urney whether it is to be his last.
What are the railroads doing about

it? Some have made a serious effort to solve the problem, and as a notable consequence the "rest-house" idea is being quite generally taken up. In all parts of the country there are being more idea

g provided free rest and recreation or the railroad man, with a view to

tting him for protecting the lives de-

ir. Hill declared that, "It is a fact

trains at times enter into every bloc of every railroad in the country." I

the whole situation has resolved

ous a system of blocks or other safe-ty devices may be evolved, the safety of the travellers must finally rest up-on the human mechanism that really

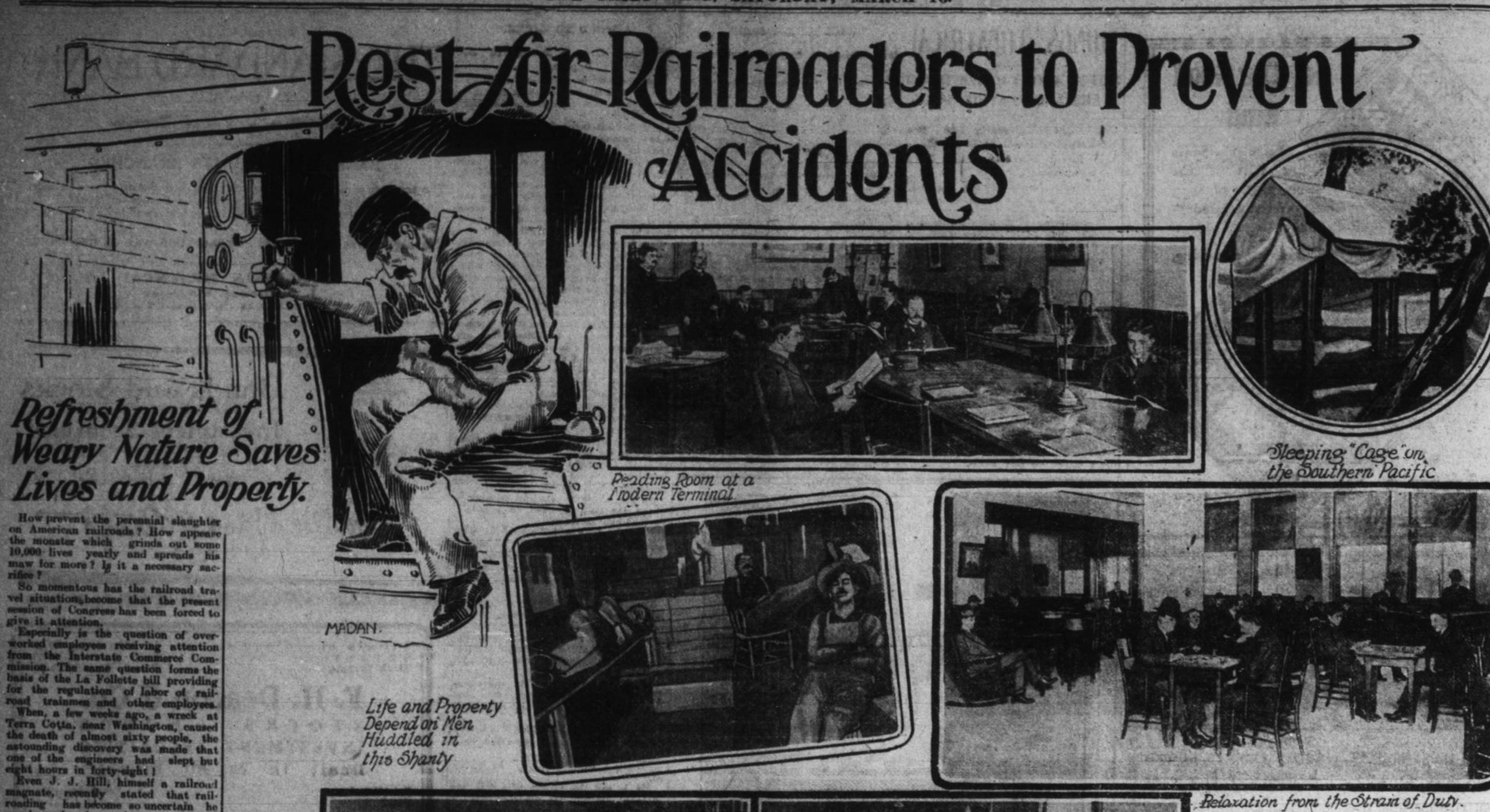
This has been made clear by the oc-

of recent wrecks on roads where latest

working too long hours, that fact was

ion, when it was certain disaster to hours

runs the trains.



Relaxation from the Strain of Duty. HEALTHY TRADES.

Printers Almost Free From Infectious Diseases.

Pretty nearly every industry which man can follow has its special disease. The wool sorter gets anthrax; the file grinder, consumption; the chemical worker is liable to various poisonings, and the miner to tunnel worm or kidney disease. It is, therefore, a comfort to find that there are certain occupations which are healthy and a few which actually tend to

Oddly enough, these are just the ones which the ordinary person would imagine to have the exactly opposite effect. Printing is an instance. Seeing that a printer usually works in fresh, that there is a lot of dust from type metal, and that he stoops over his work in a somewhat back-breakclass of workers are so free from

fectious diseases as are printers. A Cold Proposition. Wade's Cold Cure Tablets (Laxative)

Newspapers As Cleaners. use the papers to catch the parings, egg shells, juices of cooked fruits, etc. then burn. There is nothing better to polish windows with than newspapers for they give a splendid gloss an

An interesting map recently publis ed by the Central Presbyterian shows nating oil is the temperature at which that of the ten counties in Virginia oil begins to give off inflammable fifty-four have no licenses and eighty one no saloons in the rural districts

ided by the company, endeavor to Is Going on in the Orchards of make themselves as comfortable as In the far southwest they rest often, in durouts along the track, which have something the appearance of other.

Railroad officials, however, are quite year, even when apples are only worth generally coming to regard the ques- 20c, and 25c, but they could be put in are guaranteed to cure colds in twelve

It Cured Their Rheumatism. A remedy must of course be judged | months with perfect safety. by what it does and we shall be glad in addition to Young Men's Christian | circulating among families of the men | to have Dr. Hall's Rheumatic Cure at the rate of 300 a month; the games put to this test. The remedy has been | years it may not be necessary. It is used in this locality for years. It the No. 1 apple that brings the money acute and chronic cases. It has cured make apples pay. There are many orwhen other remedies have failed-when chards that so from 100 to 200 barrels one who has rheumatism or neuralgia paid over \$1,000. There is no doubt at tween the city and nearby places visit in any form. Its action is thorough, all but the government will help a

Sir John Gorst.

estile Maoris raided the office night and seized the printing press and the type, which they melted down to make bullets. Mr. Gorst was obliged to fly. Among those who have just

Romance Of The Altar.

A rare matrimonial event was the marriage on the same day of a mother and daughter Mrs. Gleadowe, widow of the late George E. Y. Gleadowe, C.M.G., and Miss Gleadowe, They were married respectively to Charles P. Fisher, of the Indian forest vervice, and Robert Blundell Goodden. late Royal Fusiliers, son of Col.

GREAT APPLE WASTE.

was referred to by M. S. Schell, M.P., "There are thousands of barrels apples wasted every year. There is no

of freight. Apples kept at 32 and 36 Sold only at Wade's drug store. Money degrees can be held four and five back if not satisfactory. Voice-"Do you believe in spraying Mr. Schell-"Why, certainly! In odd of and unless you get No. 1 you cannot

It can't harm. It will cure. Price, place that needs it and is willing to The beds are in one room, resembling 50c. Ten days' treatment. At Wade's make good use of such help." The so-called "flash-point" of illumi-

No More Alcohol

As now made, Ayer's Sarsaparilla does not contain the least particle of alcohol in any form whatever. You get all the tonic and alterative effects, without stimulation.

Ayer's Sarsaparilla NON-ALCOHOLIC

When a stimulant is needed, your doctor will know it, and will tell you of it. Consult him freely about our remedies.

The new kind contains no alcohol

We have no secrets to hide! We publish the formulas of all our medicines.

J. C. AYER CO., Manufacturing Chemists, Lowell, Mass.

Kingston, Ganada. \*\*\*\*\*\*\*\*\*\*\*\* Universal Food Chopp

YEAR 74. NO.

Mounted Specin

Rugs

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Russian "

Grizley "

Rocky Mountai

Bear

Black Bear

Bengal Tiger

Leopards, Etc.

John McKa

FUR HOUSE

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from Trapper To V



Cuts Everythin But a good housewife acqu Reputation will hold till d We are demonstrating this

costs \$1.50. We have other makes at but insist on getting the VISAL. Sold only by Mitchell's Hardwa 85 Princess Street.

Let us show you its merits

-----A Unique Demonstrat

For a few days a youn will demonstrate the super

Holbrook's Worcester Sa

In our store, and will e the various purposes for it can be used.

Jas. Redden & (

I have sold thousands of she the Pittsburg-Ely Copper in Kingston. Don't neglect the opportunity securing a block large or sin this promising stock at the price, 50 CENTS. It is bound to go higher and i brobability will touch this year or \$2.00. JOSEPH F. SV

TO CON RAC ORS. TENDERS WILL BE RECEIV

WM. NEWLANDS, Archite "Wonderlan

See the moving pictures suita Ladies' and Children. Change gramme, Monday, Wednesday an Friday and Saturday : "Pig on Cabby by Hour," Crime on Ra

Joseph H. Gorrie, Gen. Man GASOLINE MOT

Call at Halliday Electric King St., and see the

MOTOR Operating. TAKE NOTICE Between Season's we sell Govern small profits. That is what like. Try us for the fun. T Second-Hand Store, 398 Princess

for bait would keep the family for a week. An easy mark by any other would be just as foolish. Any man can stand ab so if

The money that some angler

## Internal Cleansing

teen hours thirty minutes."

That was all. The report didn't say

Stir your liver occasionally.

may be in better condition-to care he may care to leave there perfectly for the lives of the travelling public. safe. Also another reason-it is well to | When a man comes in from the train

how much longer the man would have had to work had not death relieved

Case 11 (one killed, four injured)

crew (on duty sixteen hours) over-looked meeting orders delivered to

them thirty minutes before."

Bulletin No. 18,-for the last quart-

Wrecks Due To Overwork.

crecks caused by overworked employ

4. In a distressing wreck at Glen-

ake a big month's pay often works

How inefficient are mechanical at-

wife, and then responded to a call to 3.—Flagman, who had been ordered work. An hour or two later he forgot to hold one of the trains, went into

enger train to pull out from the sta- asleep; had been on duty over sixteen

Too high speed in fog. Engineman his meals and a bath at unseemly

Here are a few typical instances of

This you can do with Dr. Hamilton's Pills. They cleanse and purily all internal organs that are sluggish-purily that shines out in red cheeks, laughing eves and ruby lips.

They are harmless and elicient. 25c. at all dealers, Sold in yellow boxes only.

elaborated on it, and now in east and the most in east and the west there js accreely a big railroad that doesn't provide some such accommodation.

Chency for the last 15 years, and be ted his train to slip from a siding on to the main track, where it was struck by a passenger train.

There are two classes of rest-houses who witnessed the train to slip from a siding on to the main track, where it was struck by a passenger train.

There are two classes of rest-houses who witnessed the train to slip from a siding on to the main track, where it was struck by a passenger train.

Which has a passenger train.

Who leads Druggists, Toledo, O Hall's Catarra Cure is taken internally for the statement that many of the men lie down in their engines to sleep.

Hall's Catarra Cure is taken internally for the system. Testimated in the Church of the Ammunchiation. Bryanston street.

Hamilton's Pills. Try a kew boxes.

They are harmless and elicient. 25c. at all dealers, Sold in yellow boxes only.

In the case of Young Men's Christian Association, in which are free.

In the case of Young Men's Christian dealers, and financially the Church of the Ammunchiation. Bryanston street by a passenger train.

Whis Hamilton's Pills. Try a kew boxes.

They are harmless and elicient. 25c. at railroad company, which are free.

In the case of Young Men's Christian Association, in which are free.

Take Hall's Family Pills for constitutions and financially that doesn't provide some such as transactions and financially that their dealers and financially that doesn't provide some such as the Church of the Churc



Men Are Easy To Reach.

need of the rest-house. In recent years

railroading has been revolutionized

and the work lightened, excepting in

It is not unusual, in long and uncer-

tain runs, for a fireman and engineer

o remain on duty fifty hours at a

stretch, and in extreme cases as long as

cidents reported in recent years

seventy hours. One of the worst ac-

curred when the engineer on a freight

train, who had been on duty thirty-

two hours, went to sleep and permit-

approved safety appliances were in operation. When, some time ago, Samuel Spencer, president of the Southern railway, started with three guests on a trip over his own road, he took care to see that all safety devices were in satisfactory order. Yet he and his guests were killed in a wreck. The reason?

Investigation seemed to show that tian Association's houses the small of takes of his outer clothes, hangs ery, and in none of its phases can be the cause of glutting and lowering of remedy under the guarantee. If it membership dues pay for but a small them in his locker and "takes a regaraed as a philanthropic enterprise. prices which were even lower than cost fails there is no cost. In boxes, 25c. part of the benefits received; yet some | wash." There are fifteen stationary railroads profess to have found better | washtubs, several shower baths, and results by either wholly conducting eight lavatories on different floors. their rest-houses or by running them! The library contains 1,286 books

sleep was shown, less than a year ago er foggy; men on duty twenty-five in a wreck near Shamokin, Pa., in hours thirty minutes. In one instance as much as \$30,000 urnish d are dominoes, checkers and has been spent in purchasing and fit- hess; the reading room is supplied has been employed in all sorts which two people were killed and a 2. Engineman failed to properly conting up a building for the free use of with leading daily newspapers railroad men, and the company is weekly and monthly periodicals For two nights a telegraph operator two hours, with five hours' rest with-

well satisfied with results. One thousand men daily avail them-Again, rooms are rented in private | selves of the privileges of the reading | It deserves a thorough test by eny- per cent. of No. I apples, mostly Spy, In cases where the railroad yards are an order which the dispatcher had sent caboose to get red light; sat down to him and allowed a Pennsylvania pas- warm himself and dry his clothes; fell situated some distance from the residence section, the yard office has been very much the bunk room of a fire en- drug store.

chairs as an object for the men to gine house. After registering, the prostay close at hand and be ready for a spective lodger is given a check bear It is the business of the Interstate wood, Ill., in which a freight train But no other provision can com-Commerce Commission of the United States to investigate every fatal railin a bulletin which is made up in a bulletin which is made up if he were in a Pullman sleeper.

bulletins are elucidating. It Railroad companies generally per house—it originally cost \$30 rould astound the average person mit a certain period of rest after a there is expended by the big eastern

who is used to accepting the railroad certain period of duty before the emompany's explanation of wrecks if he ployee is called again—but they don't month.

Everything Is Free. he first three months of last year. And even when the regular time for lutely free to the men. The building his is the comment on Case 2," in the railroad man must go from the minal station and is used by memhich one person was killed and four yard office to his home or boarding bers of both freight and passenger

did not see flagman. Engineman who hours, often hacks off a goodly slice beds for night use and sixteen couches for day use, the latter being intended favor in railroad management. It is a In the basement there are method whereby the railroad compan-individual lockers one for ies thems-lves have undertaken to aid who even occasionally visits the rest-Clears the Complexion their employees to get rest, food and house-and each man has his own

We offer One Hondred Dollars Reward freight crews. The idea took well with cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Teledo, C.

Men on some lines, where facilities for rest and recreation are not pro-

possible with make-shifts. something the appearance of open graves. Others will seek what rest

Dugouts in which Railroad Men Sleep

their lines. It is viewed purely as a business proposition, just as care is taken of a piece of important machinary and so in the English market this is and so in the English market this is alls, and are unnecessary. Try this

cupy, and upon presenting this to the Sir John Gorst, who is now in New bunk with just as much ceremony as representative at the International exhibition, has recently been most en-Another adventage is that one may thusiastically received by Maoris who leave a cell just as at a hotel, giv- forty-three years ago sought to take

lunch and meet his train. A caller Sir John Gorst, who was once the stays up all night attending to these magistrate at Te Awamutu, started newspaper to which he gave a Maori title of "The Lonely Sparrow on the House-Top." In its columns he severely attacked a seditious Maori organ called

youthful editor heaped on them, greeted him were several who had once