

ings which could be converted into barracks for the Cadets; Kingston is centrally situated as regards three of the big cities, Ottawa, Montreal and Toronto, and, from its position at the entrance to the Great Lakes with the St. Lawrence and Cataraqui Rivers flowing on two sides of it, it is an exceptionally healthy locality.

The most prominent building connected with the dockyard was one built of light coloured limestone, hewn in the vicinity; on account of the fact that it was constructed and fitted up somewhat on the model of a man-of-war, the upper flats being left open like decks, through all the length and slung with hammocks, it was named "The Stone Frigate." This was used as a dormitory and the name has been affectionately preserved to the present day by the large number of Gentlemen Cadets who have lived beneath its roof. Thus the College, from its very initiation, was helped by the high traditions of its Sister Service—The Royal Navy.

The Blacksmith's shop, erected about 1838, was used as the College Gymnasium until it was finally pulled down in 1912.

The grounds of the peninsula are divided into two portions by a well built stone wall, running from the Cataraqui River on the one side to Navy Bay on the other side; they include in all—some 66 acres.

At the extremity of the peninsula stands Fort Frederick, erected in 1846 with its ramparts facing Lake Ontario. Along the water front facing the St. Lawrence, many slipways still remain, down which the old wooden war ships took their path to the waters.

An old oak bollard, reminiscent of those days, has been carefully preserved and can be seen outside the