidized, the fire will naturally burn low after several hours' sleep and abstinence from food. On the other hand, if the time for their digestion, and are slow-

until June that we met once more. I happened to be walking along the Strand in the afternoon—in fact, I was THE HEALTHY SELDOM HUNGRY. THE DURHAM CHRONICLE

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EDITOR AND PROPRIETOR

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and market reports accurate.

ly absorbed and oxidized, the heat-producing supply may not be exhausted completely during a somewhat prolonged abstinence from food, or during

LAND.

The largest farmer in England, curiously enough, bears the name of Farmer. He is the neighbor of the Chancellor of the Exchequer. His residence is at little Bedwyn, near Hungerford, in Wiltshire, and he occupies the land for miles and miles, the entire amount of his holdings exceeding 15,000 acres He milks at least a thousand cows, and has a stock of upwards of 5,000 sheep. Paying his men good wages, he commands the most useful class of labor. He also obtains his farms on the best possible terms. There was recently a farm of 1,800 acres to let, which had foodstuffs taken require considerable previously fetched £1,800 a year. Mr. Farmer offered £650, and got it.

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