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SYMPTOMS THAT SHOULD WARN MEN OF COMING SICKNESS.

The Significance of Sneezing, Yawning and Recurring Winter Colds. The Meaning of Blue Hands-Agoplexy's Warning Signals.

Nature scarce ever strikes without warning. In so far as disease is concerned it gives clear signs of what is impending days, weeks, months and even years before the attack. If people looked for these signs and took warning from them, they would escape much serious illness and live many years longer than they do. It is indeed remarkable how careless we are in this respect. A man who will anxiously scan the sky for signs of coming rain lest his top hat may get spoiled will never dream of examining his eyes, nose or finger nails for signs of coming

The sneeze, for instance, is very significant. It is always a sign that something is injuring the air passages anywhere from the nose down to the lungs. Should it be only a case of snuff or pepper, of course the sneeze is of no tion of congestion. There is inflammation somewhere, with too much blood and the object of the sneeze is to give relief by getting rid of some of fluid. This speeze is a warning that every prudent person should attend to. It is at least the forerupper of a cold. But it may indicate an approaching attack of bronchitis or pneumonia. When there is much sneezing, accompanied sy something like a small shower of rain, the victim will do well to take a warm footbath, go to bed and adopt the other usual remedies to cure a cold.

The winter cold itself is a grave warning. When it recurs two or three times every winter, it is sure to be followed in the end by chronic bronchitis. Once this comes on it is practically in-

Men are started on their lives much as a shell from a cannon-with a certain fixed quantity of energy. If disease or accident does not carry them off, they will die some time of what we call old age-in other words, when the energy with which they started is spent Some have energy enough to carry them over the full century; others have only sufficient to keep them going for ninety, eighty, seventy, sixty or fewer years. Now, early baldness is a sure sign, with some exceptions, that the energy is likely to fail sooner than in the average man. But all kinds of baldness bave not this significance. Sometimes the loss of hair arises from scalp disease caused probably by mi crobes. The warning baldness is that kind which commences about the temples and on the crown of the head and gradually eats its way over the scall until only a circular fringe of hair is

Blue nails, or blue hands, betoken weak or obstructed circulation. They are a warning against overexertion of any kind. The obstruction may occur from disorder of several organs in the body. But most commonly the blueindicates that the heart is not up to the mark. Yawning is a somewhat similar

warning. It is a sign that the steam has run down and that it is time to go to bed or perhaps to go into the open air. When you sit in a close room, the lungs do not receive sufficient of the vital gas, oxygen. The yawn is then a erate effort of the lungs to proper by gerate the blood, and it warns you ask to see our line of TOPROUND to open the windows or to leave the BALS in Enamel, Box and Patent room. When you are out of bed too long or when you have done an unusu-ally hard day's work, the waste products of your body are present in excessive quantity. Then the yawn is warning to you to lie down and rest. Most people have a great horror o getting a "stroke" or fit of apoplexy It is not by any means as unpleasan as the toothache, but the sudden of it is what appalls. There is reall no suddenness about it, however. N disease gives such early warning. "stroke" is a very simple occurren and not at all borrible. It results fro two or three causes, but the most cor brain wears out and lets some blood escape, which clots, presses on the brain and paralyzes whatever part of the body is governed by the piece of brain pressed upon. Now this artery wears out only is common with other arteries of the body. In some people atous, or hard and brittle. At the same time they become tortuous sted. We can see these hard and then we know it is not safe to do an lest the one little artery there, which is especially liable to give way, shall let the blood escape. Likewise wars ing is often given by the tiny arteries

you of the eye. They brenk and let out little traces of blood, which can easily may do the same. When these signs occur-and they occur months and cited or angry, no matter bow great oibus or in any way overexer ourself, and do not dine too beartily By taking the warnings given by ture you will insure yourself against this pleasantest way of leaving the world and be sure of dying of cholers or smallpox or some other respectable

> Opportunities He Had Neglected. "Were you surprised when I pro-

"Well," she replied thoughtfully, " was not so surprised that you propo when you did as I was that you did

HE FILLED THE BUCKET.

A Story of Grant When Re Was a "Pleb." at West Paint. There is a story told of General Grant when a pleb. He had just entered on

his first day in "pleb," camp. A first classman who had noticed the boy's strong build intimated to him it would be a pleasure to have him call immedistely at the senior's tent. Grant wert. There is a rule at West Point, which was a rule then as well, that any cadet who asks another to perform menial labor for him shall be dismissed from the service. The first classman knew too much to ask his pleb, visitor outright to do anything of the kind, but here is the way he went at it:

"I presume, Mr. Grant, that you have lived on a farm, and, this being the case, you have had undoubtedly a good had left a water bucket that was innocent of holding a single drop of the fluid out in the sun from its rising to its setting, what do you think, sir, would be the particular effect upon that particular water bucket?"

"I think," said Grant, "that it would get warped and leaky."

"Very good, Mr. Grant. You show "Have it filled," said Grant.

note that you said 'have it filled,' not 'fill it' That necessarily means that i he is Count Grimani, who traces his some one must fill it for me. You have shown so much acumen that I fear letter or in spirit, which I should do if I presumed to carry the bucket to the water tank myself." Grant filled the bucket.

## PROTECTION OF WORDS.

A Plea For a Rest For Our Familian Quotations.

In these days when everybody writing and everybody seems to succeed would it not be well to start a society for the protection of words and phrases? Many of these are so brutally overworked by the amateur. The winged words, the words that burn, the thoughts that breathe, the telling phrases, do they not clamor loudly for a rest? That very sentence affords an illuminating example of what I mean. How apt, how vivid, how expressive it would be if all its epithets had not lost their vitality through overwork! To the sated reader the whole sentence is but the echo of an echo. It not merely means nothing, but it is robbed even of its sound and fury.

The greenhorn that complained of "Hamlet" that it was too full of quotations unconsciously expressed a great fact through the medium of a bull, In a wrongheaded way he pointed out that constant relteration has reduced the grandest passages in the language to mere commonplaces. Gife our familian quotations a rest. Lay to sleep our usehold words, Let fortune for awhile cease to favor the brave. Let us feign that the poet is made. Let man who would steal another's thunder be arrested for felony. Let us with no more golden opinions. Let the favored few withdraw to some select so clusion and the countless thousands to

some dry eyed privacy. Thus may nouns, adjectives an phrases, after a long rest, reawaken with the freshness of the morning upon them, their original meanings recreated, energetic, effective, brilliant, as on the day when they were first coaceived and brought forth .- Era.

Thought She Was a Calf. When Mine, Schumann-Heink was thirteen, her father was transferred to Gratz, where a singing teacher, Marietta von Leclair, recognizing the young girl's talent, offered to give her singing lessons without compensation For two years she studied nothing but solfeggios. Then she began learning songs. She had a very deep contraito without any high notes at that time One day a caller, hearing her sing Schubert's "Der Tod und das Mad chen" in an adjoining room, said to her teacher, "I did not know that you taught young calves."

"She is not a young calf," replie Marietta von Leclair. "Some day st will be a great singer."-Gustav Kobb in Woman's Home Companion.

The Antiquity of Wheat, The Chinese cultivated wheat 2.70 ars before the beginning of the Chri tian era, always considering it as gift direct from heaven. Scientific ag rigulturists are of the opinion that was widely known and cultivated by prehistoric man. At the present time is the principal bread corn of the leading European nations and is fast corn, in the American states. Egyptians attributed its origin to Is and the Greeks to Ceres.

The Dinner Ordeal. When a man invites a friend on the ore absentminded and timid he omes until his attitude when they neet his wife is a positive apology.

Ostenfatious Display of Wealth. Tim-Dat Muggsy kid makes me

Sal-Why? Tim-Aw, he got a nickel sumhow and ever feller be meets he asts hi et he kin change it-

When a lamb has been through his first experience in Wall street, he go erally feels more sheepish.-Washin

DISSIPA FORTUNES TED AND FALACES SOLD.

An Entirely New Class of People Now Have Control of Wealth of the Famous City.

Very few of the fine old palaces of Venice belong to the descendants of the families who built and originally occupled them. Very little of the enormous wealth for which Venice was celebrated in the fifteenth century remains. The most of it has been dissipated by the descendants of the men who made it, the same as in England, France and other countries. The rich men of Venice today are an entirely new class of people, whose names do not appear in the Golden Book, which contained a list of the patrician families in Venice who were invited to festivitles at the palace. This book was instituted in 1315 and thenceforth until the Austrian occupation was the index and standard of nobility by which all claims to precedence were decided.

vote, rewarded the gallantry or public erudition beyond your years. Now, if services of some citizen of humble you will notice my water bucket, you | birth by directing that his name be inwill see that it is as dry as a chip, scribed upon its pages. None but those Now, by the further exercise of your | whose names were in the Golden Book knowledge, Mr. Grant, can you tell me | could use the golden stairs when they by what means I may prevent the entered a doge's palace, and when this warping and leaking of my bucket?" | right was conferred it was equivalent to an order of nobility in another coun-"Very good again, Mr. Grant, but try. There is one notable exception to the decay of the ancient families, and lineage back to one of the most famous of the doges, whose portrait, painted by Titlan, hangs in the council chamber of the doge's palace. The Grimani palace is on the Grand canal, near the Rialto bridge, and is celebrated for its finely sculptured capi-

Occasionally the grand council, by a

Many of the rich men in Venice today are Jews. They practically control the banking business and manufacturing. They own the fine houses of historical interest and the best paying estates on the mainland in the neighborhood. The present wealth of Venice is invested not so much in real estate as in banking, manufacturing, flour mills, elevators, gas companies, cotton mills, the manufacture of glass and in steamships upon the Adriatic.-

MARRIAGE IN ARABIA The Wedding Procession on Blaborate and Noisy Affair.

A marriage procession among the Arabs is a very elaborate affair. The camel which bears the bride is decorated with bright benna dye on his neck and shoulders, while there are verses from the Koran inscribed on the hangings. His uncouth legs are often swathed with bright cloths, his head bedecked with plumes and small mirrors, while his back is resplendent with bright colored bits of tinsel which glisten against a patchwork of many hued cloths. A hood or eage conceals the bride, and no doubt adds to the discomfort of the cramped ride on the beast. There are attendants, and last of all the musicians, chiefly drummers, who attract the crowds by their incessant pounding on small but high keyed instruments.

If the journey to the groom's home is a short one, it is lengthened by stops at frequent intervals, and all the while the lover must not show any eagerness to welcome her, no matter what his feelings may be. The Arab may be affectionate, but he cannot with dignity betray emotion. Among the lower classes buffoons accompany the procession with performing bears or other wild animals, and when the bride wealthy largess is distributed along the route in the form of clothes or coin When the groom's tent or fixed home has been reached, the bride is expected to show great reluctance about enter ing it, and in some cases she has to b lifted by the husband over the blood of a sheep he has just slain .-

A Magnificent Vessel. In 268 B. C., Archimedes devised marvelous ship for Hiero of Syracuse Her three lofty masts had been brought from Britain, whereas our ships' masts are of iron or obtained from New Zealand or from Vancouver island. Luxuriously fitted sleeping apartments abounded, and one of her banqueting halls was paved with agate and costly Sicilian stone. Other floors were cunningly inlaid with scenes from the "Iliad." Stables for many borses, ponds stocked with live fish, gardens watered by artificial rivulets and bot

The span of life is gradually expand ing. We live longer and get more ou of it than our grandfathers did. Whet er the cause of this is a better knowl At any rate, people think this a prett

Cause For Grievance. "When you refused me, you promise are as cold as an iceberg." "But I didn't think you were goin to stop proposing."-Life.

His Cigar Lighter. Wigg-I saw Skinnum light a cigwith a twenty dollar bill. Wagg-I'll bet it wasn't receipted.

When you get tired of work, you will realize that you have reached the time of life when you have no place to

CHARLESTON "LOST."

An Episode of the Telegraph After the Great Earthquake.

How powerfully the imagination may be stimulated by a story told in dots and dashes is illustrated by an episode of the Charleston earthquake, relates L. C. Hall. At the moment of the final shock every wire connecting Charleston with the outside world was instantly "lost." And as no other tidings could be had from the doomed city it was as if in an instant it had been swept from the face of the earth. And for many hours Charleston remained literally dead to the world. The next morning before the average

citizen had time to collect his wits the telegraph people had started out gangs of linemen to get the wires in working order. Operators in the principal offices within a radius of several hundred miles were set to calling "C. N." For a long time there was no response but at last on the wire which I had in charge a slight answering signal was felt rather than heard-faint and flickering, like the first sign of returning life. From that moment my watch was, if possible, more diligent. For an hour or more I called, "Adjusted," and used every effort to revive the feeble pulse. I could fancy myself working desperately to resuscitate a half drowned man. Again I felt the flickering signal, and then once more all signs of life faded away. Finally as the wires were gradually cleared of debris the urrent began to strengthen, and then came the answering "i-i! C N," weak and unsteady, but still sufficiently plain to be made out.

To me it sounded like a voice from the tomb, and I shouted alond the tidings that Charleston was still in existence. Quickly the sounder was surrounded by a throng of excited telegraphers. The Morse was broken and unsteady at first, then the current grew stronger-the patient was growing better-and for a long time we listened to the labored clicking, until at last the worst was known. And at the end of the recital a great sigh went out from the hearts of all of us, as if literally in our presence a long buried city had been exhumed.

### NATURAL HISTORY.

Camels are the only animals that cannot swim.

twenty-five minutes under water. The starfish has no nose, but can smell with the whole of its under side. The greyhound, which can cover a mile in 1m. 28s., is the fastest of quad-

Nearly all bottom sea fishes have the power of changing color at will, like

A sea anemone, taken from the Firth of Forth in 1828, fived and flourished in captivity until 1887.

Horses, giraffes and ostriches have the largest eyes of land creatures, cuttlefish of sea beasts. Grizzly cubs born in captivity are almost impossible to raise. Of twenty-

three born at Cincinnati only one lived. The Eskimo dog will eat almost any of the dried fruits. The sour or acid fruits, as the orange, lemon, lime, shaddock, etc., as well as the sour pluins and the bitter olives, are rarely eaten. To protect itself from the rain the orang outang crooks its arms over its head. The hair on the crang's upper arm points downward, while on the lower arm it points upward, the apparent purpose being to shed the rain like a thatch.

Why Did They Abandon Pompeli? At a period when newspaper discussions were rather vapid, despite the accredited appearance of the sea serpent and the arrival of the large potato, Max Nordau in an Austrian journal propounded a problem that should lead

Why was it that the inhabitants of Pompell did not return to their homes after the destruction of the city? Of the 20,000 inhabitants a few hundreds at most seem to have lost their lives. The eruption of Vesuvius lasted only a few days. The deposit of lava and ashes was not very thick. The houses might have been easily repaired. Many of them stand to this day. They were beautiful houses, many of them, richly appointed and containing valuables of great price. Had the Porapelians no love of home, or were they too superstitious, or did their terror at the eruption make them believe the disaster might come again?

Drinking Water In the Navy. For many years after the close of the civil war water was not generally distilled in vessels of the navy except or long voyages. Later on medical statistics showed that in ships where distilled water only was used there was almost an entire freedom from dysentery and enteric fevers, while these disvessels that used water purchased in different ports. Gradually the practice of distilling water for drinking purposes became general, and now shore water is seldom purchased, the distilling plants of our ships being ample for all demands.

Creeds and Trades. Certain creeds seem to monopolize certain industries. Practically all British manufacturers of cocos, for example, are Quakers. Then, in London at any rate, a very large percentage of cigar merchants and all the best known manufacturers of Christmas cards are Jews. Whenever a Welshman comes to London to seek his fortune it is long odds on his making a pile either in the draper's or drug store business. Irishmen, probably owing to the fact that they lack the money making instinct, flock to jour-

and prevent its return. Carter's Little MC trath. One pill a dose. See advertise have met all the diets there are in the ment. Small pill. Small dose. Small

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pital, London-"I have no hesitation is stating that I have never met with any medicine so efficacious as an Anti-spasmodic and a Sedative I have used it in comsumption, Asthma, Diarrhoea, and other diseases; and I am perfectly satisfied "Earl Russell communicated to the College of Physicians that he received a despatch from Her Majesty's Council at Manila to the effect that Cholera has been raging fearfully, and that the only REMEDY of any service was

CHLORODYNE .- See Lancet, 1st December, 1864. CAUTION-BEWARE OF PIRACY AND IMITATIONS

CAUTION-Vice Chancellor Sir W. Page Wood stated that DR. J. COLLIS BROWNE was undoubtedly the inventor of CHLORODYNE; that the whole story of the defendant Freeman was deliberately untrue, which he regretted to A seal has been known to remain | say had been sworn to .- See Times, July 13th, 1864.

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