

STAMINA IN MEN AND HOW TO POSSESS IT.

(From "Man's Maladies.") A prominent physician being asked the question: "What are the things a man needs for health, strength, mental efficiency, money and social success?"

PRESTON'S OPINION REGARDING CHRISTIAN MISSION WORK IN JAPAN.

The Present System, He Says, Should be Replaced by Earnest Evangelistic Work, Which Alone Will Succeed.

W. T. E. Preston, writing from Amsterdam, on the Japanese mission question and over which he has been much criticised, remarks:

The evangelization of the east is something that the western Christian has set his heart upon. It is the subject of continental prayer and sacrifice on the part of tens of thousands who live in the hope of missionary work being successful, and of the prayers being answered.

Under the miserable subterfuge of a suggestive appeal to an educated class, Protestant missionary effort in Japan is tacked on to an educational policy by which the presentation of the Christian religion becomes a secondary consideration.

The truth is that the great majority of the so-called Protestant missionaries in Japan are in no sense engaged in Christian missionary work as the term is usually understood.

The waste of money is a comparatively trifling consideration, as in some respects is the useless expenditure of human energy.

But that these should also mean the blotting out of hopes for the evangelization of Japan, and the possible indifference of the Japanese nation to the claims of the Christian religion, present possibilities that are appalling.

I hope some day to return to my native land and perhaps be privileged to take an interest in church affairs.

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COMING TO GRAND. Three Good Productions For Next Week.

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SCOPE OF THE BILL. JOHN D. ROCKEFELLER TO DISPENSE HIS FORTUNE.

Seeks the Incorporation of a Foundation to Promote Well-being and Advancement of All Peoples.

Washington, D.C., March 4.—Steps have been taken to incorporate the Rockefeller foundation in the district of Columbia. The bill for this purpose was introduced by Senator Gallinger and was referred to the committee on judiciary.

The scope of the foundation is very broad, although embraced in a very short section of the bill. This section reads:

"That the object of the said corporation shall be to promote the well-being and to advance the civilization of the peoples of the United States, its territories and possessions, and of foreign lands, in the acquisition and dissemination of knowledge; in the prevention and relief of suffering; in the promotion of any and all the elements of human progress."

While drawn generally along the lines of the act incorporating the Carnegie foundation, it goes much farther, since the Carnegie foundation is designed chiefly to provide for a scientific retirement and pensioning of superannuated teachers.

When asked regarding the bill Senator Gallinger said: "I am not authorized to speak for Mr. Rockefeller. But there is no doubt that Mr. Rockefeller intends to give away his money on a scale greater than any other living man."

"I am not acquainted with all the details of Mr. Rockefeller's plan, but it is expected that Washington will be made the headquarters."

The incorporators named in the bill are: John D. Rockefeller, John D. Rockefeller, Jr., Frederick T. Gates, Starr J. Murphy and Charles G. Heyl. These incorporators are authorized to select associates.

Estimates of Mr. Rockefeller's benefactions and fortune vary largely. It is conceded that in charity he has but one leader, Andrew Carnegie—and the best opinion is that Mr. Rockefeller has given away about \$131,000,000, as against \$162,000,000 for Mr. Carnegie.

How much Mr. Rockefeller has left is even harder to guess than how much he has given away. In 1907, Frederick T. Gates, one of Rockefeller's agents in charity, said: "Mr. Rockefeller himself has authorized the statement that his fortune cannot exceed \$200,000,000, and that in his most prosperous year his income was \$20,000,000. His holdings of Standard Oil stock are not above twenty per cent. of the total issue outstanding."

On the other hand, the late H. H. Rogers is quoted as having said in 1906: "I know for a fact that Mr. Rockefeller's income will exceed \$60,000,000 next year."

The late Senator Hoar, of Massachusetts, estimated the Rockefeller fortune at \$1,000,000,000.

Teacher Was Learning. New York Herald. The head of a New York firm having important interests in Italy, decided some time ago, in view of the death of an old and reliable clerk, who, of all in the establishment, was the only one to have a good knowledge of the Italian tongue, that his own son, also a member of the concern, ought to take up the study of that language.

Recently a friend met the young man. "I understand," said he, "that you are actually studying Italian."

"Why, yes," said the other, "I've been at it for several months under a teacher just from the other side."

"What progress?" "Good," was the answer. "He's beginning to speak English remarkably well."

There is generally prosperity in that family which has encouragement to offer frequently.

Ever know a sneak thief to steal into a house and take a bath?

Relief in Five Minutes Awaits Every Sufferer. Take your sour, out-of-order stomach—or maybe you call it indigestion, dyspepsia, gastritis or catarrh of the stomach; it doesn't matter—take your stomach trouble right with you to your Pharmacist and ask him to open a 50-cent case of Pape's Diapapain and let you eat one 22-grain Triangle and see if within five minutes there is left any trace of your former misery.

The correct name for your trouble is Food Fermentation—food souring; Digestive organs become weak, there is lack of gastric juice, your food is only half digested, and you become affected with loss of appetite, pressure and fullness after eating, vomiting, nausea, heartburn, griping in bowels, tenderness in the pit of stomach, bad taste

LONDON'S RAT-CATCHER. Challenge to Capture 1,000 in Three Nights.

John Jarvis, Camberwell, who has just been appointed official rat-catcher to the London (Eng.) county council at a salary of £48 12s. 6d. per annum, is a rat-catcher, not by profession but by instinct.

Since 1882 each male member of his family has devoted his life to catching rats, and so it was with the greatest confidence that recently Jarvis issued a challenge to all rat-catchers of the kingdom to catch more of the vermin in a given time than any man living, provided that neither dogs nor ferrets were employed in the hunt.

Furthermore, he said that with the assistance of his uncle, J. Dalton, he would undertake to catch 1,000 rats in three nights.

As Jarvis made these challenges he fuddled half a dozen tame white rats, while his seven-year-old daughter at his side played with a couple of ferrets. "I have not a son to carry on the business," he said, "but Kit there and her younger sister both know pretty well all there is to know about catching rats. Kit often accompanies me on my hunting expeditions, and she very rarely makes a mistake. You see, anyone can kill rats, but very few understand how to catch them alive. Dead rats have no market, but five ones I can get from 3s. to 5s. a dozen."

"The means I use for catching them alive is a family secret, known only to my people for the last four generations. I won't tell you exactly what that secret is, but I don't mind letting you know that it acts very much in the same way as chloroform does on a human being. Chloroform itself would not do, because rats don't like it."

"The bait I use is even attractive enough to waken a sleeping rat. A few moments later I have laid the stuff down the floor swarms with the vermin. One nibble is enough to 'dope' any of them, and all I have to do to revive them is to dip their noses in water. Sometimes I don't even trouble to use the bait. Over my back I fling a huge sack connected with a trap-door arrangement at my side. I wear no shoes, boots and black clothes. As I walk down the passages with a bull's-eye lantern attached to my head, the rats, scared by the light, scamper past me. As they run I ever pick them up left or right hand and drop them into the trap-door. Gradually they work their way round the sack on my back, my! How they fight! Sometimes when I fancy I have a hundred I find half of them are killed by the time I arrive home."

"Not only do they fight each other, but in the basement of one of the big hotels a swarm of them actually attacked and killed one of the best dogs I ever owned."

"Once as I groped through the old Gaiety theatre a huge rat leapt out at me and, fixing its teeth in my arm, worried me for quite five minutes. When I had settled him I had him weighed. He turned the scale at 1lb. 9oz. That was the biggest one ever found, but in Wigmore street lately I have come across several weighing over a pound. I have had as many as 3,000 rats in my back yard." Jarvis is employed in various large buildings at fixed salaries.

Unexpected. An Indiana woman had given a "hand-out" to an especially sad-looking tramp, who retired behind the house, there to enjoy the food.

In a few minutes he reappeared at the front of the house. "Where's your wood-pile, lady?" he asked, to the astonishment of the woman, whose notion concerning a tramp's antipathy to such things coincided with the popular idea on the subject.

"In the shed," she answered, "How nice of you to offer to split some wood!"

"I ain't goin' to split no wood, lady," the knight of the road said; "I want an axe to split this biscuit."

DISTRESS FROM A BAD STOMACH, GAS AND INDIGESTION WILL END. In mouth, constipation, pain in limbs, sleeplessness, belching of gas, biliousness, sick headache, nervousness, dizziness or many other similar symptoms.

If your appetite is feeble, and nothing tempts you, or you belch gas or if you feel bloated after eating, or your food lies like a lump of lead on your stomach, you can make up your mind that at the bottom of all this there is but one cause—fermentation of undigested food.

Prove to yourself in five minutes that your stomach is as good as any; that there is nothing really wrong. Stop this fermentation and begin eating what you want without fear of discomfort or misery.

Almost instant relief is waiting for you. It is merely a matter of how soon you take a little Diapapain.

BETTER TO-DAY THAN EVER—JUST TRY

McCormick's Jersey Cream Sodas. You enjoyed a package six months ago. They were delicious. But much more so to-day. Improvement in process and materials has resulted in greater crispness, finer flavor, a more delicious quality. They are superior to all. Prove it. Make a test. Try them now.

More bread and Better bread —And the Reason for it

A STRONG FLOUR can only be made from strong wheat. Manitoba hard wheat is acknowledged the strongest in the world—and that is the kind used for Purity Flour.

Of course this special process is more expensive to operate—but it means a lot to Purity flour users—that's why we use it.

It means that Purity Flour is made entirely of the highest-grade flour parts of the strongest wheat in the world.

It means a high-class, strong flour and therefore yields "more bread and better bread."

Purity may cost a little more than some flours, but results prove it the cheapest and most economical after all.

PURITY FLOUR. WESTERN CANADA FLOUR MILLS COMPANY, LIMITED. MILLS AT WINNIPEG, GOMERICH, BRANDON.

Rubbers, Rubbers

This is the time you need them. If you want the best, buy your next pair at THE SAWYER SHOE STORE

Our Big Clearing Sale Still Flourishing

A chance to furnish for spring. Everything bright and new in the latest designs in Parlor, Dining and Bedroom Furniture.

Carpet Squares, Rugs, and Oilcloths and Linoleums at sale prices.

James Reid, The Leading Undertaker. Phone 147.

Florida Grape Fruit Cuban Grape Fruit Malaga Grapes New Cocoanuts

A. J. REES, 166 Princess St. Phone 53.

FOR BIRTHDAY CAKES

We are leaders. Also Fancy Cakes and Wafers. For 5 O'clock Teas. Try us, please. R. H. TOYE, 302 King St. Phone 141.

TRAVELLING.

GRAND TRUNK RAILWAY SYSTEM

Low Rates to Pacific Coast

One-way Second Class Colonist Tickets on sale daily March 1st to April 15th, at the following rates from Kingston:

Spokane, Wash. \$45.10

San Francisco, Calif. \$47.05

And other Pacific Coast points at proportionately low rates. Tickets good for 30 and 60 days, stop-over at certain points on route. For full particulars, apply to

J. P. HANLEY, Agent, Corner Johnston and Ontario Sts.

KINGSTON & PEMBROKE RAILWAY

IN CONNECTION WITH Canadian Pacific Railway

Reduced Fares to Pacific Coast

One-way colonist tickets on sale daily March 1st to April 15th at following rates:

SPokane, Wash. \$45.10

SAN FRANCISCO, CALIF. \$47.05

Leave Kingston, 12.01 p.m. arrive Ottawa 9 p.m.

Leave Ottawa, 10.45 a.m. arrive Kingston 8.55 p.m.

F. CONWAY, Gen. Pass. Agent.

RAY OF QUINCE RAILWAY.

Train leaves Union Station, Ontario Street, 6 p.m. daily (Sunday excepted) for Rays, Bradenham, Madoc, Deseronto, Hannock, Burns and all points north.

To secure quick despatch to Hannock, Burns, Madoc, and points on Central Ontario route your shipments via Bay Quinte Railway. For further particulars apply to H. C. DICKSON, Agent, Phone No. 1.

A GOLD PREVENTIVE

is a cellar filled with Coal. I can supply you with an excellent quality.

P. WALSH, 55-57 Barrack St.

COAL!

The kind you are looking for is the kind we sell.

Scranton Coal

is good coal and we guarantee prompt delivery.

BOOTH & CO., FOOT WEST STREET.

THE RISE OF United Empire Loyalists

An Informing Sketch of American History, Valuable for Librarians and Research.

By VIRGIL DE FRONSAC. Price, 50c.

Address British Whig, Kingston.

Serious Results Follow.

Cold, clammy hands and feet, and pain in the back result from impoverished blood. Serious consequences follow neglect. Wade's Iron Tonic Pills make new, rich blood, tone up the system, add vitality to wasting tissues, and strengthen weak nerves. Price, 25c., at McLeod's Drug Stores.

Should Copyright It.

Detroit Free Press. There once appeared, relates Owen Wister, at the back door of a house in Altoona a tramp who, to the mistress of the place, related a pathetic story of his troubles. This tale, however, did not greatly move the matter-of-fact woman, for she remarked dryly:

"That's the same story I had from the last hobo that passed."

"Indeed!" said the tramp. "Then, madam, I perceive that I have been unwise not to have had my history copyrighted."

Spurred to Resentment.

Vancouver Sun. A Vancouver commercial traveller, who had chartered half a bed at the hotel and was determined to have the bed half, buckled a spur on his boot before turning in. The unfortunate sleeping partner bore the infliction as long as he could and at last roared out:

"Say, stranger, if you are a gentleman, you ought to cut your toenails!"—Matsqui correspondence in the Fraser Valley Record.

In most of the criminal courts of India the presiding magistrates are Indians.

In Australia there are practically no women in business or public offices.

HANDICAPPED

This is the Case With Many Kingston People.

Too many Kingston citizens are handicapped with a bad back. The unceasing pain causes constant misery, making work a burden and stooping or lifting an impossibility. The back aches at night, preventing refreshing rest, and in the morning is stiff and lame. Plasters and liniments may give relief, but cannot reach the cause. To eliminate the pains and aches you must cure the kidneys.

Booth's Kidney Pills cure sick kidneys and cure them permanently. Can you doubt Kingston evidence?

Thomas James, of 105 Colborne St., Kingston, Ont., says: "For over five years I had suffered with my back. Each spring it would become so weak and painful that I would be laid up for weeks and not able to turn myself in bed. The pains that would catch me across the kidneys would leave me in a miserable condition. I had tried many doctors but could find no relief. My condition became more painful with each attack. I was weak and languid for the most part of each summer. Booth's Kidney Pills were advertised at Mahood's Pharmacy, and I concluded I would try them. I used one box and it cured me, when all else had failed. I am stronger and have enjoyed better health generally than in years. I feel grateful in recommending Booth's Kidney Pills."

Sold by dealers. Price, 50c. The R. T. Booth Company, Limited, Fort Erie, Ont., sole Canadian agents.

Three Twins.

With the prestige of a long run at the Herald Square Theatre, New York, "Three Twins" come to the Grand, on Thursday, March 10th, for one performance. This musical comedy will be presented by the original company of seventy, and augmented orchestra, with Clifton Crawford in the principal role. The book is not an apologetic hedge-podge of isolated absurdities, nor is it an impossible yarn. It is a coherent and plausible story—and a very funny one. The music is popular in melody and has attained a great degree of favor among admirers of light, catchy refrains. "The Yama Yama Man" has had the greatest vogue of any of the individual numbers. The chorus business done in connection with the song discloses some delightful surprises in eccentric stage creations.

Following Instruction.

Chicago News. The old broker returned and found his new office boy gazing absently over the rooftops. To his horror and indignation he found that his costly Swiss clock was missing from its accustomed place in the corner.

"Boy!" he demanded in thunderous tones, "where is my clock?"

"I don't know, sir," was the calm and unflinching response.

"Didn't I tell you not to go out until I returned?"

"I didn't, sir."

"Where have you been?"

"Right here, sir."

"What? You mean to tell me that you have been sitting right down there and allowed some one to come in and steal the clock? Well, of all the nuthinks I ever met you are the linnit. What excuse have you for such carelessness?"

"A good one, sir. When I first came here you told me you didn't want a boy who would sit around and watch the clock, so I haven't given it a glance, sir."

No Time For Vanity.

Toronto Saturday Night. Here is a little story which might very appropriately and effectively have been told on the hustings by Mr. Lloyd-George during the recent British election campaign:

During the French revolution a thief and a marquis plotted in a tumbleby-side by side through the wild streets of Paris, on the way to the guillotine, while a venerable priest tried to console their terrible sad ride with moral reflections.

"A ha! ha, nobles, who still speak the French, who still speak the Gaelic at times, settled much of the country north of Toronto. One day Doctor Rutherford, locally famous, was looking for some men to do some work for him. He went to a village blacksmith shop and found several of these Scotchmen standing about.

"Are you a mechanic?" he asked one of them.

"Nay," he replied, "I'm a Mc-Guig."

"But what is your occupation?"

"Scotch."

Red dreams follow good dinners.