AFTER THE

ATHLETES OF ROYAL DESCENT

EMPERORS AND PRINCES WHO HAVE BEEN PRODIGIES OF STRENGTH.

Prince George of Greece is often pointed to as a type of athlete with royal blood in his veins. But if we tory we may find others, even some

with still greater strength than he. Augustus the Strong of Saxony, for instance, was one of these royal Samsons. He would often seize two of his courtiers, grasping one with his right hand and another with his left, holding them up at arm's length and playfully twirling them about.

On one occasion the horse ridden by and refused to budge. After some ed, placed his Herculean shoulders un- to face with the great actor. der the horse's chest, grasping it by the forelegs, and calmly walked away with both horse and rider. This remarkable performance was witnessed by a number of courtiers and attend-

King Richard of England ("Coeur de Lion") had tremendous strength. Dura terrible demonstration of his physical powers. The son of one of the wardens was a youth locally renowned for his muscular strength; and in his assurance invited the royal captive to an exchange of buffets. The young right to the first stroke, and struck the king a staggering blow on the side of the head. It was then the king's turn, and he landed a blow just behind his opponent's ear so heavy that the man was instantly killed.

The story is told that a certain blacksmith, in a little country town had boasted that he was the only blacksmith in the world that could politicians, artists, men of letters, Prof. Sir W. M. Ramsay .56 3 to 4 lift his own anvil.

smith's boast, disguised himself as a workman, and with a single companion set out for the blacksmith's vilhis brawny hands, lifted at with great I beg to say: effort about a foot from the floor.

Then Peter took hold of the anvil, day; consecutive or otherwise. with it.

A worthy successor of Peter the with his powerful fingers.

through the middle.

It is said that on one occasion a wopewter tankard from a table near by and with a few movements of his powerful hands fashioned it into a rough but picturesque and quite efficient bouquet holder.

PARROT SCARED BURGLAR.

tering the home of its owner, C. H. sleep: Spillman. The parrot's cage hangs in the hall, where the bird can see every one who enters the house, and when it has a good view of the dining room, into which the hall opens. H has been taught to say "Hello!" visitors.

When Spillman returned home from his work in a newspaper office short! after midnight, his mother, Mrs. Elle Spillman, was in the room adjoining the dining-room.

"The parrot has been talking in h sleep," she said. "I was sititug here reading, and I heard him say 'Hello several times. I also heard him say 'Don't tear yourself away,' just as h does when a visitor is leaving."

Spillman thought nothing of the in cident until a few minutes later, whe he went into the dining-room for drink. He saw that a pane had bee cut out of one of the windows and sev eral potted plants had been knocke

from the sill. "He's gone," said the parrot, as his owner entered. This is another expres-

after a visitor had departed. . Spillman went into the yard, and found that a stepladder had been car-

When a policeman came to inspect friend, William Gilbert?" the broken window the parrot looked at him with a bored expresison and said, "Get out of here. I'm sleepy. He's this young gentleman home," said he. gone. Good-night,"-St. Louisi (Mo.) Telegram.

NIPPING A CAREER.

search back into the records of his- the author of a recent biography of Sir W. S. Gilbert, the future dramatist undoing.

one of his attendants became balky, Greatly elated at receiving the message along. that Kean would see him in his room, Last spring the barn was on stilts minutes of coaxing the king dismount- the boy lost courage when he was face nine feet high, and he put in a new

> stage?" said Kean. trembling in every limb.

"What's your name?"

sion which he had been taught to use a critical moment in his life. "Gilbert," he faltered, seeking refuge in the truth.

"Gilbert, Gilbert," reiterated Kean, ried from a shed and set up near the with a sharp glance at the embarrassed boy. "Are you the son of my old "Y-e-s."

Kean turned to an attendant. "See -Youth's Companion.

FARMER GROWS HIS OWN BARN.

A farmer near Gollad, Texas, had a At the early age of 15, according to novel experience. A few years ago he Enraptured with a splendid perform- time nothing unusual was noticed, but quake, to the Minister of Marine. ance of "The Corsican Brothers" at the after a year he saw that where he had Princess Theatre, then under the man- laid the floor near the ground it was gio he landed in a boat accompanied by agement of Charles Kean, young Gil- three feet above the soil. He discov- a party of officers and men, a score in bert packed up a few clothes in a ered that the willow posts, instead of all, in order to arrange for the organihandbag and actually succeeded in being dead, were alive, had taken root, making an entrance to the theatre, and were growing. In their upward with a view of going on the stage, movement they had carried the barn

floor and surrounded the posts with "So you would like to go on the siding, thereby making a stwo-story affair. There is now a space of nine "Yes, sir," replied Master Gilbert, niches between the floor and the a three-story barn in the course of The boy's imagination failed him at time.-Exchange.

ing his captivity in Germany he gave HOW LONG SHOULD ONE SLEEP? NUMBER OF HOURS GREATLY VARY

man by a cast of the dice won the SOME PEOPLE TAKE ALL THEY CAN GET, WHILE OTHERS NEED BUT LITTLE REST-A CURE FOR INSOMNIA-TESTIMONY OF EMINENT MEN.

It seems only the other day that Sir Theodore Martin (au-This incident is used in Sir Walter
Scott's famous historical novel "Ivanhae" where King Richard the Black

It seems only the other day that
Professor Osler startled us with the suggestion that we were too old at 40,
Lord McDonnell (Irish un-Tuck, have an exchange of buffets, that we probably sleep too much, Mr. Sir Felix Schuster (bankwithout, however, any fatal results. Stead challenges this theory, and holds Peter the Great of Russia, like Charlemagne, possessed great physical the pages of The Review of Reviews. as well as mental power. His years of Here nearly a hundred well-known work as blacksmith and ship carpenter had so developed a naturally pow-tous question, and the majority seem Sir Charles Wyndham erful physique that he was believed to to vote for as much sleep as they can

> MR. SHAW AND MR. SIMS. The circular addressed to leading G. R. Sims (journalist) ... 60 scientists, soldiers, etc., ran:

The emperor, hearing of the black- HOW MUCH SLEEP DO YOU NEED, AND HOW DO YOU GET IT?

Great was the late Czar Alexander "I have never attempted to bring up the habit of keeping awake in the day- shelter under a flight of steps, but the III., who was one of the strongest men my mental powers to any such danger- time." Among those who indulge in dog refused to stop, and no sooner had In the world. He was often called "The ous point. Heaven only knows what afternoon naps are Lord Meath, Sir they followed him than the stairs col-Russian Samson." The czar's regular the result would be. Are you not Henry Roscoe, Dr. Clifford, Mr. Silas lapsed, owing to a fresh shock. The visiting card was a Russian coin, satisfied with my mental powers as Hocking, and Mr. Forbes-Robertson, dog was only satisfied when they which he would bend almost double they are? Do you want more?" Mr. while Sir Walter Gilbey requires an reached the Marina, where they found be about downstairs. That is in the able. man companion expressed a wish for winter time. In the summer if I wake a bouquet holder in which to place a at 5 I sometimes get up and spend a large bunch of roses. The czar took a few pleasant hours before breakfast in

IN FAVOR OF SLEEP. Sir F. C. Burnand, who takes "as much If something very important has to be two children were about to die. A yellow-headed South American as he can get." After Mr. Rossetti done on the next day, fix your plan A party of soldiers removed a porparrot prevented a burglar from encome the following twelve advocates of of action definitely, write it down, tion of a crumbling wall at Messina, genegger, a Government architect, and

111		No. of
y -	Name Age.	Hours.
re	Sir G. Lewis (lawyer)74	8 or 9
5 -	Sir R. Ball (astronomer)57	8 or 9
Ie-	Sir E. Ray Lankester (sci-	
to	entist 62	8 or 9
	Walter Crane (artist)	8
m	Israel Zangwill (author) 43	8 or 9
ly	Dr. John Clifford (minis-	
211	ter)	8
g	W. L. Courtney (writer)57	8 In
	[bed, not consecutive	e sleep.
is		8
е,	J. Forbes-Robertson (act-	
!"	or) 55	8
У,	C. B. Fry (cricketer)35	8
ie.	Sir John E. Gorst (poli-	
5-0	tician)	8
n-	Edmund Gosse (author)58	8
a	Turning to the eminent peo	nle who
n	do with little sleep, we have	
V-	of eleven;	this hist
20/20		Hours.
	180.	No. of
ie	Gen. Sir. T. Kelly-Kenny	110. 01
s-	(soldier) 67	61/4
4.7		11 7/3

[seldom consecutive

Alfred Lyttelton (politician)50 [consecutive; 11/2 broken (actor) 57

George Alexander (actor).50 [times 4, sometimes 8 Ellen Terry (actress)59 4 or 6

THE AFTERNOON NAP. Mr. Bernard Shaw, who confesses to have any difficulty in sleeping at night- lowing him. 'eight to seven" hours' sleep, writes: time. I came to you to be cured of The master and his family sought

INSOMNIA

-motor-car, sailing boat or ocean

Dundee Town Council propose to ac-

dee for the purpose of a public park

tells that we sleep too long.

George R. Sims, who is content with hour's sleep after luncheon. Miss a boat which conveyed them to a man-Alexander was also fond of break- what one would take to be almost the Ellen Terry sleeps for half an hour at o'-war. ing horseshoes, and it is said had never minimum of sleep, says: "As a rule I 4 p.m., and Mr. H. Beerbohm Tree There are many cases of wives sayfound one he could not break in two. settle to sleep about 2 a.m., and takes a sleep of three-quarters of an ing their husbands, which shows that He could take two fresh packs of cards sleep soundly till 6 or 7 e'clock, when hour before his night's work. "For Italian women under stress of circumand by gripping the ends with his two I am well, and till 5 when I am not. occasional slumber," observes Mr. stances play a better part than the hands tear them straight down After that I lie awake until it is con- H. W. Massingham, "I have always men. One courageous woman dug Jericho were lest to the sight of man.

> For insemnla there are many pre- brothers was taken out after eight cares to make the journey. scriptions given in this symposium, the days, living in a corner of a cellar upthe streets, at the markets, or in the most detailed of which is Dr. Clif- on which nearly all the rest of the was a collection of mounds in the neigh ford's: "(1) Shut out the light. (2) house had fallen. She dug for three Relax the muscles of the face. (3) Let days with her hands until she opened borhood of the village of Ericha, near the Mr. Stead goes on to give a list of the last meal be at least one or two a small hole for air, and by reaching Dead Sea. Thanks to the enterprise of 66 names, headed by Mr. William hours before retiring. (4) Dismiss the out her hand and signalling she caught; the Deutsche Orient Gesselschaft, what Michael Ressetti, who sleeps nine to work of the day, and leave the morrow the attention of a passing squad of sol- was surprise has now been established as

> > and cease to think about it." Mr. Sid- which blocked a room in which a hus-of ney Lee counsels the avoidance of band and wife were discovered in bed. serious study and worry at night: Their heads appeared first side by side "Best remedy: Perusal of a light, on the same pillow. The husband was The excavations, which were conducted well-written work of fiction, or cheer- dead, while the wife was alive. A sol- from Jan. 2 till April 8, gave most inter ful conversation with intimates over dier, seeing this, took off his coat and esting results. The site investigated was a pipe and a well-diluted glass of covered the man's face to hide it from a plateau 400 yards long by 180 broad, Scotch whisky between 9 and 11 p.m. the wife.

Best preventive: Working up to and "Never mind," she said. "I know he beyond midnight on some urgent lit- is dead and his arms are around me." city was encountered at a depth of eight erary labor, or receiving by the last post a worrying letter which requires was found that the poor man had eman early answer." Mr. C. B. Fry braced his wife when he died, and the lence of the construction. gives us an interesting note based on doctor had to amputate the arms to personal experience: "Very light food detach the dead from the living body.

ALEXANDRIA IS travel. Motoring is a wonderful soporific." The majority, one is glad to see, is against the university professor who A DIRTY PLACE

WHERE CLOUDS OF FLIES AT-TACK WITH INSOLENT

if nothing else, as yet I know but little. The Egyptian city is much as it always was. Dust-colored heaps of rechauffe. Of the European town, rich and must have been visible for miles. of Kidney Disease savory ground without an attempt at tects. pavement or sidewalk, waves of filthy The walls are estimated to have exof flies arise at one's approach and at- north the fortifications are breached by sistency; they cling to one, work into the corners of one's eyes, up one's nose, up one's sleeves; they are positively an obstacle to circulation in the street. an obstacle to circulation in the street.
The Egyptian, as of old, his head erect, his shoulders angular and waist slim,

walks with measured step and rigid gesture, at home and happy with a dozen flies running about on his face. The women wear great black veils which cover them from head to foot, a perpetual deep mourning. Some are very beautiful; all are very dirty. Most of the children are moving clusters of flies. A noisier populace would be hard to imagine.

EARTHQUAKE

BATTLE WITH CONVICTS-SAVED BY A DOG-COURAGE OF

WOMEN

The following incident was recounted in a secret report sent by Capt. Cagni built a small barn, and in the construc- of the Italian army, now in command with crowned heads, who are credited showed his theatrical bias, to his own tion used green willow posts at the of the battleship Napoli, the first war corners and along the sides. For some vessel to reach Reggio after the earth-

As soon as Capt. Cagni reached Regzation of relief parties. No sooner did they set foot on shore than about one hundred escaped convicts armed with rifles, which they had stolen from the barracks, opened fire on the party. Cagni and his men were unarmed, so

they returned to their boat and signalled to the battleship to dispatch at once 200 sailors armed with rifles and two quick-firing guns. Within ten minground, and the owner expects to have utes the sailers were landed. Cagni assumed command, lined them on the beach, and gave the order to march. The convicts opened fire on them from behind the ruined houses. The sailors fired a volley in the air and then, as the convicts continued to fire, Cagni ordered his men to fire on the convicts, which they did. The firing continued for five minutes until most of the convicts were killed and the remainder surrendered. Capt. Cagni in his report does not

state how many were killed, but he says that his first step was to secure all the escaped convicts he could find, convey them on board in irons, and sail to a port in Sicily, where he handed them to the police, and he did this be. of looters.

wire was stopped by the press censor, able; pandemonium is the result. The as looting was officially denied.

taining any injury.

and Mr. Stead reminds us of the the catastrophe, alarming his master copper and earthenware pagoda con-Philadelphian who consulted a New so much that neither he nor his family taining the lemonade appearing to blacksmith without a word laid aside der to maintain my mental powers at is really nothing the matter with you," ing grew fiercer and louder as morning howl as often as the others, but he his tools, and grasping the anvil with the highest pitch of working efficiency, said the doctor. "If you cannot sleep came, until at the first shock he leap-clangs together a pair of copper saucyou had better take a light supper and ed toward the door, begging with his ers with a ring and a roll and a bang 1. Number of hours to sleep per a short walk in the open air before you eyes for his master and the family to bang, bang, bang.—From an article in Harpgo to bed." The Philadelphian looked follow him. He guided them down a er's Weekly. raised it a foot, two feet, three, higher and higher till he finally swung it to

2. Usual hour of retirement.

3. Best remedy for or preventive of said, "you don't understand — you thedral, barking all the time, and looksadly at the physician. "Doctor," he street over a mass of ruins to the ca-

venient to my domestic staff for me to found the House of Commons invalue cut herself, her husband and her five Even their exact location was a matter

nine and a half hours, and ending with to care for itself. Never worry. (5) diers, who rescued the trio just as the fact. After a preliminary investigation

at evening meal. As a day persuader The wife did not cry. of night sleep, swift travel in open air

quire ground at the north end of Dun-

PERSISTENCY.

and wearing the traditional robe,

All kinds of merchandise are sold on the street, either trundled in a boxshaped push-cart or carried on the head in a basket. The vendors an-

Won't You Write For a Free Box of Gin Pills?

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First of all, read this letter-

Peterson's Corners, June 3rd. of. "Please send me a box of Gin Pills. I received the free sample, which did me so much good, I want a box. Enclosed find 50c."

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"Enclosed find \$2.50 for 6 boxes of Gin Fills. They have done me so much good, I want a full treatment. Before taking Gin Fills, I could not step on account of the severe pains I suffered. Now I can both eat and sleep well." STEPHEN DAWSON. Mr. Dawson felt just as

you do about Gin Pills. He wanted to try them before he spent any money on them. So he took advantage of our liberal offer and sent for a free sample

Do the same. We know Gin Pills will help you. We know that Gin Pills never fail to give relief in all cases of Kidney Disease, Bladder Trouble, Pain in the Back, Rheumatism, Sciatica and Lumbago. We know that you will keep on taking them when once you feel their

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benefits. Sit down, right now, and

write us-don't forget to mention this

paper-for a sample box of Gin Pills.

Formerly Made By The Bole Drug Co., Winnipeg. 113

We will send them, free of charge.

fore rendering any help to the victims, nounce their wares in a kind of chant, as he considered it of the utmost im- sung in a strange shricky voice, and portance to free the city from this band working up from a low wail to a hideous howl. They are male and fe A reference to this incident sent by male, young and old, and innumerwater-carriers dress in a kind of Many of the earthquake survivors leather coat, a bullock's hide slung owe their lives to strange circum- over their shoulders by means of a stances. Some fell, bed and all, from strong strap, wherein they bring the top stories to cellars, and were not in- water when required. These men, jured. A sacred picture served as a bound to be strong by their profession, shield from the crumbling walls to sing out in a ridiculously plaintive others, while some were shot from voice, "Maya" (water). Another figure their beds to the street without sus- of the street is the lemonade man. He wears a bright-colored striped petti-One family owe their lives to a dog, coat and carries his stock in trade a mastiff, who, scenting the approach strapped to his shoulder in front of of the earthquake ahead of time, bark- him, while he leans backward in a All sleep, however, is not by day, ed and bayed for twelve hours before most unnatural attitude, the strange lage. On learning of their errand the amount of sleep I find necessary in or- York specialist on insomnia. "There could sleep all night. The dog's bark- grow out of his abdomen. He doesn't

THE WALLS OF JERICHO

ERS NEAR THE DEAD SEA-ACCESSIBLE TO TOURISTS.

Another young girl with two small by any twentieth century tourist who

digging the exterior wall of the vanished

The wall consisted of three parts. Th natural rock foundation is overlaid with a filling of loam and fine gravel, a metre of so deep, upon which a sloping rubble wall, heavily bulging externally, is super posed to a height of twenty feet, breadth being from six and a half fee

The wall is built of well-laid rubble which becomes finer toward the top Enormous blocks are partially employed for the lower part of the wall. Every nterstice is most carefully filled in so a o offer no advantages to the implement f destruction of a hostile force.

Finally, upon this imposing foundation s the fortification wall proper, built of elay bricks. In one place this part of the wall reaches a height of eight feet, bu it would seem to have been considerably higher. The whole must have been a The Alexandria of today is less the most striking structure, which domi city of Hypatia than a sorry biblical nated the whole plain without the city shapeless masonry rise out of the un- which was unknown to these early archi

earth and rubbish of all sorts seem tended 900 yards; 450 yards have already been laid bare with the aid of 200 workmen employed by the expedition. To the tack the newcomer with insolent per- a large heap of rubbish, which would

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wheat through a process so exacting

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has the remotest chance of getting

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Choose An Executor That Will Not Die

executor to carelessly manage an estate, and not maintain an upto-date record of his investments and expenditures. But suppose he should die. Consequences might by serious. Anyway, it would cost money to get affairs in proper order again. Unless there was a second living executor, an administrator would have to be

It is serious enough for an

This Company makes an honest, capable, experienced executor.

appointed, which is additional

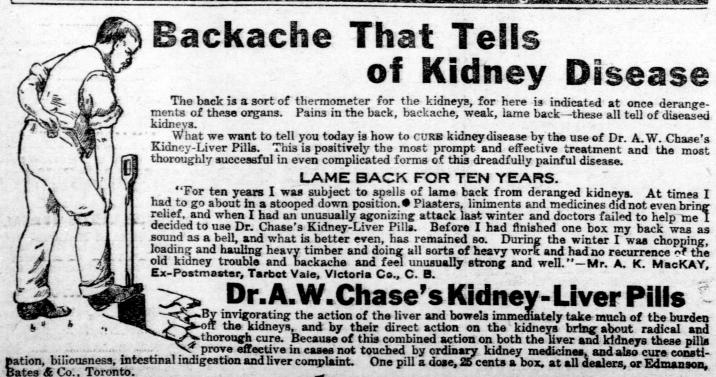
Strict account is rendered of every dollar invested or expended in the interest of an estate. Our books show how wisely and economically we have discharged our trustshow the exact value of an estate to date. Furthermore, this Company

or speculate. It is always within easy reach when required. Correspondence invited and promptly answered.

cannot die, become sick, abscond

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"For ten years I was subject to spells of lame back from deranged kidneys. At times I had to go about in a stooped down position. Plasters, liniments and medicines did not even bring relief, and when I had an unusually agonizing attack last winter and doctors failed to help me I decided to use Dr. Chase's Kidney-Liver Pills. Before I had finished one box my back was as sound as a bell, and what is better even, has remained so. During the winter I was chopping, loading and hauling heavy timber and doing all sorts of heavy work and had no recurrence of the old kidney trouble and backache and feel unusually strong and well."—Mr. A. K. MacKAY, Ex-Postmaster, Tarbet Vale, Victoria Co., C. B.

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