AND AN AID TO ONE'S MORALS. SAYS SCIENTIST.

las Contributed More to the Sooriety of the Chinese Than the Severest Laws-Makes the Body Very Active.

Did you know that tea drinking is a splendid aid to one's morals? At least that is the opinion of an English scientist who not long ago compiled a learned treatise to show the beneficial effects of tea drinking from a spiritual. physical and moral standpoint

A meal in the morning, he says, with tea as the beverage will enable a man to pursue his day's work with faculties unclouded, temper unruffled and a generally amiable state of nerves. Besides that, it makes the body active, it clears the sight, it strengthens the appetite and the digestion and is particularly wholesome for men of corpulent bodies and great meat eaters.

It vanishes dreams, increases the quent harangues and the best treatise | are readily detected.

for ten a strengthening effect on moral- exposure to the sun hastening the headquarters of the Continental Army ity. A man who is stimulated by a | death of the sponge and the removal in 1775-76. The following are some generous cupful of tea, moderately of the outer skin and what was the of the items in the "Expense Book strong, will be able to withstand more living animal tissue. If after first be. of John Halsted, commissary under successfully the manifold temptations | ing taken from the water the sponges | Benedict Arnold, before Quebeu; that assail him in the business and social world into which he is plunged than the man who is not sustained by the same beverage.-Chicago Tribune.

He Served Them.

It is related that one night after an opera ball a gay party trooped into the case of Bignon, the famous Paris restaurateur, and persisted in being i served by the proprietor himself. The old gentleman was in bed, but he got up and threw the traditional serviette of the waiter across his arm. When the bill was sent up the diners were indignant. At the end of a financially much spiced note appeared: "For being served by Bignon 7.000 tranes." He got the money after many protests and handed it over to a charity.

The "Danely Horse."

The father of the bicycle tribe, the "dandy horse," was invented in 1818 inches in diameter running one in or that plant. the wake of the other and connected by a beam of wood, upon which, halfway from weach end, was a saddle or perch, an arm rest in front completing the machine. It was propelled by kicking the ground with the right and left foot alternately. It was from ture known as "the hospital." There common thing for a man who-keeps such a crude affair that the modern they rapidly recover their health and a bird fancier's shop to be able to bicycle was slowly evolved.

poet, was a most absentminded man. is 362 feet long, 100 feet broad, and different feathered tribes whose cages man, he was so favorably impressed acre of glass. Six huge ovens heat the lay, piping as if their little hearts by his conversation that he expressed this enormous glass-house. Three would break for joy. When the linhis admiration for him in the most are kept going night and day, sum- nets ceased the canaries, hearing the flattering terms. "But he is your mer and winter, and the other three own son!" exclaimed a guest in as- in "inter only. Over 17,000 feet of full-throated song. Then when the extonishment. "Is it so?" replied the hot water piping is used in the palm pert started to whistle skylark notes poet. "Then I am the more delight- house. ed to make his acquaintance."

Corsican Widows. are lighted for the same period.

BOILS --- PIMPLES --- ABCESSES IS

Run-Down Condition.

When the blood becomes thin, poor, This great dam is set between two a goldfinch. devitalized nature cries out through granite mountains that rise from opsuch external and often painful evi- posite sides of the Murrumbidgee dence for help, and the safest, surest river, writes a correspondent of Chamand most helpful remedy we know is bers' Journal. Forty-five miles of

ments of cod liver oil (without the half as large again as Sydney harbor. most amazing part of it, is that it was enriches the blood, creates strength. "Ever since childhood I have been delicate, and my blood poor, and devitalized. Nothing seemed help me until I took Vinol and it has as in some other countries. wilt me up and made me strong We say positively there is nothing

like Vinol to purify and enrich blood and build up weak, run-down people. If it should fail in your case we will return your money. Mahood's Drug Store, Kingston,

FREE TO ALL SUFFERERS solutely FREE. No follow up disculars. Dr. LECLERC ID. Co. HAVERSTOCE RD. HAMPSTEAD. ONDON. ENG. GATHERING SPONGES

Caicos Island Fishermen. Geographically the Turks and Caicos islands, the bank in which the group one-half inches. length and ten miles in breadth.

alone employed, nude diving being re. least, and did not live at the expense companies which make good return sorted to when the bottom is irregular of the inhabitants, as it may possibly large profits to their shareholders or sponges are seen in hollows. The bave been assumed. memory and prevents sleeplessness. It are employed to detach the sponges. bodies back. The wonder is that this has been observed that it has contribu- In every boat is a water glass, or pane | book should have survived the perils ted more to the sobriety of the Chinese of glass inserted in the bottom of a and dangers of that unfortunate ex- 821,819,841 in 1911. Since incorporathan the severest laws, the most eld- box or bucket, through which sponges | pedition. But more wonderful is the

ward on the deck of the sloop to drain, then to the Chateau de Ramezay, the are packed together too closely the 1776" inner substance does not drain prosponges to be cured on deck they are | money or £300 Hx. cur.y. sold at the purchasing stations.

Kew's Famous Gardens.

Kew Gardens, which has recently suffered a heavy loss by the destruction of its tea pavilion by suffragettes, originally belonged to the royal family. It was given to the nation by Queen Victoria in 1840.

The Gardens are a huge kind of botanical clearing-house. There you can get information about any plant to grow it, how to care for it, what may want to know about it. Letters sibly a John Halsted. There is no by Baron von Draise of Paris. It come from all parts of the world to consisted of two wheels about thirty | Kew wanting information about this

Though the very centre of the plant world, strange and rare plants that ly to the great conservatories. They is taking 450 British song birds to sicken and pine away and would die British Columbia is an expert bird were it not for a small, cosy struc- whistler. It appears that it is no unreturn to public life once more.

principal sights of the Gardens, was | The Daily Citizen, describing the work La Fontaine, the famous fable built in 1845 at a cost of \$165,000. It of the professional bird-whistler, the leeting one day in a saloon a young 60 feet high, and contains nearly an completely covered the walls took up

biggest collections of dried plants in the sun, peeping shyly in between the world, a collection which is con- the closed blinds, a melodious wel-A Corsican widow wears a strip of stantly being added to by travelers black material tied on her eyes for a and scientific institutions in all parts week, and during that period she is of the world. To show how huge this fed and led about by her friends. No collection really is, one bequest, that room in her house is cleaned and no of Sir W. G. Hooker, contained no fewer than two million specimens of dried plants.

Make Bare Australia Bloom.

The new Burrinjuck dam at New South Wales is the second largest of joy. dam in the world-second only to the All Evidence of Impure Blood and a Assouan dam-and although it is not yet completed, it has already come One man taught a goldfinch to sing ton, \$16 to \$18; hay, mixed, \$13 to

the river are held back by this great | Que., in 1911, was carried away by This is because it is a combina | wall in the neck of a gorge, and when tion of the two most world-famed the dam has risen to its full height has been picked up in New South tonics-the medicinal curative ele of 240 feet, the enclosed lake will be | Wales, a distance of 18,000 miles. The

oil) and tonic iron for the blood. Vi Two hundred miles farther down the never reported as being seen. The not strengthens the digestive organs, river, at Berembed, another great drifting buoy, could it be recorded, creates a hearty appetite, purifies and work is contemplated. When the com- would break all records for derelicts, bined system is complete between five Mary Lang, of Altoona, Pa., says: and six million acres will be served. Atlantic. Apparently it traveled south Vast tracts of the so-called barren land of Australia could be made to blossom if irrigation were as scientific

The director of the Australian immigration announces that irrigated farms are now available for farmers in the Murrumbidgee Valley, irrigated by the Burrinjuck dam.

No Nepalese Old Maids.

FOR SALE

The balance of the best Building Lots in Kingston Kingston is growing fast and naturally therefore all first-class

Also some good values in Houses in Kingston. Also one of the best farms in Township of Kingston, consisting

well located property is being picked up by keen investors.

of a well equipped 85 acres, at Mount Chesney.

J. O. Hutton and H. S. Crumley 18 Market St., Kingston.

ARNOLD AT QUEBEC.

Methods Commonly Employed by the Reminiscence of III-Starred American

Expedition. An unique literary manuscript book islands, a dependency of the Jamaica has just recently come into the pos-Government, form the southeastern. | session of the curator and authorities most portion of the Bahamas, the Cai. of the Chateau de Ramezay Museum. cos group being separated from Turks | Mr. Thomas O'Leary, assistant liislands by the Turks Islands passage | brarian, acquired this most interestof about twenty miles extent. Ship, ling historical item, and later on all ments of sponges were made occasion. Canadians will have an opportunity ally from the dependence in small of perusing the expense book of the week, without any preliminary fussing quantities, but it was he until 1880 | commissary under Benedict Arnold | the directors of the Toronto Paper that the industry was placed on a when he was in command in Quebec, they were in session out came the commercial basis at what is now after the death of Montgomery. The news that the stock had been placed known as Dellis Cay. The industry book is a pocket memorandum, meas- on an 8 per cent. basis. The stock is confined to the waters of the Caicos | uring three and one-half, by four and had been selling around 880 a share.

of sponging - nude diving, hooking, sums of money were disbursed for the 'aggravating to those who didn't. the scaphander or diving dress and purchase of beef and other supplies. the gangava or dredging. In the Cai- and that, to give the invader his due. cos islands the first two methods are he paid his way, to this extent at l

fact, that the book should have found Every evening the sponges hooked its way back to the very locality at during the day are placed root down- | Quebec where it had been in 1775 and

Micartie's Acct-Jan. 7-16.-4 loads perly, especially in mud sponges, and from Mr. Bondfields; 1 do. to (?); this causes what is known as dead I do. from Boudfields; 16, 3 do. from heat. a disease which renders prolong. do.; washing woman-Widow Giroud ed treatment necessary to prepare at Renauds. St. Foix, 8th Feb., 1776, them for market. When upon success- received from General Arnold, Three ful cruises the sloops have too many | Hundred and Sixty pounds Lawful

taken to convenient spots on land and i The above are a few extracts from collected at the end of the week, to be the memoranum book which will give the readers an idea of the value of the items from a historical point of view. This John Halsted must have been very punctilious in his accounts. and to antiqurians and others this authentic relic of the past will doubtless be of much interest.

> There is a note written at the end of the entries by a W. Paterson, into whose possession the book, no doubt, subsequently came. It reads:

"The foregoing entries would seem to have been made by some person that has been discovered, be told how who was connected with the military operations in Canada 1775-76, perhaps it is worth, and anything else you in the Commissary department, posmem, to indicate the name."

Whistling For a Living.

A novel industry has been brought arrive there do not always take kind- to light by the news that a man who whistle a distinct series of bird notes. The great Palm House, one of the At the beginning of each series, says notes of the man-whistler, broke into the imprisoned songsters of the heav-Kew Gardens possesses one of the ens forgot their captivity and gave

It appears that when a bird is caught and put into a cage it is very apt to sulk and become miserable. This is where the bird-whistler comes in useful. He imitates the tones of whatever kind of bird this one hapens to be, and the little prisoner. thinking it has company, forgets all his troubles and breaks into a song

teach one bird another bird's song. like a linnet and a linnet to sing like

Drifted 18,000 Miles.

A gas buoy placed to mark the wreck of the traverse pier at Levis, lice and thought to have been sunk, caught by the currents of the North until picked up by the equatorial currents and was borne to the southernmost end of the continent, thence around Cape Horn to the point where it was finally picked up.

Buys Scottish Estate.

One must go to Nepal to break the ver, embraces some of the finest scen- the city, being an officer in the 25th record for early marriages, for there ery in the Scottish Highlands. Bound- Regiment for may years, and has every girl is married in infancy. But, ed on the south by Loch Assynt and been recognized as one of the best then, the bridegroom is not very terri- the River Inver, it includes the vil- drill instructors in Western Ontario. ole. She is married with elaborate lages of Stoer, Achmelvich, Inver, and He was tax collector in St. Thomas ceremony to a bel fruit, which is then | Kylesku. It includes more than one | from 1894 to 1906, resigning to go t thrown into some sacred stream. The | deer forest, and is a portion of the | El Paso, Texas, to engage in business fate of the fruit being always un- immense estate of the Lords Reay, with his brother, where he resided known, every girl is thus spared the | which was sold to the first Duke of for a few mars. disgrace of becoming a widow, while Sutherland for a million and a half | Capt. Ponsford has also taken a at the same time a second husband dollars. Mr. Stewart is a native of is beneficently allowed to her later on. Drumbeg, Sutherlandshire, and it was a cherished desire of his to possess

Home Economics Popular. The number of students enrolled this year in the Home Economics Course of the Manitoba Agricultural College was the largest in the history (brief yet) of the institution. The second year class has a list of seventeen members. St. Vital's new college has a splendid provision for girls. The residence meant an expenditure of \$200,000 and the details of equipment

One of the fundamental principles of reform is to thoroughly mind your own business.

What you and I rightfully may consider a debt of honors is often found in the outlawed class.

COCHRANE COBALT STOCK TO BE ISSUED SHORTLY.

The Company Has Been Incorporated With \$40,000 Capital-Meeting of Directors of Toronto Paner Co.

Toronto, April 29.-One day last I but in about five minutes after the anis situated being about fifty miles in | The entries commence on the 8th of nouncement was made climbed to February, 1775, and end May 17th, \$100, which was very gratifying to There are several different methods 1776. They go to show that large those who held the stock, and very

Pay Big Dividends.

New York, April 29 .- That mining ! shown by the compilation of dividends sponge hooks are three-pronged and This little book is in excellent con- for the first quarter of the year of 114 bent out like talons and are attached dition, when it is remembered that it prining concerns. They dishursed in to poles twelve to thirty feet long. was with difficulty that the American January the amount of \$23,304,820. while in nude diving wooden spoons | soldiers at Quebec brought even their , This compares with the disbursement of \$21,700,390 by 83 companies during the same period in 1912 and with tion the above mentioned companies! have to their credit no less than ! 8712,197,042. This is a return of \$108,629,620 in excess of the combined issued capital of the 114 companies, and is a record of achievement, equalled by but few industries.

Lots of Work To Do.

Toronto, April 29. Though Canadian Locomotive company broke five le points last week, the company continues to do an excellent business. Or ders for as far ahead as December delivery are, in fact, being refused, owing to the volume of the company's present orders. From the business of the first three-quarters of the year it is said that at least 7 per cent, will be earned on the common stock. The company's year ends with dune.

A New Cobalt Issue. Toronto, April 29, Cochrane Cobalt stock will be listed on the mining exchanges shortly. The company has been incorporated with \$100,000 cap ital, and a block of this is now being

is a neighbor of the Temiskaming. Increase in Profits.

underwritten at \$1.40. The property

New Glasgow, N.S., Apr. 1 29 .- Al marked increase in the earning capacity of the Nova Scotia Steel and Coal company, is assured for the pres ent year, and the net profits will from the present outlook, amount to at least \$1,300,000, or a quarter of million dollars in excess of the average for the past three years.

Financial Notes. Dominion Steel and Canada Bread common shares are two industrials which have declined recently. The bumps the Toronto Railway proposition has received have been reflected by the stock, which has fallen back several dollars a share. An advance in St. Lawrence navigation shares continued until the stock sold up to 129, its highest point since !

Louis E. Whicher, of the defunct firm of Ball & Whicher, has sold his seat on the New York Stock Exchange to C. S. Newman for \$15,000. A. D. McDonald has been elected controller of the Southern Pacific railroad of Mexico and of the Louisiana Western Railroad company, both subsidiaries of the Southern Pacific com-

Grant Morden has been elected a di rector of the Collingwood Shipbuild-

The Mexican government has floated a loan of \$7,500,000 for one year at 881, bearing 5 per cent. interest.

Toronto Street Market. Toronto, April 28 .- Wheat, bush, 95c to 97c; wheat, goose, bush., 88c Sometimes the bird-whistler can | to 90c; oats, bush., 39c to 40c; barley, 58c to 60c; rye, bush., 60c; bay \$14; straw, per ton, \$14 to \$1; dressed hogs, heavy, \$12 to \$12.50 dressed hogs, light, \$12.75 to \$13.25 butter, dairy, 30c to 35c; eggs, doz. 23c to 24c; chickens, 1b., 24c to 26c; fowl, 1b., 20c to 22c; ducks, 1b., 25c turkeys, 1b., 25c to 28c; apples, bbl \$2.25 to \$3.50; potatoes, bag, 80c to Doe; cabbage, doz., 40c to 50c; beef forequarters, cwt., \$8 to \$9.25; beef hindquarters, cwt., \$11.75 to \$13 beef, choice sides, cwt., \$10.75 t \$11; beef, medium, @wt., \$8.75 to \$10; beef, common, cwt., \$7 to \$9 mutton, light, cwt., \$10 to \$13; veal common cwt., \$9 to \$11; yeal, prime, cwt. \$11 to \$14; lamb, \$16 to

New Prison Warden.

\$18.50; lamb, spring, \$8 to \$10.

Capt. Ponsford, the new warden of Stoney Mountain Penitentiary, Manitoba, who succeeds Col. Irwin, recently transferred to the wardenship of The Sutherlandshire estate of 50,000 | Kingston prison, was born in St. acres which the Duke of Sutherland | Thomas in 1863 and has always taken has sold to J. W. Stewart, of Vancou- an active part in the military life of

great interest in all sports, especially baseball, being president and owner of the St. Thomas team when it wona portion of his native land, including the championship and the Bailey cup the district in which he was born. | of the Western Ontario baseball league

Waited Nine Years For Sweetheart. H E. Martin and Emily Gardner, both of Gloucestershire, England, were married in Fort William, Ont. recently. They were betrothed nine years ago in the old country, and Martin immediately left for Canada to make his fortune. He settled on a farm near Fort William, and his sweetheart remained true to him until be had a home ready for her.

Horrible Thought!

homely ones have starved to death.

Mrs. Johnson-II you must send a trained nurse for my bachelor uncle. send a homely one. Doctor - Impossible, madam!

We own and offer

6 p. c. Perpetual Debenture Stock

(Being the unsold portion of an issue of \$2,000,000.)

of the

Nova Scotia Steel and Coal Company, Limited

(Incorporated under Special Acts of the Province of Nova Scotia, Canada)

This Debenture Stock is secured by Mortgage and is issued in denominations of \$100 or multiples thereof. Redeemable at 105 and accrued interest at any time after 1st July, 1919; upon six months' notice (transferable at The Eastern Trust Company, Montreal and Halifax, or at Toronto General Trusts Corporation, Toronto).

Interest payable by cheque half yearly, January 1st and July 1st, at par at any Branch of the Bank of Nova Scotia or Royal Bank of Canada.

Applications will be received by

F. B. McCurdy & Co., Halifax, Montreak, Ottawa, Sherbrooke, Kingston, St. John, Charlottetown, Sydney and St. John, Nfld., The Bankers Bond Company, Limited. Toronto, and also by any of the Branches or Agencies of The Eastern Trust Company, Bank of Nova Scotia and the Royal Bank of Canada-

At the Price of 98 and Accrued Interest

Applicants are given the option of payment by either of the plans mentioned below, or the whole amount may be paid in full at any time at the issue price and accrued interest, when permanent engraved certificates will be issued.

Plan A

25 p. c. on application

Plan B 25 p. c. on application

73 p. c. on allotment

25 p. c. on June 1st, 1913 25 p. c. on July 1st, 1913 23 p. c. on Aug. 1st, 1913

Interim Receipts' for payments on account of Debenture Stock will be issued, bearing interest at 6 p. c. per annum from dates of payment. Interest on Debenture Stock will be payable from January 1st, 1913, and interest thereon and on instalments will be adjusted when all payments have been completed.

Legal opinion of Mr. Hector McInnes, K. C., of Halifax, will be furnished upon request.

IMPORTANT FEATURES OF THE ISSUE (As furnished by the President and the General Manager of the Company)

(1) A conservative valuation modern manufacturing industry,

of the Company's mortgaged assets is \$20,000,000. (2) This issue of Debenture Stock ranks equally with \$1,-000,000 now outstanding, and is secured by a mortgage to The Eastern Trust Company, on the Company's assets subject only to an issue of 5 p. c. Bonds limit-

ed to \$6,000,000. (3) After making provision for the Bonds Issued, there remain assets to the value of \$14,-600,000, equal to nearly five times the Debenture Stock is-

sued. (4) The Debenture Stock is a senior security to \$1,030,000 Preferred Sock (which receives %p.c. dividends) and \$6,000,-900 common stock (which receives 6 p.c. dividends).

(5) In addition to a large and

including blast furnaces, open hearth steel plant, steel rolling mills coke ovens etc., etc., the Company owns 83 1/4 square miles of iron ore areas at Conception Bay, Newfoundland; (containing according to the report of eminent mining engineers 200,000.000 tons of proven ore and over 1,200,000,000 tons of ore reasonably supposed to exist,) and coal areas at Cape Breton estimated to contain over 2,500,000,000 tons of

(6) The average earnings of the Company for the last three years (after providing interest and sinking fund on the Bonds) amounted to \$723,500 per annum. equal to over four times the interest on Debenture Stock including this issue:

Halifax, N. S. March 6th, 1913

-LETTER OF THE PRESIDENT

Regarding this issue.

Mr. Robert E. Harris, K. C., President of the Company, has written the following letter to Messrs. F. B. McCurdy & Co., and the Bankers Bond Company, Limited, Toronto. NOVA SCOTIA STEEL AND COAL CO., LTD.

Messrs F. B. McCurdy & Co., Halifax, N. S., and

Bankers Bond Co., Ltd., Toronto, Ont Dear Sirs: With reference to the \$2,000.000 of six per cent. Debenture Stock

recently issued by the Nova Scotia Steel and Coal Company, Limited. I beg to point out that the same is secured by a mortgage upon all of the lands, iron ore and coal deposits, collieries buildings, smelting furnaces mills, and all other fixtures, plant, machinery, rolling stock, etc., of the Company, and ranks pari passu with the \$1,000 000 of Debenture Stock previously issued and immediately after the first mortgage bonds of the Company which are limited to \$6,000.000. The assets and property of the Company covered by this mortgage

stand on our books at \$15,670,613.58, but the conservative estimate of the value of these assets and property exceeds \$20,000,000. The average annual earnings of the Nova Scotia Steel and Coal Company, Limited, for the three years ended December 31st. 1912, have been \$1,053,500.

The amount required for interest and sinking fund charges on the First Mortgage Bonds of this Company is \$339,000 per year, leaving the sum of \$723.500, with which to meet the interest of \$180,000 on \$3,000,000, of Debenture Stock, or four times the amount required. In this connection, I wish to point out that during the year 1911 and 1912 the Company expended sums aggregating upwards of \$2,300,on buildings, plant, equipment, etc., and that much of this expen-

diture is only now becoming producive. TRADE CONDITIONS. For the year 1913 we have sold a considerably increased quantity of ore at better prices than prevailed last year, the dumping of American Iron and Steel products which existed in 1912, has (owing to improved conditions in the United States) practically or entirely ceased, and the prices of our iron and steel products have therefore materially increased. We have orders for the whole of our out-put of iron and steel for the first half of the year 1913 at improved prices. We also estimate that the out-put of ou collieries for the year 1913 will be

somewhat larger than 1912. Under these circumstances, I have no doubt whatever that our earnings for the present year will show a considerable increase over any previous year in the history of the Company.

PURPOSE OF ISSUE. The proceeds of the \$2,000,000 Debenture Stock now being issued. will be used to repay a part of the expenditure on capital account for the past year, and the balance will be applied in equipping a new coiliery, a new open hearth plant, and other improvements and additions to plant and equipment to provide for still larger outputs, thereby adding to the earning power of the Company,

(Sgd.) ROBT. E. HARRIS,

President.

Complete prospectus containing extracts from a letter written by Mr. Thomas Cantley, Vice-President and General Manager of the Company, and other information, together with application forms will be supplied by .-

F. B. McCURDY & CO. Members Montreal Stock Exchange, INVESTMENTBANKERS

Halifax, Ottawa, Montreal, St. John Sherbrooke, Kingston, Charlottetown, Sydney, St. John's Nid-

Kingston Office 86 & 88 Rrock St

would do it if I could, but all the At Belleville cheese hoard the ferings sold at 10 11-16c,

tion of Gretna, Manitoba.

Fires destroy half the business sec- | The condition of the Duchess of Connaught is more favorable.