Despite the fact that it is an annual

the sun.
On Curtis Point the J. B. A. A. erect

of the course Valdez gained appreciably

streak was won by a crew from the

Vancouver Rowing Club. Entered

against them was only one other crew, that from the J. B. A. A. The latter on

the return half of the course turned

somewhat out of their course, which put

them out of any chance for winning.

.The senior championship race for Bri-

from the other end of the course. This

completely wiped out the chances of pro-

ceeding, and a second attempt was de-

The second trial proved a little better.

of which were interfered with.



AN APPEAL ALLOWED

Expert Evidence to Be Taken on What Would Be Reasonable Interruption for Vermount.

Messrs. Bodwell & Lawson, counsel for Palmer salvage case, have been advised by fire from Ottawa Wednesday that an appeal as been allowed. The telegram states that he case has been remitted to Mr. Justice Martin to take expert evidence and ascer-tain what would be a reasonable interrupion for the Vermount under the circumtances and what her consequent expenses and losses would be. The cost of the apeal, according to the telegram, is to be vithheld until after the award is made. The Vermount-Abbey Palmer case is iliar to Victorians. The Abbey Palmer was picked up in a distressed condition off coast of this Island by the steamer ormount and towed to Esquimalt. A im for salvage was made immediately, and the case being tried before Mr. Jus Martin an award of \$4,800 was al-

A ROMANCE OF THE WAR.

Young Girl Follows Her Lover in Male Attire.

A romantic story of the war, with a very tragic ending, has reached Paris om Russia. Among the men belonging to a Siberian regiment stationed at Port Arthur was a soldier named Liatnikoff. who was popular with his commades, but was often "chaffed" about his effeminate appearance. He had been selected as serant by a young officer at whose quarters ne lodged. One unlucky day, while he was on an errand, he fell and broke his leg. latnikoff expressed a very strong wish not to be taken to the hospital, and as ne was being conveyed thither he took a enknife out of his pocket and deliberately oldier on his arrival there was being un their amazement, perceived that he was be. Liatnikoff, in fact, was a beautiful girl barely eighteen years of age. Bloodolsoning supervened, and the patient had only been three days in the hospital when all hope of recovery had to be abandoned. The young woman sent for the officer in whose service she had been, and implored him to marry her, reminding him that it was her devotion to him which had led her to pass herself off as a man in order that she might follow him to the Far East His brother officers are also said to have pleaded her cause, but for some unexplain ed reason he would not listen to them. As soon, however, as he had heard of the death of the poor girl who had loved him so well he returned to his quarters and blew out his brains.-Correspondent, London Telegraph.

SOLDIERS' "DUTY."

Officers Have to Pay Tax on Their Swords.

The Taglische Rundschau, Berlin, publishes a letter from German Southwest Africa giving some astonishing details of mismanagement in the campaign against the Hereros.

When the officers arrived at Swakopmund, states the writer, their baggage was subjected to strict customs house examination, and the messes were compelled to pay duty on the stores of tinned foods, wine and cigars they had brought from

Germany. This was bad enough, but the officers were also required to pay duty on their swords and revolvers. The soldiers sen ination, and had to pay duty on all sorts of articles necessary for the campaign, with the result that, while reinforcements we urgently needed in the interior of the colony to save the besieged garrisons from destruction by the Hereros, the troops were detained at the coast for several days.

In some cases where the soldiers we unable to pay the heavy duty demanded their clothes and other articles necessary for a winter campaign were taken from them, and they were sent to the front with a totally inadequate outfit.

When the officers commanding the troops telegraphed to the Governor, Col. Leutwein, vigorously protesting against the action of the German officials, the Colonel replied advising them to conform to the laws of the colony.

Cecil Chapman, the Southwark, London, magistrate, created a record by disposing of 63 offenders charged with drunkenness in 40 minutes, the court funds benefiting at the rate of 12s. 6d. a minute.

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CLOSING DAY OF THE CELEBRATION

LACROSSE, BASEBALL AND RACES ON ARM

Vancouver Seniors Won in the National Game Before Big Crowd-Regatta at the Gorge.

(From Wednesday's Daily.) The Victoria Day celebration belongs to history. Most of the holiday makers have returned to their homes although some, worn out by their exertions in on the move from start to finish. The largest throng of outsiders in many years took in the festivities, the transportation in conveying them here, while the accommodation of the hotels was taxed to the modation of the hotels was taxed to the Vancouver has as smart a twelve as utmost capacity. In future carnivals could be desired. They are all young

dispatch of the programme began early, the crowd being attracted to the Caledonia grounds, where two lacrosse matches were played. The first game net. was between two promising aggregations and the Centrals of this city. The strug-

thought their organization invincible. Monarchs and the Y. M. C. A. twelves. son again scored for the visitors. Last night a great crowd took in the fireworks display at Beacon Hill. Previ-

VISITORS SUCCESS.

The Trap Shooting Prizes Very Largely Went to the Seattle Team.

the prizes awarded for trap shooting in Monday's events. The first part of the programme was published in Monday's In the four men team shoot Seattle

won first, with a score of 85 with Victoria's two teams following with scores of 75 and 73 respectively.

The twenty singles, with known traps,

unknown angles, Wm. Stewart, of Seat-tle, took first place with 19 out of 20. E. Ellis, Seattle, and J. McLaughlin, tied for second place with a score of 18. Dr. Steele, of Seattle, and Otto Weiler, of Victoria, tied for third place with 17 birds

In the twenty singles, with ten unknown angles, known traps; ten unknown angles, reverse fraps using both barrels, the local men did better. Otto Weiler and Dr. Steele tied for first with 17. C. W. Minor, of Victoria, won second with 16, and E. Eilis took third place with 15

The grand average gave the Seattle shofs good positions. E. Ellis took first place, Dr. Steele second and J. Mc-Laughlin and Wm. Stuart third place. The consolation match for shooters who had shot in two or more events, but had not diveded any money, was won by R. Jackson with 14 out of 15.

the nome team played together splendidly. Whenever the Terminal City boys attacked they were met by an apparently impenetrable defence. The Centrals' home was also fast and continually puz-

BICYCLE PARADE.

There Were But Few Entries in This Event.

It can hardly be said that the bicycle parade was a conspicuous success. There were but few entries, and although the display, the meagerness of the turn-out great pity that owners of wheels did not pity that owners of wheels did not It is expected that they will play the fest the same interest in this event Monarchs again at Vancouver on the 1st as those who had buggies did in the of July, and in the meantime they will vehicle contest. The parade ended at the parliament buildings, where the judges, to turn the tables. r. Symington, R. H. Swinerton and R. Jackson awarded the prizes. Herbert Carse, of 77 Discovery street, won first best decorated wheel with the design of a boat; Jacob Aaronson won rize for the best comic wheel, an ld-fashioned high roller, while Harrison Rogers was highly recommended for a design consisting of four bicycles.

LACROSSE GAMES.

no time did the locals have the silghtest (astonished the visitors. The summary chance of winning against the superior team work of their opponents. Victoria's defeat was due to a total

lack of effective team work. In one de-partment particularly Victoria was very weak, and that was in the home. Wilms, who was playing inside, was utterly useless for the first two quarters and although in the second half he pick-ed up somewhat in stick handling, his running and staying powers were not equal to the demand on them. It would unjust perhaps to criticise the playing of O'Brien one of the new home men, as that player was not on the field long enough to show his ability. Unfortunately he was badly hurt in the second

me were F. White and H. Jesse. some, worn out by their exertions in sight-seeing, are remaining here until to-day. All appeared pleased with the entertainment provided, a well-arranged programme of attractions keeping them on the move from start to finish. The names of the players who were supposed to be looking after the defence of the local goal, and the score shows how well minutes. Umpire, George Smith. companies having had their hands full they succeeded. Of these men Dewar, Cullin and McCorvie were most in evidence.

this very important requisite should receive attention so that in the event of the number increasing there should be no difficulty in housing the visitors.

The weather genius did his part nobly. The article he handed out could not be beaten, and although an equable climate is one of Victoria's chief charms, the weather conditions on Monday and yesterday showled the effective coaching. Their passing was a feature of the game, and the way they carried the ball down the field cutting across from one player to another just in time to avoid a vicious check from a Victoria player was an exhibition that delighted all enthusiasts and drew cheers from the grand stand. In their is one of victoria's chief charms, the weather conditions on Monday and yesterday were so perfect that a feeling of elation is pardonable.

The grand stand. In their defence the Terminal City team adopted Yesterday was a very busy day. The lispatch of the programme began early.

If om a Victoria player was an exhibition that delighted all enthusiasts and drew Cheers from the grand stand. In their defence the Terminal City team adopted gratification by a continued ringing of the score bell.

In the close of the match the enthusiasm of the fans knew no bounds. The Victoria team was cheered, and Manager Willie gave expression to his gratification by a continued ringing of the score bell.

was between two promising aggregations about 10.30 o'clock, Thos. Hooper, president of the Centrals of this city. The struggle was a good one, despite the discrepture obtained possession ancy in the scores, the local lads winning and carried it down to Victoria's goal by by nine goals to two. This victory somewhat compensated Victoria enthusiasts for the defeat which followed in the senior match. The latter match went ball into the net for the first time midst

Victoria took a hand in the attacking In the afternoon there were three attractions, the baseball match between the Victoria and University of Washington this the ball travelled around the goal nines, in which the locals were the vic-tors, the regatta at the Gorge and a lacrosse game between the Vancouver field, and it wasn't long before Mathe-

There was another opportunity for the locals to score about this time, but the locals to score about this time, but the shooting was poor, and the Vancouver defence had no difficulty in relieving. The "Made in Canada" fair, which was opened on Monday afternoon, attracted a large throng at the opening and in the evening. Visitors are loud in their praises of the interior arrangement of the hall and the excellence of the goods shown.

Seattle shots carried off in large part

Centrals, 9; Argonauts, 2.—This was the result of the game played between the Victoria and Vancouver junior teams yesterday morning at the Caledonia region of the reached the home plate. Brinker hit to grounds. The visitors had no chance left field safely and scored Cole. Hoover whatever against the splendid combining to combinate the splendid combination of the contract of the splendid combination of the splendid combinatio ation and all round fast work of the miss by Burnes. Seller hit and got a local twelve. The home and defence of base, and Teats, the next to bat, scored the home team played together splendid-the three by a magnificent drive over ly. Whenever the Terminal City boys second base.

The match played yesterday afternoon between the Y. M. C. A. and Monarch junior teams at the Caledonia grounds resulted in a victory for the latter aggregation by a score of 4 goals to 1. Monarch team, which is composed of Vancouver players, displayed better combination and more accurate ability than etitors produced a very creditable the local twelve. In spite of this the olay, the meagerness of the turn-out match was closely contested and the sed marked disappointment. It is a Y. M. C. A. boys put up a plucky fight.

BASEBALL MATCHES.

Victoria Downed the University of Washington Team in Two Games.

The first game on Monday between the Victoria and University of Washington nines was one of the best ever played on A summary of the game follows:

The crowd that gathered at the Caledoming arounds yesterday to witness the
opening league match between the Vice
toria and Vancouver teams was probably
the largest on record. Over three than compensated for by the unit
learned to necord. Over three
then start the game was full
form that the start the game was full
form the tart the game was full
form the game follows:

University of Washington

The course, however, was full
the the care
was full of the crewit that
the scall of the ceven the
the target on record. Over three
them the target on record. Over three
them the game follows:

University of Washington

The course, however, was full
the turn that curve and
the t the Oak Bay diamond. A record crowd

a.b. r. h. p.o. a. e. McConnell, l. f. 4 2 1 0 0 0 Rithet, 3 b. 5 1 0 1 2 0 Washington University. a.b. r. h. p.o. a. e. Rithet, 3 b. 5 Erle, c. 3 0 Burnes, c. f. 4 2 0 2 0 Goward, r. f: 5 0 0 2 0 Seiler, l. f. 2 0 0 1 Emerson, s. s. 5 2 2 0 2 Blackburn, p. 3 1 0 0 6 Railsbach, p. 2 0 0 2 0 0 Mitchell, c. f. 4 0 0 0 0 0

ately he was badly hurt in the second quarter and, though he was on in the third portion of the match, he took no active part in the playing. While on his legs, however, O'Brien showed some speed, and made several dashes on goal that were within an ace of being successful. Sandy Gewan was decidedly off color. He persisted in passing the ball directly into the sticks of the opposing players. The best of the locals in the home were K. White and H. Issandy.

day in the second game with the University of Washington nine. The game, although closely contested throughout, was an exceedingly ragged exhibition of ball. It was won in the last inning by the home team by a score of 13 runs to 11. There was a large crowd in attendcompetition, and those in the immense throng who occupy coigns of vantage, ance, and when the local nine, who were behind until the last inning, made a suffiwho appreciate the spirit of rivalry which actuates the competitors, are fired cient number of runs to put them in the lead just at the close of the match the ment.

Victoria was again victorious yester

Play commenced shortly after 3 beauty, never appeared prettier, the large clock, the visitors going to bat first. number of craft of various descriptions o'clock, the visitors going to bat first. They retired without any score, evidently finding some difficulty in locating Arm, the crowd lining the banks and dently finding some difficulty in locating Blackburn's benders. When Victoria came in the scoring account was opened. Schwengers started by getting to first safely and stealing second. Tredway then rose to the occasion by making a hot to right, which scored the baserunner.

In the second inning the score was

to Vancouver almost with ease, much to the theers of supporters of the visiting the surprise of local adherents, who team. score later on by a poor throw to third by Tredway. The locals went out in one, two, three order on coming to bat, Burnes, Goward and Emerson striking whether they win or lose. Their stalwart oarsmen were brimful of rivalry, and that manly spirit which spurs them to put up a good fight whether they win or lose. Their fundaments of the striking whether they win or lose. Their fundaments of the striking warped were also

out.

Again the visiting nine scored in the third, and things began to look bad for the home aggregation. Cole hit to Emerson, who was playing shortstop, Emerson, who was playing shortstop, and the latter made a poor throw to first allowing the batter three bases, whereas he should have been caught at first. Brinker then scored the run by hitting to centre. This was followed by a series on Curtis Point the J. B. A. A. erectof put-out's.

of put-outs.

Nothing of importance occurred in the fourth inning, but in the fifth Victoria had a streak of batting and good luck wiches and cake were served throughout which commented the source by seven by s was followed by an interval during which neither side gained any material advantage. Finally, however, Cao made a splendid shot on goal, which was stopoped in brilliant style by McConnell, who had a street of bettime and good means and a case could be proposed to brilliant style by McConnell, who had a street of briting and good means and a case could be proposed to brilliant style by McConnell, who had a street of briting and good means a street of the street

and an error by Emerson.

Vancouver-Scored by Knight in 2 It was in the seventh that the visiting team run their score up to that of the

Victoria did nothing in this inning, but when the visitors came to bat in the first home was also fast and continually puz-led the visiting aggregation.

when the visitis cand to the more to their score. Mitchell and Leiser made up they added one to their score, Emerson making the complete circuit.

As can be seen the home team was a tors had retired without scoring in the ninth their only chance was to three. Tredway, Schwengers and Burnes all got bases, and some good batting by those following had the desired result Victoria winning the closest match of the season.

Blackburn, besides striking out eight men, had six assists to his credit. He A. This feature was marred by the fact fielded his position faultlessly and also that spectators in boats got careless and scored one run.

Tredway had an off day at first, but made up for his errors with the bat, get-ting four hits out of five times up. Schwengers had a batting stream on, four safe ones out of five times up being his record with the stick for the day.

Erle makes a splendid catcher. Although he had his finger split in the first inning he pluckily caught out the

crew was the same one which made such good showing last year by winning the junior championship. It was composed of Van Kuren, bow, and Capt. Dan. Pullen. No. 2, Clifton Lantz, No. 3, and Fred. McElman, stroke. This is their first season as sorious. They are first season as seniors. They are a 1 strong crew and acquitted then o well. The honor of the J. B. A. A. was upheld by the following crew: W. W. Wilson, stroke, C. B. Kennedy, F. Dillabough and W. Jesse, bow. Score by Innings.

1 2 3 4 5 6 7 8 9
U. of W. 0 1 1 0 0 2 4 2 1'

Barbara and Klem Klemalitz. The course was paddled well together, and the Valdez

U. of W. 0 1 1 0 0 2 4 2 1 paddled well together, and the Valdez Victoria 1 1 0 0 7 0 0 1 3

*One out when winning run was made.

Summary—Earned runs, 0. Two-base hits,
Brinker, Schweigers. Three-base hit,
Tredway. Struck out, by Blackburn, 8; by
Brinker, 6. Bases on balls, by Brinker, 2; by Blackburn, 2. Hit by pitcher, by Brinker.

The defeat in the service cutters seemed to have nerved them for the er, 1. Passed balls, Hoover, 2; Erle, 1. remaining events with most gratifying Wild pitch, Brinker. Time of game, 2 hours. Umpire, Geo. Smith.

Baker, of H. M. S. Flora, entered fully into the spirit of the races with his men. In a small boat he was pulled down the THE REGATTA. Big Crowd and Exciting Races Contri-buted to Success of the Event.

event of fifteen or sixteen years' stand-ing the regatta continues to be the prime officer as they passed up the course. attraction in Victoria Day celebrations. It is the one big item of the programme on which the attention of visitors is unitedly concentrated for they always

> Si Low, first (colors, red); the Young alone. Quon crew, second. Four-oared gig race—(Open to men of the army.)—No. 4 subdivision (R. G. A.),

Kuper Island, third. Four-oared lapstreak, junior championship of B. C.—Vancouver Rowing Club, first; J. B. A. A., second.

Skiffs, officer of H. M. forces with lady coxswain.—Lieut. Pount and Mr. Soper, with Miss Marian Pitts, first; Lieut.

White and Lieut Co. The lieut. Some and motorcars already to the second mit that even apart from hat-making and motorcars already to the second lieut.

Elliston and Lieut. Geary, R. A., with Mrs. Elliston, second. Indian war canoes under forty feet.— Valdez, first; Klem Klemalitz, second. Service five-oared whalers, - Flora, first; Bonaventure, second; Grafton,

Klootchman's race. - Valdez, first; Klem Klemalitz, second.

Service five-oared whalers and fouroared gigs—Shearwater, first; Grafton,
second; Flora, third.

University of Washington, second. Service five-oared whalers.—Egeria, first; Shearwater, second; Flora, third. throughout the day. The warmth of the weather undoubtedly enhanced the

THE FIREWORKS.

Splendid Attraction Provided at Beacon Hill by Messrs, Hitt Bros.

out for tribal honor and glory. The swarthy competitors are always so well conditioned that the finishes are extremely close and the excitement intense. With rythmic movement and special statements. Both ships harmoned at one and special statements. Both ships harmoned at one are the swarthy competitors are always so well a splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. Both ships harmoned at one are the swarthy competitions are always so well as splendid mechanical arrangement and special statements. hammered at one another for consider-With rythmic movement and powerful strokes, the muscular braves eat up space at an astonishing pace. For the first time in six or seven years the pale blue of Valdez went down to defeat.

able time, and then there came a serious of loud explosions, making the picture still more realistic. Another piece deserving of special mention was that of the "Carrier Pieceo Station" which each the able time, and then there came a serious blue of Valdez went down to defeat. Victors in many a hard-paddled struggle, official programme very truly stated, outthey were a close second in the race, which gave to the Klem Klemslitz tribesmen the cup offered for it. Near the end backwards and forwards, uttering as they went shrill cries. The set pieces and lost by only a few feet. However, they won't return discomfited. The "lady warriors," a crew of strapping big klootchmen, won their race, with Klem Klemalitz a good second. were all choice. The entertainment con-Previous to the fireworks display the The junior amateur championship of British Columbia in the four-oared lapband gave a concert.

BAND MUSIC

Contributed Not a Little to the Enjoyment of Visitors.

The bands contributed materially to he enjoyment of the pleasure-seekers. They accordingly pulled in in rear of the winning Vancouver boat. On Monday night the Fifth Regiment band gave an excellent concert on the doses of half-an-onnce, well diluted, is steps of the parliament buildings, the all that the average man of normal temtish Columbia went again to the J. B. A. various numbers being liberally applauded. Last evening, previous to the fireworks display, the Victoria City band —and, fortunately, much more can be crowded into the course. Two attempts were made at a start in this event, both rendered an attractive programme at burnt as much as would make Beacon Hill, Many complimentary com-ments on the excellence of the two local toxicated; but at the normal tem-The first time the scullers were met by bands were made by visitors. nother race which had been started

Wood's Phosphodine, The Great English Remedy, is an old, well established and reliable preparation. Has been prescribed and used over 40 years, all druggists in the Dominion of Canada sell and recommend as being the only medicine of its kind that cures and dves universal satisfaction. It promptly and

EFFECTS OF ALCOHOL ON BODY AND MIND

Petition in Favor of Teaching Children in Old Country Schools Evils

There has lately been sent out to every registered medical practitioner in the one cannot enter into all—is the action country a copy of a petition to be precountry a copy of a petition to be prestream by men from the ship, and anxi-ously, he awaited the first sight of the ties of this country, in which it is assented to the central educational authoriracing boats as they came in view on the serted that "a widespread ignorance prereturn course. The racing crews were left in no doubt as to their having the fullest sympathy of their commanding officer as they passed up the course.

The racing boats as they came in view on the serted that "a widespread ignorance prevails concerning not only the nature and properties of this substance"—that is, alcohol—"but also its effects on the body officer, as they passed up the course. Following is a summary of the re-life. The mind," writes C. W. Saleeby, M.B., Ch.B., in the London Chronicle.

Service cutters—Grafton, first; R. G. The petition urges that instruction be given to our school children in this matsecond, Flora, third.

Double schoolboys race—Collegiate ter, as it is already in army schools in Considering South Australia school, first; High school, second.

Double skiff for Chinamen—The Chu

Canada, in Victoria, South Australia,
Natal and the United States, to mention English-speaking countries

Within four days of the posting of this petition 14,000 signatures were received. The verdict of science on alcohol is that first; No. 2 subdivision, second; No. 1 it is a poison to protoplasm—the "physical basis of life"—and the verdict of the medical profession in this country. Klem Klemalitz, first; Valdez, second; medical profession in this country, following its fellows in other lands, will therefore tend to make us feel lowing its fellows in other lands, will warmen and be called Forence in the country following its fellows in other lands, will warmen and be called Forence in the country following its fellows in other lands, will warmen and be called Forence in the country following its fellows in other lands, will warmen and be called the skin that dilates the blood-vessels of the skin that dilates the b shortly be given to the world in this peaware that alcohol dilates the cutane

Let us now examine the problem from mit that, even apart from hat-making and motor-cars, alcohol has its uses for man. But public opinion would assuredly be greatly surprised if it were to take up and read in any modern text-book of pharmacology or therapeutics, what is the actual verdict of physiological and medical science on the uses of

To discover that what is taken to country in signing the recent Poisonous Properties.

If ethyl alcohol were for the first time presented to a biologist, together with an account of its origin, he would expect

Alcohol contains no nitrogen. It, there fore, can never and does never produce tissue. Its food value depends exclusive ing of special mention was that of the ly on its production of energy; and the "Carrier Pigeon Station," which, as the first indisputable fact is that alcohol can burnt within the body. It may, lined in rich colored fire the station from therefore, be a food; and in fevers it i which two fiery war pigeons rushed probably the most valuable food that 5,000 Operations can be given to a patient, for in fever one cannot digest, and alcohol needs no digestion. It is, so to speak, a pre cluded with a patriotic piece, the City digested food, and passes unchanged to band playing "God Save the King." The tissues, there at once to be utilized. hill hal been beautifully illuminated. What are the facts in health? It has been experimentally proved, not

once but often, not in one country or

continent, but in physiological labora tories all over the world, that in health only about one and a half ounces of absolute alcohol can be burnt within the body each day, this only obtaining when the substance is taken in sufficient dilution and at sufficiently numerous intervals. Approximately, three ounces of whiskey or brandy, taken in four-hourly doses of half-an-ounce, well diluted, is an end of appendicitis. perature can utalize. Heat your furnace perature of the body alcohol can be used, under the most favorable conditions, only at the rate of an ounce and price, and the fact that, unlike other

inveigh against civilization as against these, but it is worth while to point to one or two differences which are the on knowledge of all students of pharmacology, and, like all the foregoing facts, are not in dispute. Of these drugs the two worst are, of course, alcohol and opium, but there is this distinction, much enforced by Sir Thomas Fraser, who is not a tectotaller, and than whom there is no greater living authority. It is impossible to detect any morbid tissue changes from the use of opium. Opium smoking produces certain evils which, it is now admitted, have been greatly exaggerated. Habitual hypodermic injecaggerated. Habitual hypodermic injection of morphia produces much greater evils, but neither leaves any physical traces, whereas the cloven hoof of alcohol may be traced with the naked eye and with the microscope in all the important organs of the body, especially in the digestive and nervous and circulatory systems.

And another interesting distinctionone of them, especially coffee, is a which ultimately overpowers it. The stimulation of alcohol is invariably followed by a quid pro quo, in the form of a corresponding subsequent depression

A Popular Fallacy. How does it come about that so many of use take alcohol to keep out the cold? Simply because the nerves of our sense of temperature end in the skin. Be our skin well supplied with warm blood, we say we are warm; and vice versa. Furwarmer and be colder. Everyone is blood-vessels, as in the drunkard's nose; they do not know that the consequent loss of heat is a devitalizing agent that is often a predisposing cause of pneu monia. You can do nothing more foolish than take a nip of whiskey before going out on a frosty night.

Alcohol and Nerves.

Infinitely more important than all these considerations is the action of alcohol on the nervous system. no business at this moment with the re-cords of insanity or crime, but it is Kiem Klemalitz, second.

Service five-oared whalers and foursared gigs—Shearwater, first; Grafton,
second; Flora, third.

Four-oared lapstreaks, senior champlonship of B. C.-J. B. A. A., first;
University of Washington, second.

Service five-oared whalers—Egeria,
first; Shearwater, second; Flora, third.

Six-oared gigs—Flora, first: Bons—

Six-oared gigs—Flora, while to dispel another popular worth while to dispel another popular and that the indispensable "stimulant" is often administered as a sedative, would about the absurdity to which people to the mental processes. For many years now this has been a subject of exhaustive inquiry in the psychological laborative inquiry Six-oared gigs—Flora, first; Bonaventure, second; Grafton, third.

The all-comers' race was won by the Egeria crew. The Indian canoe upset is in reality no contradiction, and the carried out with such processes as add-position taken by the three official repre-ing up a column of figures, writing an manifesto is capable of an inexpugnable confirmed, is that alcohol delays the rapidity and impairs the accuracy these processes whilst producing the most convincing illusion of ease and rapidity. The calculator has a subjective impression of facility which the cold clock entirely fails to confirm. This fact has not yet been explained, but our

In sentencing an Italian to twelve months' hard labor for forgery, at the Old Balley, London, the recorder said to the inter preter, "And tell him that when his sentence has expired we hope he will return to Italy. We don't want him here."

for Appendicitis

LAST YEAR IN CANADA THAT COULD HAVE BEEN AVERTED BY OBSERVING THE COM-MONEST RULES OF HEALTH. For years the doctors were unable to explain the exact cause of this acute disease, but recent light upon the subject shows appendicitis has two general causes-constipation and harsh purgatives.

If people kept free from constipation and avoided laxatives that inflame, irritate and gripe, there would be almost

Of course in every home a laxative medicine of some kind is frequently needed, and consequently much depends on selecting one that will act without injurious effects. The best form in which a laxative can be taken is in Dr. Hamilton's Pills of Mandrake and Butternut, which are composed entirely of health-giving vegetable extracts. Made according to his own private

a half per day. Its characteristics as a formula, Dr. Hamilton's Pills are sure food, in health, are its quite outrageous to be satisfactory. They gently stimulate the liver and bowels and cure the