

entirely remove all traces of fatigue. Twenty-five to fifty miles a day, according to the surface of the country, should not be exceeded by the average rider.

7. Always walk up a steep hill; it will save your heart.

8. Never ride simply with the idea of arriving at the earliest possible moment at a given point; ride for the pleasure that is to be got from it.

9. While riding use the same sense in drinking that you would in watering a horse. Also, like a horse, stick closely to water as a beverage. Remember that alcohol stimulates the heart and circulation in much the same way that exercise does, and that if you use it in any form while wheeling, the reaction is speedy and long-reaching.

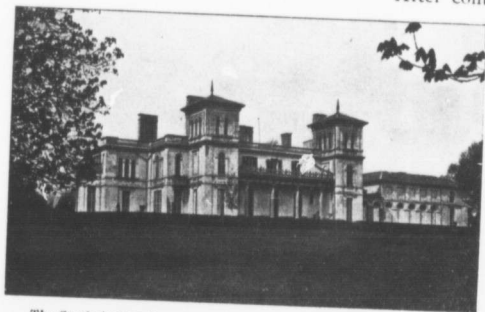
Earl S. Bullock, M.D.

—In the Hamilton Wheelman's Guide.



Admiral Dewey's Words.

I want to say that the one man who stood at my back during those trying days at Manila was an Englishman. But for his support and the moral courage he inspired me with I don't know what would have happened. I refer to Sir Charles Seymour.



The Castle in Dundurn Park which was recently purchased by the City of Hamilton, Ont., for a Public Park.



MR. HOLLAND A. WHITE,
District Manager Sun Life of Canada,
Hamilton, Ont.

Mr. White was born in the town of Picton, Ont., in the year 1851, being the son of a physician who had come thither from Cornwall, Eng. He received his early education in the Grammar School of that place, and afterwards took a course of study at Ontario College. His first experience of business was in connection with grain buying and milling. After continuing in this occupation for several years he entered upon a seafaring life, presently becoming captain of the steamship "Empress of India," which important post he filled for a considerable time. Some twelve years ago he became interested in life assurance, and, in 1891, joined the field staff of the Sun Life of Canada as Inspector of Agencies for the Eastern Ontario district. When the