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KINGSTON, ONTARIO, SATURDAY, FEBRUARY 10, 1906.

NO 35

A Young Woman in British-Columbian Wilds-AMONG THE BEARS. CARIBOU.







Breaking Camp in Ground Hog Basin



Among the Glaciers.

By Mary L. Jobe.

Over the hills and far away, Beyond their utmost purple rim.

great mineral country of the Solkirks; There are nine copper veins crossing

Coming up the Long Trail, from fifty feet. This ore carries twelve per Revelstoke to Downie Creek, we had met Superintendent Ruinens, of a min- silver. It is a beautiful substance, a ing company, which owns a big pro- brilliant greenish gold in hue. perty in the Standard Basin, thirtyfive miles east of the Columbia.

see how labor, patience and skill may where a smelter will prepare the metal redeem the buried wealth and resource for shipping Accordingly, one morning eight of

our party set out for the Standard principle of this furnace is that most Basin. It was to be a good thirty- of the heat, essential to the fusion of mile tramp, and was to prove one of the ores, is derived from the oxidation

we were roughing it, we should sleep in the open air; and this we did. The mining company has a superb We had spent three weeks in the site on a plateau, commanding the Ground Hog Basin, in the heart of the panorama by the majestic Columbia. but, as yet, had seen no real lode the chains. These have been proved to a depth of more than five hundred and per cent, of copper and some gold and

The mine is so high in the basin three miles north of Revelstoke and that an aerial tramway, now under process of construction, will carry the He invited us to visit the mine and ore five miles down to the Columbia,

Smelting will be done with ease and Dr. rapidity in a pyritic smelter. The the most desperate attempts of the of the sulphur and iron in the ores themselves. This saves the cost of a

give them to us; but we said that, as After our visit one of the men vol- or five for \$1, at all dealers.

unteered to take us to the glacier above, which gave us a beautiful view of a sheer cliff and a small lake be-

The snow field was reached after an hour's climbing, and we started off to the point above the lake, about a mile away. It was perilous climbing, but eastern horizon. With heavy blankets were fastened together by a short wrapped around our quivering bodies, rope, the guide leading the way, aided we sat on a rock and watched the we camped out again.

Bright and early we started out next morning, leaving the good trail behind

NATURE'S OWN LAXATIVE. Hamilton's Mandrake and

Butternut Pills. The best because composed entirely health-giving vegetable extracts. ontain no mercury or dangerous minmost glorious forest, having gigantic penses of crushing and calcining the gripe, nevertheless cure chronic consti-

river, twenty miles beyond. About the middle of the afternoon it grew intensely cold. Soon tiny flakes of snow began to fall, and by six o'clock

side of a clump of balsams, and atc.

four in the afternoon did he condes- as was not our supply of meat in the cend to smile on us, and then with camp. so little vigor that his presence was. About 4 in the afternoon the pros-

to sleep in our open camp, hoping for bring back the meat. a clear day on the morrow. Again we What a glorious animal he was! And

illewaet.

ley of the Illecillewact.

tinctness every object, as a soaring woodsman's greatest enemy-the silverbird sees it. The Illecillewaet river tip bear. Before reaching camp at elevfoamed through the gorge, gleaming en o'clock that night we were comacross the valley we could hear the met no bears, however, and our only whistle of an engine, and we knew we trouble was from fatigue and hunger. were nearing the Canadian Pacific and But we were happy in having a splen-

Faint and indistinct it came at first and then echoed from the crags on the train coming-a mere toy creeping along, with barely perceptible mo-

As it drew nearer we could realize its true size, the greatness of the mountains, and, at the same time, our own insignificance.

Once reaching the river, we followed it quickly down to the gorge, at Albert Canyon, deep, abrupt and narrow. Here we found a little settlement of six houses, but with it rest and shelter and a plentiful food supply. For some time thereafter the days were spent quietly in camp, but with something of interest to enliven each twenty four hours.

Quite skilful did some of the feminine members of the party become with All are erring men and brothersshotgun and rifle. We practiced frequently, and gophers along the mountain sides made good targets for our

We were sitting around the camp fire one evening late in our stay in the Ground Hog Basin when the skipper remarked about the clearness and rarity of the atmosphere during the last few days and suggested that we climb Little Lake Mountain the next morning to see the sun rise. The suggestion met with our hearty ap

Each of us took an extra supply of heavy clothing when we started, for we were to attain an altitude of 8,-000 feet and at four o'clock in the

Our route lay through the wonderful alpine meadows for about a mile; then up a stiff ascent, over rock and shale to the mountain top.

Everywhere the luxuriant grasses grew thick about us, and anemones and painted cups shone out from their bed of greenness in the pale morning of purple heather, and the pink saxifrage filled every tiny crevice in the

We climbed quickly, across snow ields, over rough and jagged rocks, across beds of shale, where footing was precarious, and over rocks again, fearing less we miss the first streak of crimson light.

rocks above.

At last the summit was gained, jus as one faint red streak shot above the heavy alpenstock. That night light steal up like a roseate cloud

An eagle uttered its piercing call note high in the air; then, in a m us and heading for the Illecillewaet ment, from a bunch of heather far b low came the beautiful silver puritof the white-throated sparrow, tremb ling with the ecstasy of the morning as if a tiny, shimmering ray of golder light had turned to sound Now, a crimson edge showed above,

and in a moment almost, a flood of radiance from the completed disc over arched the morning and touched evererals. Entirely different in action from snow peak for miles around. The day Much of the way was through a calcining plant and the running ex- ordinary pills. They are mild, do not had begun. It was not quite 4 o'clock In this splendid mountain isolation arbor vitae trees, thirty-six feet in ore. By this wonderful economy of pation in one night. Make you well there was beauty, wildness, strangecircumference. Late in the afternoon nature two handlings of the ore are by morning. Will quickly tone up any ness enough to fill the heart of the line, and at last arrived at the mine. The mine we visited is one of the torpid liver and faulty kidneys. Dr. south, the Frenchman's Hat loomed down and health is at a low to show a total of 4,437,000, Chicago. The mine we visited is one of the torpid liver and faulty kidneys. Dr. Our welcome was the kind which leaves no room for doubt as to its in operation, and promises to make of the sincerity. A minimum was the mine we visited is one of the Hamilton's Pills cleanse your system up more than fifty miles away. At a complete the build it up quickly and personnel in operation, and promises to make of thoroughly, drive out poisonous matsincerity. A piping hot supper was Revelstoke, not only the "gateway of ter, make sick people well, keep the could see the White Elephant. Seven waiting for us. The men volunteered the Koelenav," but also the outlet of healthy from getting sick. Save doeto turn out of their bunk houses and a vast and increasing mineral output. tor bills in every home, 25c. per box It all seemed a world apart, shut off score to the bunk houses and a vast and increasing mineral output. tor bills in every home, 25c. per box 740,000; and St. Louis, 975,000. and set off from the rest of the busy

material universe, like a scene in som ideal spectacle. As the sun lifted, as the light shift ed and changed from moment to moment, every crag and crevice in the mountains near at hand stood out

clear and 'distinct. Away to our left, commanded by us as in the highest seats of a vast amphitheatre, stretched a great, unnamed glacier, reaching, seemingly, up to the

sunlight, or, with the varying light, as the rays were broken by projecting

But breakfast was to be considered An opening between two rocks served as an ideal spot for the making of a better than 2:30 was made, to had to go slowly on the rations, as camp fire. Jack, after much searching, discovered a few dead branches of present mark of 1:58 is an interesting base of supplies, and it was snowing blaze. Pailfuls of snow and ice brought from the nearest glacier, were soon for the nearest glacier.

and waited. But not until hunt. Bears, we knew, were plentiful,

scarcely felt. There were still two feet pector returned, bringing a ptarmigan of snow, and to start on the trail and part of a caribou ham. He said he Once again, after a long and tedious hours, and had at last shot him three day of wishing and longing, we went miles from camp. We went out to help

were disappointed, for another light what a sacrifice to have killed him ! fall of snow only added to our grow- The practical side of affairs had to be considered, however, and we started in Still another long and tedious day to skin the caribou. While doing so we Cal., December 25th, 1878, made a refollowed; but next morning the sun saw nine mountain goats walking cord of 2:15. Sleepy George equalled was shining brightly when we awoke; slowly along the sun-tinted crest of and by two in the afternoon we were the peaks far above. Several shots gust 7th, 1879, and at Columbus, and by two he snow line and were fired at a range of about eight Ohio, July 16th, 1879, Sleepy Tom continue our tramp toward the Illec- hundred yards, but the animals scur- paced in 2:144, and reduced the record ried away in safety.

ily, covering about five of the twelve turn to camp was hazardous. The first 1881, Little Brown Jug cut the record miles, but met everywhere by a bound- mile was over rocks and snow, and to 2:111. less forest and an unbroken trial. As then we would find the trail. Now and The first 2.10 side-wheeler appeared we emerged from the forest next morn- then some one would fall down; but we two years later, when Johnston turning, we had our first view of the val- plodded on, taking our direction from ed the Chicago track in that time on the north star. We had fresh ment October 9th. A world in minature lay spread out with us, and our route was through a did supply of caribou meat.

mountain goat, and had followed him world's champion that year, however either hand. Presently, we could see for hours. Late in the afternoon he pacing a mile in 2.04 flat at Terre saw a herd of ten caribou across the glacier, and crawled barefooted along next year, at Chicago, on September the edge, in order to get near them. 15th, Flying Jib equalled Mascot's slid nearly half a mile down the glaci- Robert J, beat the record three times. er, stopping just at the brink by dig- At Fort Wayne, Ind., August 31st, he ging his fingers into the snow and paced in 2.032; at Indianapolis, Ind holding in this way, until those above September 5th, he stepped in 2.03! could come to his assistance, throw and at Terre Haute, Ind., September him a rope and pull him over to a 14th, he paced a mile in 2.011.

Big Game Day, and never ceased be- 24th, 1896, and Star Pointer paced ing thankful that no disastrous acci- 1.591 at Readville on August 28th

Just His Way. Let's have charity for others That's the best that you can say-In and out and round the bend, Tracing every curve and angle From the cradle to the end.

Puffed with pride or bowed with sor Fawning for some foolish end Possibly that he may borrow Half a dollar from a friend Striving vainly after riches, Making efforts small and frail, Tumbling often in the ditches, Lucky to keep out of Tail.

After riches, power and fame; Landing only in the shambles, Broken hearted, poor and lame Hoping as he runs to cover Things will turn out for the bost, Only later to discover All his plans knocked galley west. Let us treat him, then, with kindness, Though he ships a time or two. Knowing it is caused by blindness And is all that he can do;

If he sometimes make a blunder, Let us smile and let it pass. For it isn't any wonder. Since we're also in his' class, The red and white crossed flag

Denmark, which has been in use since light. Further up we came to masses 1215, is the oldest existing national

> A DIFFERENCE IN LUNGS.

> In the Edinburgh Uni-

versity three human lungs lie side by side. One is of an In life, this would be ruddy dweller and is a dirty slate city residents. That's why consumption thrives in cities.

One reason why Scott's Emulsion does so much to keep down consumption is because it helps to keep the lungs clean and supplies them with rich, red blood. It makes the lungs germ-resisting. If the body is run manently.

SECONDS CLIPPEL FROM PACING RECORD.

From Dover to Dan Patch-Interesting Series of Figures-Record of Pocahontas, at 2.17; Stood for Seventeen Years-The List.

New York, Feb. 9 .- During the last sixty-six years exactly thirty seconds have been clipped from the pacing record. The evolution of the pacing record from 1839, when the first mile

Our faces were washed in show in a melting for the tea and breakfast. In morning. But it was a quiet crowd a short time the meal was over. Here we separated for the day, in the same year, August 2nd, Unside of a clump of balsams, and accepted for the day, some returning to the camp, the remainder going on to explore the glacier. A prospector, who had joined our party the day before, started off to party the day before the glacing standard performer. In 1851 course, on Long Island, in 2:211, and in 1852, August 9th, lowered the card to 2:194 and then to 2:184 over

During the same year Poocahontas paced the Union course in 2:174. This mark stood for seventeen years.

Yankee Sam, on October 21st, 1869 cut the record to 2:16; at Uricksville Ohio. The bay gelding Sweetzer made two successful tries at the record, On October 3rd, 1877, he paced the Clevelaad track in 2:16, and at Oakland All the afternoon we tramped stead- Soon it was inky dark, and the re- At Hartford, Conn., on August 24th.

In the following year, on the same at our feet, and we could see with dis- wild mountain pass, the refuge of the date and track, Johnston went in tember 4th, 1891, when Direct went a mile over the Independence (Ia.) track silvery white in the sunlight. Far pelled to wade a mountain stream, We in 2.06. Direct cut the mark for November 8th, 1892,

> Hal Pointer was the first to take advantage of the pneumatic During the day Jack had seen a August 18th, 1892. Mascot sulky. He paced in 2.051, at Chicago. Losing his footing he slipped and record with a mile in 2.04. In 1892 John R. Gentry cut the record

In our several diaries we named that | 2.00% at Portland, Me., on September

Star Pointer's time (1.594) stood a the world's record until August 19th 1903, when Dan Patch paced in 1.59 with a runner in front. On October 27th, 1903, Dan Patch pulled a wag-gon over the Memphis track in 1.57‡. On October 22nd, 1903, he went mile, aided by a wind shield, 1.56) over the Memphis track. Then, again, October 26th, 1904, over the same track he paced in 1.56 behind pacemaker. On October 7th, 1905, he turned the Lexington track in 1.551. and on November 11th, 1905, (unpaced), went a mile over the Memphi track in 1.58 flat.

A KITCHEN CART.

Military Men Dubious Over Its Practical Value. Washington, D.C., Feb. 10,-The will find the

army subsistence officers in the west are engaged in making the plans for a kitchen cart, but they doubt the wisdom of constructing any auch vehicle. There are officers of the army who believe that these so-called improvements may easily lead to such an in crease in the impediments of a military column, as to seriously hamper the movements of troops. It is a grave question whether the military establishment is not already weighing down | rates. its soldiers with burdens, which must be rejected on the march, and whether the array of waggons, with the extra equipment, surplus ammunition, fireless cookers, tentage, and the recently adopted entrenching outfit, will not do more harm than good. There is a disposition in some military quarters Eskimo and is snow white to call a halt to the so-called promotion of the comfort of the soldier, when he is in the field. Army commiswith rich blood. Another is saries say that it is not to be expectthat of a coal-miner and is ed that the trooper under arms in the black. The other is of a town | neighborhood of the enemy, either as pursuer or pursued, will dare or need hope to have the comforts of the gargray, as are the lungs of most rison, or even the luxurius of the picnie camp. For this reason it is felt be that there should br a conservative tending Engineer of the Rideau Canal. consideration of the various and increasing, propositions for making soldier life more bearable.

> Great Cities Of The United States An expert statistician, who has been | Department of Railways and Canals, employed in the United States census bureau, estimates that three American cities will by 1910 each have a population ranging from nearly 2,000,000 to almost 4,500,000. The population of New York is expected by that date In the list of cities which are expected to go over the half million mark are: San Francisco, 507,000; Cleveland, 601,000; Baltimore, 608,000; Boston

Beecham's Pills are the "ounce of prevention" that saves many a dollar for cure. Keep disease from getting in, and it will never lay you

The safeguards against all life's common ills are: A Sound Stomach, Healthy Kidneys, Regular Bowels and Pure Blood.

Hundreds of thousands-both men and women-keep healthy by

for half a century and is now used over all the civilized globe. They purify the blood, strengthen the nerves, regulate the bowels, aid the kidneys and cure stomach troubles. Build up the nervous force and repair the ill effects of overeating. The best safeguard against indigestion, biliousness and dyspepsia. Take Beecham's Pills regularly and you will maintain good health at small cost.

At Small Cost

Sold Everywhere. In boxes 25 cents.

USED MEN AT THE OFFICE WOMEN IN THE HOME CHILDREN AT SCHOOL

Byery day in the week and TIRED womes and children feel all used up and tired out. The strain of business, the

cares of home and social life and the task of study cause terrible suffering from heart and nerve troubles. The efforts put forth to keep up to the modern "high pressure" mode of life in this age soon wears out the strongest system, shatters the nerves and weakens the heart.

Thousands find life a burden and others an early grave. The strain on the system causes nervousness, palpitation of the heart, nervous prostration, sleeplessness, faint and dizzy spells, skip beats, weak and irregular pulse, smothering and sinking spells, etc. The blood becomes weak and

Vilburn's Heart and Nerve Pills

are indicated for all diseases arising from a weak and debilitated condition of the heart or of the nerve centres. Mrs. Thos. Hall, Keldon, Ont., writes : "For the past two or three years I have been troud with nervousness and heart failure, and the doctors failed to give me any relief. I decided at last to give Milburn's Heart and Nerve Pills a trial, and I would not now be without them if they cost twice as much. I have recommended them to my neighbors and friends.

Milburn's Heart and Nerve Pills 50 ets. per box or 3 for \$1.25, all dealers, or The T. Milburn Co., Limited, Toronto, Ont.



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T. N. Stockdale. W. H. Shaw.



RIDEAU CANAL.

Ottawa, on and after February 1st, The Department does not bind itself to accept the lowest or any tender By Order,

Ottawa, Jst February, 1906. Newspapers inserting this advertisement without authority from the Depart-

receipt of price-81. ************

T SHOE STORE