

important part Mr. Gallbreath, in his official capacity as honorary secretary of the City Improvement Society, had played in the city's Improvement. He reviewed the history of the society from its inception, and gave Mr. Gallbreath a lion's share of the credit for its birth and its successful career.

Mr. Gallbreath made an appropriate reply.

The last item on the somewhat lengthy program was the presentation to St. Vincent's school of the handsome flag won in the separate school competition. The pre-

sentation was made by Mayor Morden, who wound the flag about the neck of Rev. Father Holden, superintendent of the separate schools. As he did so James Johnson began to sing *The Maple Leaf*, and the audience rose and joined in singing the chorus.

A large number of plants, as well as cut flowers, used in decorating the room was loaned by Webster Bros. The collection included some *Eulalia* grass, which attracted much attention.

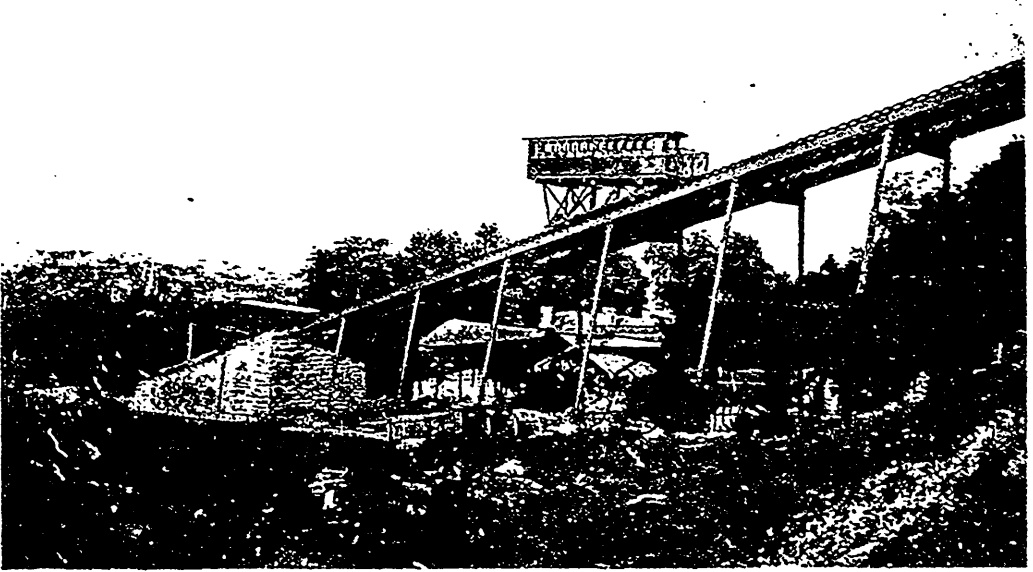


FIG. 2708. THE INCLINE RAILWAY TO THE MOUNTAIN DRIVE.

EAT APPLES AT NIGHT.

"EVERYBODY ought to know," says the Family Doctor, "that the very best thing they can do is to eat apples just before retiring for the night. The apple is an excellent brain food, because it has more

phosphoric acid in easily digested shape than any other fruit. It excites the action of the liver, promotes sound and healthful sleep, thoroughly disinfects the mouth, and prevents indigestion and throat diseases."