



How Sports May Be Enjoyed in Old Age

Old people know how much younger they would live if they took strenuous physical exercise...

found arteries intact in a man who died at the age of 152. There has been a great increase in the number of old men who take exercise...

and although eighty-five years of age takes a daily skate, when in ice on the river, from Trenton to Princeton, a distance of twenty miles...

a mile each day and take fifteen minutes of gymnastic exercise before retiring. That's the advice of old men who have tried...

is seventy-eight years of age, and is considered one of the best and most active instructors in the country. While the boys revere his gray head...

NEW YORK LETTER THE NEW SPECIAL DELIVERY REGULATION

Regarding Letters is Popular—School Children Badly Off For Eyes—What a Woman Did to a Burglar.

terminal toward the river, has reached the river shaft, and is now connected with the tubes that run out under the water...

ate that he has to keep his own hours strictly unless he is willing to be ordered by the president of the institution.

THINGS THEATRICAL NOTES ABOUT PLAYS, PLAYERS AND PLAYHOUSES.

The Chief Productions in New York—Some of the London Plays—A New Play For Maude Adams.

A physician in Portland, Ore., estimates that 2,000 tons of opium are consumed in all, and that it is one of the most profitable trades in the world...

Bilious Paleness, Now Easily Cured.

If you are frequently bilious or have feelings of nausea, or a heavy, tired feeling, it is due to the fact that the liver is not acting properly...

DUPED DOCTOR AND JEWELER.

The Scheme of a Woman in Madrid to Get Valuable Diamond. The heroine is a handsome, elegantly dressed woman, who the other day visited a specialist in mental diseases...

What Government Stamp Means.

The Montreal Witness has discovered that packets of tobacco declared by government stamp to weight a pound contain only ten ounces.

High Finance In The Pulpit.

A negro preacher, whose supply of hominy and bacon was running low, decided to take radical steps to impress his flock the necessity for contributing liberally to the church chest...

Druids' Altars.

A Druid's altar is generally a high ledge of rock, standing by itself, like a pinnacle, and situated in some beautiful spot, for the Druids seem to have chosen their sacrificial sites as if they were in search of a mystic spot...

Trials of A Traveler.

The express was tearing away at the wild and awe-inspiring rate of six miles an hour, when all of a sudden it stopped altogether.

Looking Ahead Some.

The Earl of Buchan was to the end of his life, although eccentric, a great social favorite and a terrible old flirt.

The Honest Barber.

"How much do you charge for shaving?" "That depends entirely on how many times I draw blood. Steeking-plaster is now selling at about thirty cents a foot."

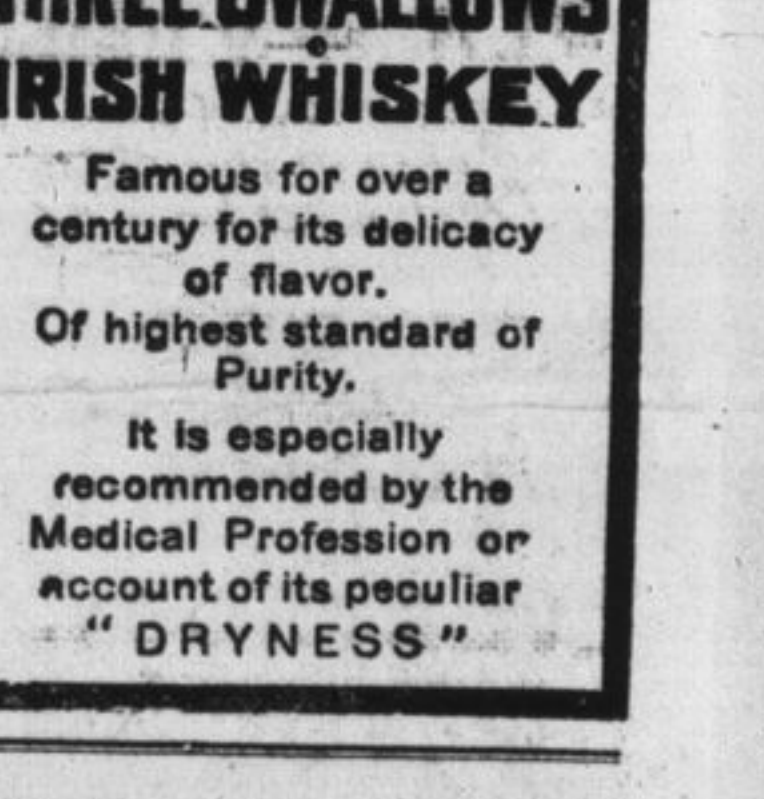
7 Sutherland Sisters' Hair Grower

Grew This Hair. Dear Ladies: When I commenced using your celebrated 'Seven Sutherland Sisters' Hair Grower and Hair and Scalp Cleanser...

SEVEN SUTHERLAND SISTERS SOLE PROPRIETORS

Canadian Office: 225 Yonge St., Toronto. J. E. Baker, Foreign Manager.

Geo. W. Mahood, Corner Princess and Bagot Sts.



Three Swallows Irish Whiskey. Famous for over a century for its delicacy of flavor. Of highest standard of purity.

Their Temporal, Physical And Spiritual Needs

Every Minister or Clergyman Should Be a Philanthropist to Accomplish Effective Spiritual Work.

Destroys Hair Germs

Falling hair is caused by germs at the roots of the hair. Dandruff is caused by germs on the scalp.

Ayer's Hair Vigor

quickly destroys all these germs, keeps the scalp clean and healthy, stops falling hair. Does not change the color of the hair.

Tax The Bachelors.

The children of the public schools are badly off for eyes, it appears, and the physician has been called in to demand with irrefragable right the gift of eyeglasses...

Settlers' Low Rates West.

The Chicago & Northwestern railway will sell low one-way second-class settlers' tickets, daily from March 1st to April 30th...

Deaths of Noted People.

He Passed Away on Toronto. Toronto, April 5.—John J. Mahood, speaker of the legislature, died at the general hospital...

Death of a Spectator.

He Passed Away on Toronto. Toronto, April 5.—John J. Mahood, speaker of the legislature, died at the general hospital...

BANK OF MONTREAL

The branch of the bank of Montreal, corner of King and... WILLIAMSON

GASOLINE LAMP ARE ALL THE SAME

If you have no engine, you are missing out on a lot of fun. A hot summer day is a hot summer day...

DAVIS' DRIVE

And see. Don't see way to a foreign country. Our foreign country is here...

T. McARTHUR

When You Buy COAL From P. WALES

Are You a Farmer?

When you shall be a farmer, you shall be a farmer. You shall be a farmer. You shall be a farmer.

AUCTION OF REAL ESTATE

THOSE TWO LARGE stone shop-buildings and warehouse in rear of the Eastern side of Ontario Street, Kingston, Ontario...

For every variety of Bargains and Insurance

SWIFT'S REAL ESTATE INSURANCE AGENCY

PAINT

If you intend painting the exterior of your building, you should use the best paint. The best paint is the one that lasts the longest...