A Little More Street History. Written for The Sunday Colonist By Edgar Fawcett







* SPRINTING *

or sixty yards for a week, running the distance about five times at almost your top speed.

The afternoon is the best time for this and here I may say that I have always tried to do my training as near the hour at which my race is to be run as possible. The reason for this is that if a regular dife is led your body will not have had a longer or shorter time in action than if the training is done at the regular time when you toe the mark on the day of the race.

ACQUIRE LONG, BOUNDING STRIDE.

After a week of these bursts of speed, the art of starting may be taken up. On the start depends the race, and starting is the most difficult part of sprinting for the beginner to master.

The onclusion I would lay down the following rules: Let the diet be plain. Dispense with pastres, cancies and, above all, never smoke or drink alcoholic liquids when training. You will be better without the two latter at all times. Cigarettes are fatal to athletes. Bathe daily and always use rough towels after a bath and after taking any exercise. Never over-exert yourself and exhaust all your strength in any trial. Always finish your training with "something left in you." Only work the hardest in the By practicing the above methods and increase your speed to a degree beyond your expectations. Finally, let me impress on all aspiring athletes the fact that rigidness in purpose in training and steady perseverence are as essential as the buill-dog determination necessary to hand you a winner at the tape.

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CHIEF JUSTICE TACHEREAU.

New York, May 18.—Michael Brush, alias Jacob Huter, who shot and killed Patrolman Hugh Enright March 20th last, today was found guilty of murder in the first degree by a jury in the Court of General Sessions. He will be sentenced Friday.

Green grows the rashes O, Green grow the rashes O; The sweetest hours that e'er I spend Are spent amang the lasses O.

For you sae douce, ye sneer at this: Ye're naught but senseless asses O! The wisest man the war!' e'er saw

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Dominion News Notes

Government Will Install Seven Marconi Stations on the Atlantic Coast.

Quarter of a Million Dollar Blaze in City of Montreal Yesterday.

Three More Methodist District Meetings in Favor of Church Union.

Montreal, May 20 .- It was announce and the eastern coast during the combe constructed will be located at Fam-Belle Isle. it is expected that they will be in working order by the end of August. Of the remaining three stations, one will be erected at Cape Race, one on Sable Island and the third probably on the Straits of Canso. All are to be in working order on July 30th next year. After the completion of the stations the Canadian government will take them over, but the Marconi company will continue to correct them.

mercial business.

Fire this morning did damage estimated at \$250,000 to the carriage factory of B. Leduc & Company, on Osborne street. The fire started about 2:30 near a forge on the ground floor, and, fed by inflammable materials, spread quickly to all the floors of the seven-storey building in which the factory was located. Hundreds of vehicles undergoing repair were destroyed as tory was located. Hundreds of vehicles undergoing repairs were destroyed, as well as a large stock of new vehicles and thousands of dollars worth of stock in course of construction. By hard work the firemen succeeded in continuing the fire to the building in which it originated, though for a long time the large workshops of the Bell Telephone Company were in danger. Several residences along the side of the Leduc factory were crushed in by the falling walls. The loss is placed at \$250,000; insurance of \$150,000.

Montreal, May 20.—Two Chingman

Montreal, May 20.—Two Chinamen, Lee Leen and Lump Heep, were suffo-cated by a fire which destroyed their faundry at the corner of St. Antoine and Mount St. Marie avenues about 2 o'clock this morning.

o'clock this morning.

Schooner Regina is reported ashere at Matanee in the Gulf of St. Lawrence. The crew was rescued.

The Brockville, Hamilton and Woodstock (Ontario) district meetings of the Methodist church passed unanimous resolutions in favor of union with Presepterian and Congregational churches. The Hamilton meeting district than five years.

STEAMBOAT WRECKED.

STEAMBOAT WRECKED. Halifax, May 20.—The Dominion Coal Company steamer Turret Bay, with coal from Sydney for Montreal, was wrecked off St. Paul island, Cabot straits, this morning. Fourteen of the crew were saved by a life-saving crew on the island, but five of them died before reaching shore. NOTABLE DEATH.

Toronto, May 20.—Archibald Harley, ex-M. P., South Oxford, is dead at his residence at Burford, Ont., aged 80 years. He was elected to Parliament as a Liberal in 1882.

The death is announced of the Rev. Malcolm MacVicar, Ph. D., LL. D., first chancellor of McMaster University, Toronto, and the brother of the late Dr. Toronto, and the brother of the late Dr. MacVicar, of Presbyterian College, Montreal, aged 75.

Harold Street, 17 years old, in charge of elevator of T. Eaton Co.'s charge of elevator of T. Saton Co.'s departmental store, was crushed to death yesterday afternoon. He had left the elevator to step out to the street, when he noticed it slowly rising and endeavored to jump into the elevator, when he was caught between the moving structure and the guard, and instantly killed.

Hon. A. B. Morine, leader of the op-position in the Newfoundland legisla-ture, addressed the Canadian Club yes-terday in favor of the federation of Newfoundland with Canada. MILLS BURNT.

St. Jacobs, Ont., May 20.—The Con-astoga flour mills, the property of M. E. Snider, wes destroyed by fire yes-renday. Loss about \$12,000; insured for \$6,000.

FAST WORK. Fort William, Ont., May 20.—The steamer Matthews arrived in last evening with 5.500 tons of coal from Cleveland. It is the first coal cargo of the Synchrondon Lorreland in season. Superintendent Jorpeland, in charge of the C. P. R. coal handling plant, started last evening to unload the boat, and in one hour unloaded 300 tons with three towers working.

FATAL ACCIDENT. Edmonton, N. W. T., May 20.—Benjamin Burland, of Birch Lake, returning from legal business in Edmonton, while riding on top of a cart, was thrown to the ground by a jolt and the wheels passed over him. In spite of every effort, he died soon afterwards.

Hugh Wallace, of scotland, who arrived in Fort Saskatchewan on Tuesday, attempted suicide. He was melancholy and cut his throat with a razor. A doctor was summened and he will probably convirse.

WINNIPEG WIRINGS. Winnipeg, May 20.—So far this year fifty-nine special immigrant trains have arrived from Montreal. One thousand new settlers came in on yesterday's three trains.

No trace has yet been secured of Stockhem the new when meetings of

Stockham, the man who mysteriously disappeared from Neepawa recently. His relatives in Vancouver are being communicated with. It is reported at Brandon that Steve Rickling, a young Englishman, was a drowned in the Assinaboine at Flahey bridge last night. He is supposed to have gone in bathing, as his clothes were found upon the bank. Search is being made for him now.

Discussing the grand prospects before Manitoba farmers this year, Premier Roblin said yesterday: "Wheat seeding is practically completed. I never saw grain growing so quickly and evenly as I have this spring and I am of the opinion that the grain is as far advanced now as it was this time last year. The conditions are perfect. This is the growing time and the present continued spell of warm weather has made up for any slight delay in getting the seed into the ground." It is reported at Brandon that Steve

