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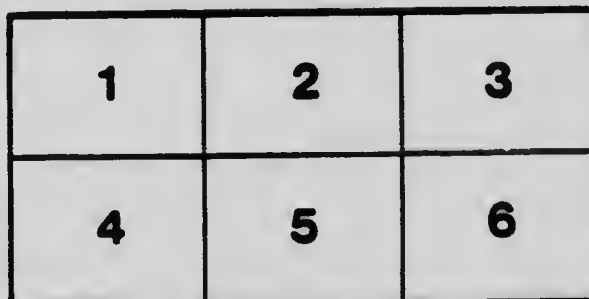
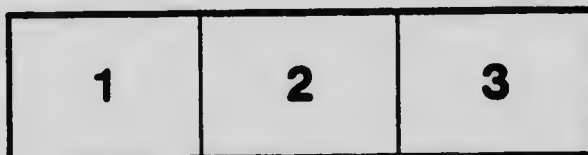
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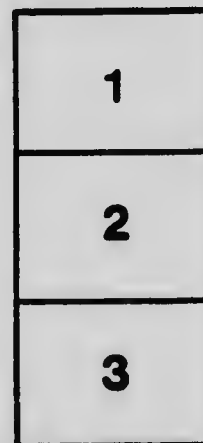
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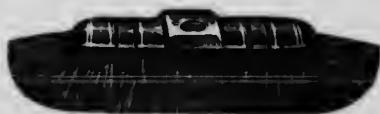
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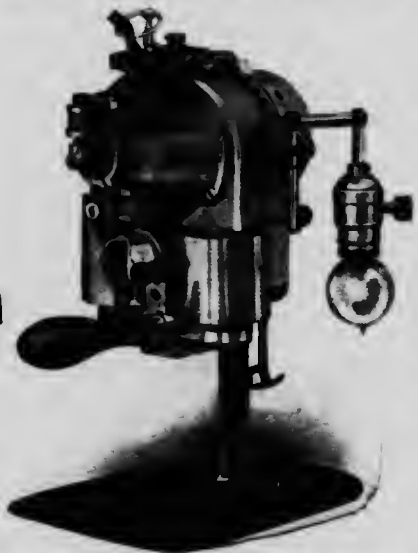
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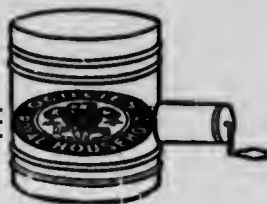
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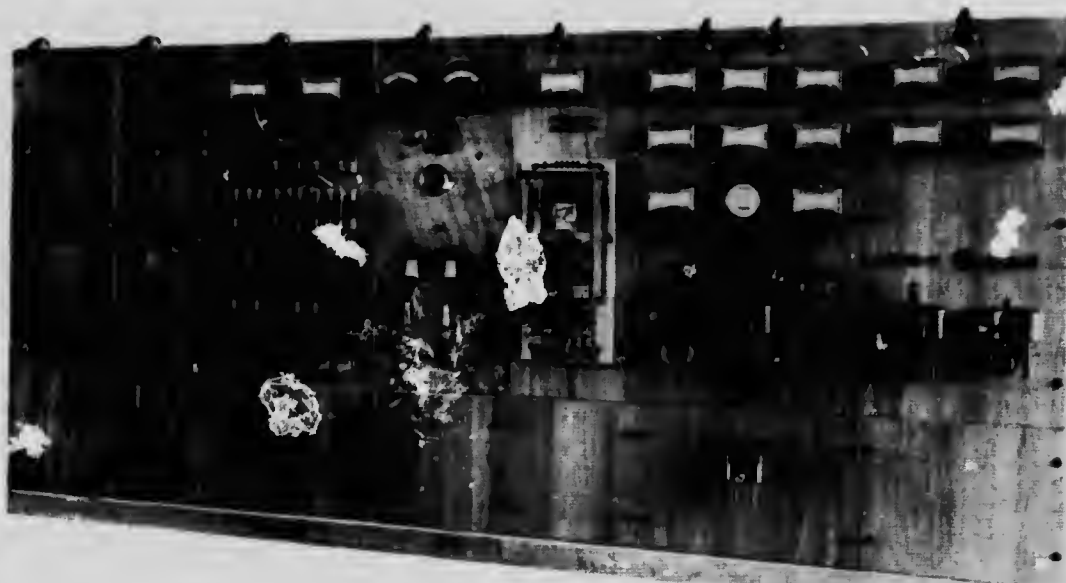
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*Railway Contractor*

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*"The day returns and brings us the petty round of irritating concerns and duties."—STEVENSON.*

---

## Irritating, Enervating, Exhausting Domestic Cares and Social Demands are the daily round of **HOME LIFE**

An EXTENSION TELEPHONE relieves these worries and saves weary stair climbing. With this service the Housewife has always at her command Neighbors, Friends, Grocer, Butcher, Baker, Department Store, Dress-maker, Doctor, Cab Stand, Police and Fire Departments.

A SIMPLE AND INEXPENSIVE CONVENIENCE, which the Contract Agent at any agency of the Company would be pleased to send a man to explain.



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MONTREAL, JULY 15TH, 1909.

The Highest Standard of Excellence

# ST. LAWRENCE

*Extra Granulated  
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Only the choicest West India Crystals  
are used in the manufacture of our sugars

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## CRYSTAL DIAMONDS

The new sugar for the table

These sparkling squares of the purest sugar are dainty and  
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The best dealers keep "Crystal Diamonds" in attractive 5-lb.  
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## CRYSTAL DIAMOND DOMINOS

are larger tablets, specially for Coffee. In 5-lb. cartons only.

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**Sugar Refining Company, Limited**

**MONTREAL**

# The Canadian Express Co.

OPERATING over the lines of the GRAND TRUNK RAILWAY SYSTEM and the CANADIAN GOVERNMENT RAILWAYS, also NUMEROUS OTHER RAILWAYS and STEAMSHIP LINES, including the ALLAN, DOMINION and C. P. R.

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GENERAL FORWARDERS of MERCHANDISE, including PARCELS, PRODUCE, MONEY, BONDS and VALUABLES throughout the WORLD, and is unequalled for SECURITY and DESPATCH

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## EUROPEAN TRAFFIC OFFICES:

LIVERPOOL, 20 Water Street  
LONDON, 44-46 Leadenhall Street  
GLASGOW, 75 Union Street

SHEFFIELD, 7 Haymarket  
BELFAST, 8 Victoria Street (Stevens & Walkington)  
BIRMINGHAM, 6 Victoria Square (Morison's)

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CHAS. M. HAYS, President. JAS. BRYCE, Vice-President and Manager

**The Name is the Guarantee**

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**GRANULATED SUGAR**

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===== Limited =====

**Montreal, Quebec**

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SPECIALS, VALVES  
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CASTINGS OF ALL KINDS



1909

# Official Souvenir

1910

OF THE

RAILROAD DEPARTMENT

YOUNG MEN'S CHRISTIAN ASSOCIATION

POINT ST. CHARLES

MONTREAL

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A. A. Maver, Vice-Chairman

Chas. Manning

Samuel Pugh

G. J. Smith

H. N. Chauvin

Harry Pritchard

W. A. Kneeland, B. C. L., Chairman

Dr. Geo. Hall, Treasurer

H. A. White

Jos. Copping

W. S. Nimmo

W. C. Murray

Fred Evans

W. S. Farrar

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John Kennedy

D. A. Budge

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J. M. Dudley

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F. C. McGonigle, . . . Secretary

Allan Thomson, . . . Assistant Secretary

James Mercer, . . . Assistant Secretary

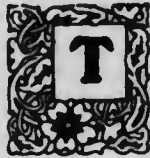
Arthur C. Johnstone, . . . Physical Director



T. McHATTIE  
Chairman  
Railroad Branch Y. M. C. A.  
Montreal

# INTRODUCTION

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THIS book is published with the purpose of bringing before our members and numerous friends the work that the Young Men's Christian Association is doing in Point St. Charles.

The Montreal Railroad Department of the Young Men's Christian Association was organised a little over ten years ago, and from an organisation of limited scope and small equipment, it has grown to its present strength and standing in the community.

We believe the Association now furnishes an attractive place for the young men of Point St. Charles to spend their evenings and to benefit physically, mentally, morally and spiritually by the various departments herein described.

Our aim is to make a man to feel at home. An informal atmosphere permeates the social life of the organisation and every man who obeys the rules and conducts himself in a gentlemanly manner has a right good time.

The privileges herein set forth are worth many times the cost of membership, and a most careful consideration of the following pages is urged upon every person who believes in an organisation that provides influences to counteract the evils of those things which tend to debase and demoralise men.

The Secretary and his assistants are pleased at all times to meet the young men of the community and to give advice, if possible, to those in need of it. Letters of introduction are gladly furnished to members who are traveling to other countries or taking their residence in other cities.

We desire to thank the advertisers and other friends of the Association who have contributed in any way to make this publication a success.

F. C. MCGONIGLE.



W. A. KNEELAND, B.C.L.  
Vice-President  
Railroad Branch Y. M. C. A.  
Montreal



DR. GEO. HALL  
Treasurer  
Railroad Branch Y. M. C. A.  
Montreal



F. C. MCGONIGLE  
Secretary  
Railroad Branch Y. M. C. A.  
Montreal

# THE PHYSICAL DEPARTMENT

Physical Director .....A. C. JOHNSTONE.

Have you ever considered the necessity of exercise, and how good health of body and mind depends upon strong, harmonious, vital organs, and that the health and vigor of the vital organs absolutely depend upon muscular activity?

To be well we must do muscular work, and the best kind of muscular work is proper, regular, scientific, physical training in the best place available, under the constant supervision of the most competent and careful men obtainable.

Put in at least two nights every week in the gymnasium. Every man should have at least three, but two will do a lot towards making us real men and keeping us manly.

Our gymnasium is large and well ventilated and is equipped with the following apparatus kept in perfect condition: Indian clubs, dumb bells, chest weights, wands, pole vault, jumping stands, spring board, vaulting horse, buck, parallel bars, horizontal bars, traveling rings, flying rings, rowing machine, punching bag, medicine ball, basketball, handball, etc., etc.

In arranging the work for the business and professional men, especial attention is paid to hygienic and recreative exercises, and will be found very beneficial to those engaged in indoor occupations. The various classes are so graded that each member receives the work best suited to his needs.

The Physical Director is always ready to give special attention and advice in cases where it is desired, and appreciates the opportunity of assisting any who may need his services and will make such needs known to him.

A physical examination is given without expense to the member. This should be taken before starting exercise. If necessary, a special medical examination will be given by Dr. George Hall. Appointment to be made through the Physical Director.

Swimming and Life-Saving is taught by competent instructors at all seasons. Regular classes will be arranged. Individual instruction for beginners. The plunge is 35 feet by 15 feet and from 4 to 8 feet deep. A number of showers are also in constant use with ample supply of hot and cold water.

Lockers may be had on application to Physical Director and payment of \$1.25 per year.

## CLUBS

Some men enjoy certain kinds of sport and clubs are the natural outcome of these desires. The following have been organized and have proved to be very popular with the various groups of men:—

**BOWLING.**—Our equipment consists of three standard continuous alleys. Teams entered in the City Bowling League and Independent League. The Association team winning championship in former league last season. Numerous competitions and tournaments are arranged during the season. Pin boys are in attendance every evening and Saturday afternoons.



J. R. MERCER  
Assistant Secretary  
Railroad Branch Y. M. C. A.  
Montreal



ALLAN THOMPSON  
Assistant Secretary  
Railroad Branch Y. M. C. A.  
Montreal



A. W. YOUNG  
Educational Instructor  
Railroad Branch Y. M. C. A.  
Montreal



**BASEBALL.**—Baseball diamond on athletic field, practice three evenings per week and Saturday afternoons. Team entered in Association League.

**ASSOCIATION FOOTBALL.**—Specially popular during the season. Three evenings per week and Saturday afternoons on football grounds near the building. Team entered in League.

**HARRIERS.**—Winners of the St. Gabriel's Cup. Runs from building three evenings per week. Trainer in constant attendance. Runners carefully coached. See Physical Director before deciding to run.

**BASKETBALL.**—The popular indoor game for winter season. Several teams entered into the Montreal and District Basketball League and Association League. A Home League is to be organized so as to give every man a chance to learn the game.

**TENNIS.**—Two double courts in private grounds near building. Complete equipment and kept in good condition. Entered in Province of Quebec Lawn Tennis League.

**PROPOSED SNOWSHOE CLUB.**—The Department proposes to organize a club for the enjoyment of this fascinating sport during the season. Regular tramps will be arranged.

### **GYMNASIUM CLASS SCHEDULE**

**MEN.**—Senior. Mondays, Wednesdays, Fridays, 8-9.45.

**MEN.**—Business and Office. Mondays, Wednesdays, 6-7.

**MEN.**—Professional. Mondays, Fridays, 4.30-5.30.

**BOYS.**—Intermediate. Tuesdays, Thursdays, 7.30-8.30.

**BOYS.**—Junior. Wednesdays, 4.30-5.30; Saturdays, 10.30-11.30.

### **BASKETBALL PRACTICE AS PER BULLETIN IN GYM.**

Gymnasium floor open for exercise Tuesday and Thursday morning, 9-12. Every afternoon to 4 P. M.



**MR. A. C. JOHNSTONE**

Physical Director

Railroad Branch Y. M. C. A.

Montreal

## EDUCATIONAL DEPARTMENT

There are many ambitious young men in our community who have ability for better things and would be promoted to more important positions if they had some training.

This is the young man's era. Young men are filling positions of trust, not because they are young, but because they have fitted themselves by special training for the positions. The young man who fritters away all his evenings in enjoyment is the one who will be left behind in the race.

The Educational Department of the Young Men's Christian Association, by its various methods, aims to supplement the educational opportunities of its members. Classes are held in the evenings in various subjects named in schedule below. Reading room and library provide well selected and helpful reading matter. Lectures on business, travel and other general subjects are given. Clubs for debating and discussions are organized to train our young men in public speech. Practical talks by experts are of immense educational value and form an important part of our educational work. As will be seen from the following prospectus, we supply expert teachers, up-to-date equipment, individual instruction, cheerful surroundings at the most reasonable cost to our members.

REMEMBER, time spent in study will yield greater efficiency and earning power and will certainly increase the joys of living.

### PROSPECTUS

Classes in shorthand, typewriting, bookkeeping, arithmetic, business correspondence, etc., etc., are under the direction of Mr. W. A. Young, Principal of the Mount Royal Business College. We count ourselves fortunate in again securing the splendid services of Mr. Young, thus affording our students the most efficient tuition obtainable.

Classes in French, elementary and advanced, are taught by Mr. W. S. S. Matthews, French Master in the City High School. The method is strictly conversational, no long, tedious grammars to master, and any young man of average ability can quickly acquire a working knowledge of the French language under the expert tuition of Mr. Matthews.

### SCHEDULE OF CLASSES

| Subject.                          | Evening.              | Hour.     | Fees per Term. |
|-----------------------------------|-----------------------|-----------|----------------|
| Shorthand . . . . .               | Thursdays, Saturdays  | 7.30-8.30 | \$4.00         |
| Typewriting . . . . .             | Thursdays, Saturdays. | 8.30-9.30 | 3.00           |
| Bookkeeping . . . . .             | Thursdays, Saturdays. | 8.30-9.30 | 4.00           |
| Arithmetic . . . . .              | Thursdays, Saturdays. | 8.30-9.30 | 3.00           |
| Business Correspondence . . . . . | Thursdays, Saturdays. | 8.30-9.30 | 3.00           |
| French (1) . . . . .              | Tuesdays, Fridays.    | 7.30-8.30 | 4.00           |
| French (2) . . . . .              | Tuesdays, Fridays.    | 8.30-9.30 | 4.00           |

## TELEGRAPHY

The rapid development of our great railroads insures a constant and increasing demand for telegraph operators. Our school is equipped with the most up-to-date apparatus, unequalled in Eastern Canada, the only school *with main line wire live connection*.

Our purpose is to graduate efficient operators for the different railroads, and our school has the indorsement of the Chief Despatchers of the large trunk lines.

We undertake to give to our students a first-class course of tuition, individual attention being given to each student in Telegraphy, Station work, Standard rules, Train orders, etc., etc.

A visit to our school will convince anyone of our ability to do this work more quickly and more efficiently than any other school in this section of the country.

Special accommodation is made for out-of-town students, board and room being obtainable in the building.

Day classes are held from Monday to Friday. Evening classes on Monday, Wednesday and Friday, from 8 to 10.

Terms:—Day classes, \$8.00 per month. Scholarship covering six months, \$35.00. Evening, \$10.00 first term (including year's membership); \$7.00 second term.

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## SOCIAL WORK

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"Sociability is one of the elemental qualities in man, and men, especially young men, have the social instinct in a very marked degree. This has been true at all times, but remarkably so is the young man of to-day possessed by a strong desire for social life. To meet and know others is his ambition. He must make friends. His social nature, inherent within him, calls loudly for companionship, and because this desire for sociability is so strong, it is dangerous if perverted. He will choose bad companions if he cannot find some of the right sort, and here is where the Association has found its opportunity."

The Young Men's Christian Association has, perhaps more than any other organisation, recognised the importance of this work and planned to meet the social needs of men in every possible way.

There is no class distinction, the mechanic or the clerk who may be earning a comparatively small salary can have as good a time as the son of a millionaire.

The building is open to members from 8 a. m. to 10.30 p. m., and young men are cordially invited to visit the rooms and meet the secretaries and learn something of the advantages of the Association.

During the winter a number of receptions and socials are being arranged, as well as a number of informal gatherings, to bring the members and their friends together for pleasant evenings.

Pool and billiards form a pleasant way to spend an hour in a social way, and in connection with these games a tournament is being arranged. A separate games' room for the Boys' Department has just been fitted up and supplied with the following games: checkers, crokinole, ping-pong, dominoes, etc., etc., and tournaments will be specially arranged for the boys.

## BOYS' DEPARTMENT

---

The Boys' Department is now recognized as one of the most important branches of our work. The care of the bodies of our boys is no longer left to chance. The value of the men of the next generation, the physical efficiency of the nation, is now known to be too great to make feasible the neglect of the boy, who, if he gets the chance to which he is entitled, may become a useful and valuable citizen.

The Young Men's Christian Association presents to the average parent an opportunity for his son to get well directed exercise, calculated to remedy his physical shortcomings, and to make him a young man good to look upon, as well as healthy and strong.

During the summer months a great deal of athletic practice is carried on in the open air, and in winter group contests and competitions, basketball, etc., are indulged in; but while games and athletics furnish plenty of exercise and usually fresh air, little attention is paid to the position of the body and the kind of muscular effort involved. One of the most important functions of the Gymnasium Department is to ascertain the special needs of the different boys and to teach them individually or in classes, or both, to do those exercises in a way which will "even up" growth and development in all directions, correct postural defects and train habits of graceful and effective movements. Athletic games and sports, whether carried on in the gymnasium or in a field nearby, should be supplemented by systematic, rational, gymnastic work in classes and individually. In this way the spare time of every boy may be fully occupied with healthful, varied exercise, selected and arranged with a view to enable him to reach the highest standard of physical perfection to which his inherited tendencies and limitations entitle him.

The effect of such a regime on his character and moral development is of the utmost importance and is, of course, the ultimate purpose of the gymnasium.

The Boys' Department is divided into two sections, Junior and Intermediate. The former including boys between the ages of twelve and fifteen years, the latter from fifteen to eighteen years, inclusive.

The privileges of the Junior Section are as follows: Library, gymnasium classes, shower and swimming baths, games room and meetings of various kinds as arranged by the committee. Juniors are not allowed to use or frequent the building in the evenings, except by special arrangement. The privileges of the Intermediate Section include reading room, library, shower and swimming baths, gymnasium classes, athletic field, social privileges, practical talks and lectures, educational classes on payment of tuition fees, games room, at hours prescribed by the committee of management.

Special entertainments, socials, outings, rambles, etc., will be arranged in the season for members of the Boys' Department.

## RELIGIOUS WORK

We do not call this a department, because, as one has already said, "Religion may not be set off by itself for one hour a day or a day of the week or a department of life work. It is a part of all or a stranger in all."

Whilst we have regular scheduled classes for Bible study, men's meetings of an evangelistic nature, etc., the aim of the Association is to provide a real Christian atmosphere in all its departments. It will be our aim to keep before our mind constantly the basis of the Association:—

"The Young Men's Christian Association seeks to unite those who, regarding the Lord Jesus Christ as their God and Saviour, according to the Holy Scriptures, desire to be His disciples in their doctrine and in their life, and to associate their efforts in the extension of His Kingdom among young men."

A word as to what the Association is doing for the spiritual welfare of young men may be gathered from the following figures taken from the Year Book just published. Attendance at Bible study, 865,896 men; 27,931 boys. The number of men and boys having professed conversion during the year is 20,116, 4,934 of whom are reported as having united with local churches as a direct result of Association effort.

For sixty-five years the Young Men's Christian Association has provided opportunities of Christian fellowship, instruction and service, and we plan to give every young man an opportunity of serving his fellows.

Sunday Morning, 10 A. M.—An informal Bible study class is conducted by Assistant Secretary Thomson. Last season this class was confined to men resident in the building, but this year it is proposed to throw it open. The course of study for the year is "The Good News of Jesus Christ as Told by John."

Sunday Afternoon. Men's Meeting, 4.15. Held in the Main Hall of the building and addressed by the leading laymen and ministers of the city. The music will be a special feature of this meeting.

Every young man ought to spend Sunday afternoon in some such meeting as this and we extend a cordial invitation to everyone to attend.

*Come yourself and bring the other fellows.*

Sunday Evening, 8.15. A fireside song service is held every Sunday evening at which favorite hymns are sung and a little informal talk is given. This service is specially helpful in bringing our young men together and forming acquaintances helpful and interesting. Men from the Old Land and from different parts of the country are met with here, so come along.

Bible Study and Teachers' Class. This class is conducted by the Secretary, Mr. F. C. McGonigle, and the course of study is the International Sunday-school Lesson for the following Sunday. A strong invitation is given to all, particularly Sunday-school teachers, of either sex, and the aim of the leader will be to give a general outline of the lesson and adapt it to the various grades of Sunday-school classes. The class

is conversational and informal. Do not put off the study of your lesson until the Sunday morning. *Remember*, Saturday afternoon, from 4 to 5.

Physical and Boys' Department Classes.—The following classes will be conducted in connection with above departments: Senior gymnasium Bible study class, Intermediate Bible study class, Junior Bible study class.

Special courses of great interest will be used, and we hope to see a large number of men and boys enrolled.

Hospital and Home Visitation.—There is no section of our religious work that brings to its workers so much real satisfaction as the above. Many a time we have seen the smile of gratitude on the face of a suffering railroad man in our hospitals when he sees the Y. M. C. A. visitor coming down the ward. Often times away from home and friends, his loneliness and gloom is dispelled by such a visit.

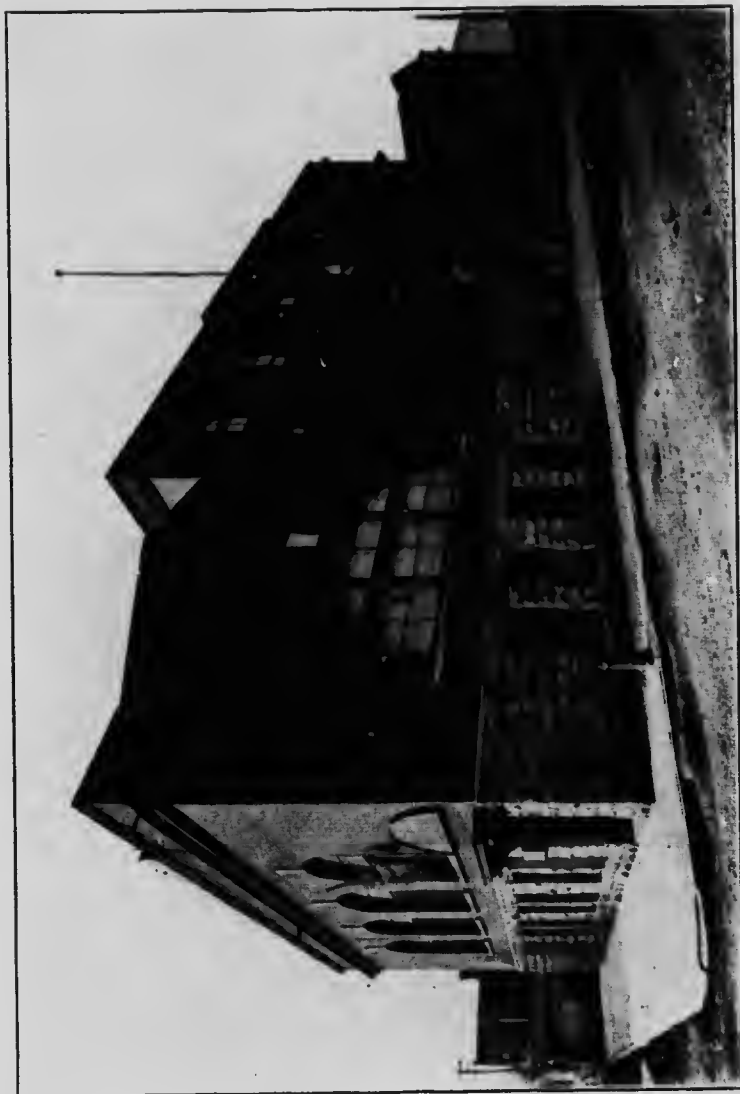
During the past season this work has been carried on under the leadership of Mr. Sam. Pugh, who will be glad to hear from anyone willing to co-operate in this work.



W. S. NIMMO

Secretary Religious Work  
Railroad Branch Y. M. C. A.  
Montreal

Also Member Committee of Management



RAILROAD BRANCH YOUNG MEN'S CHRISTIAN ASSOCIATION HEADQUARTERS  
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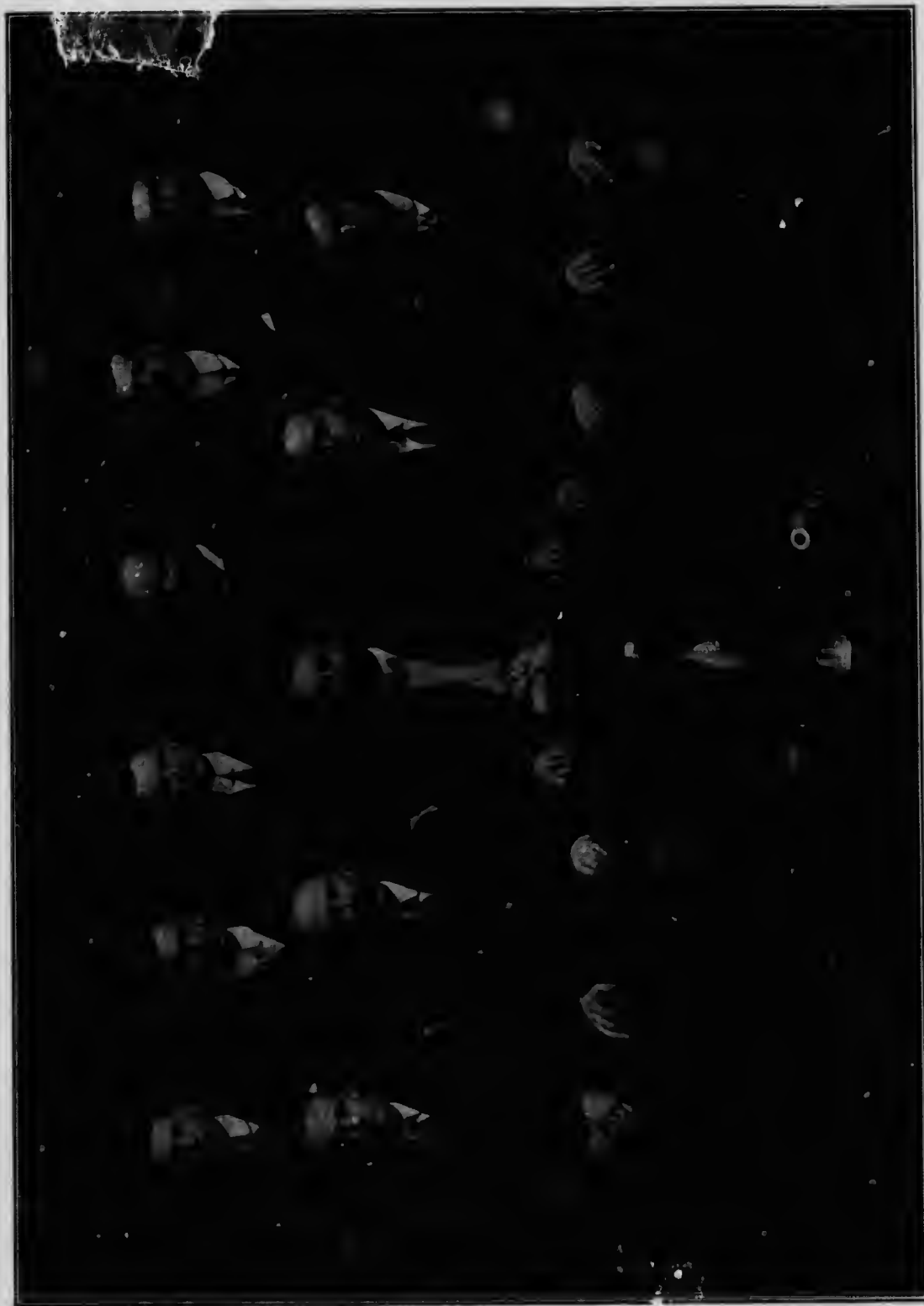
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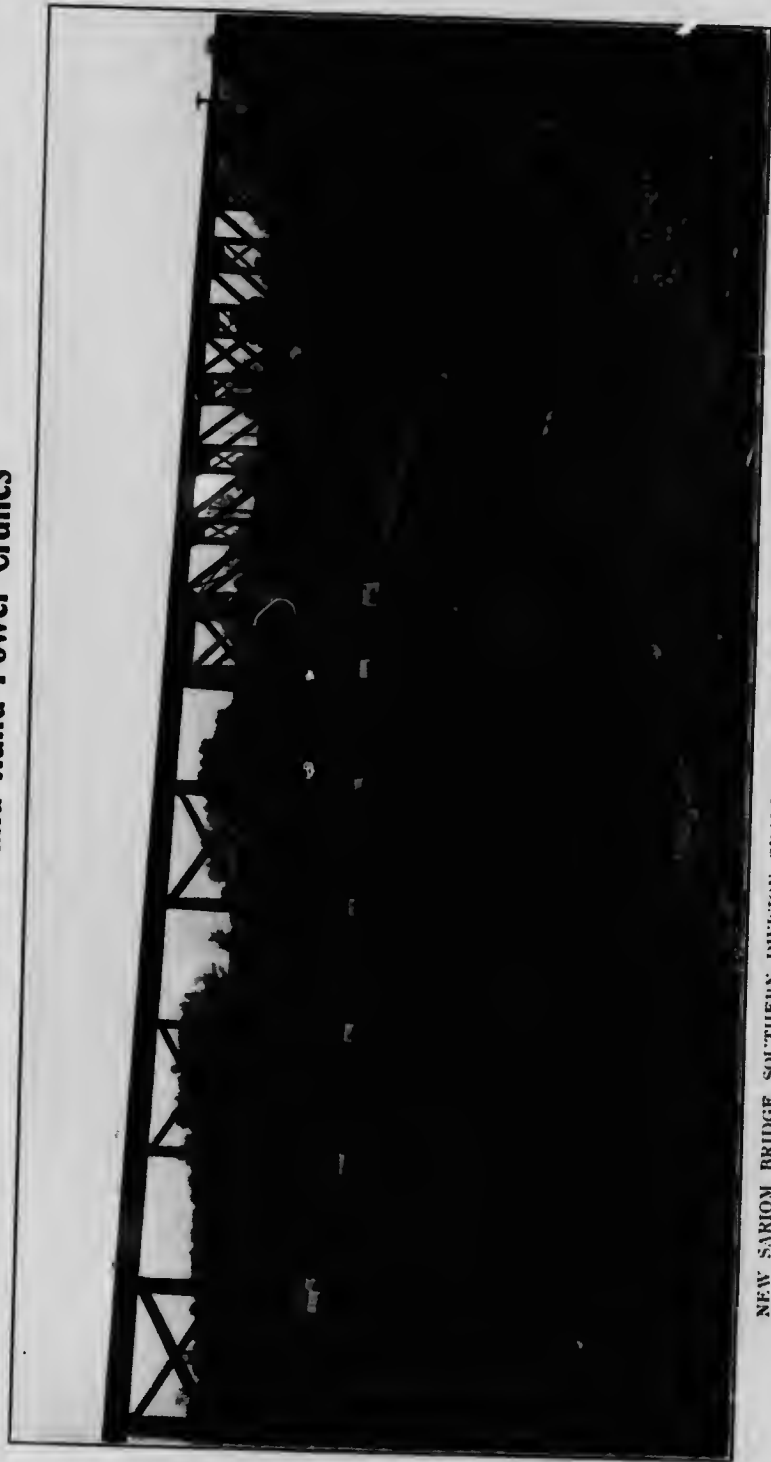
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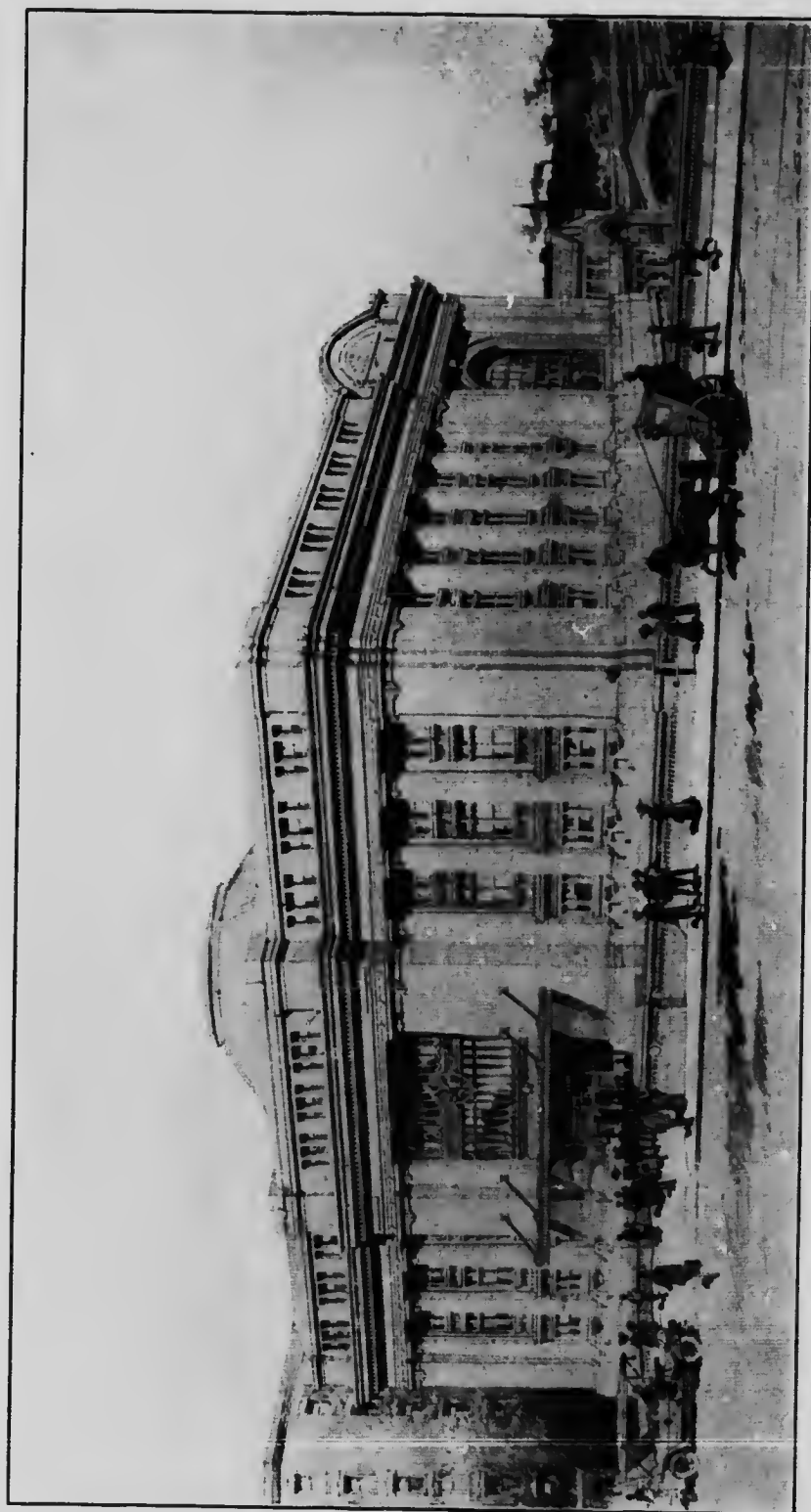
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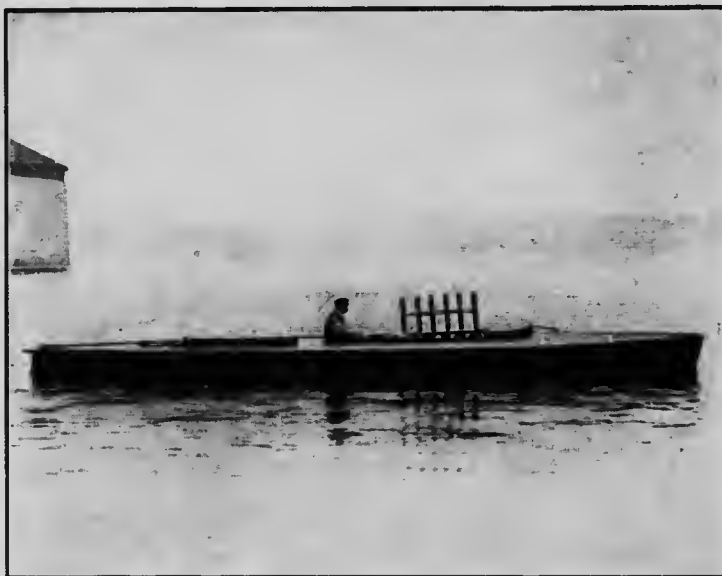


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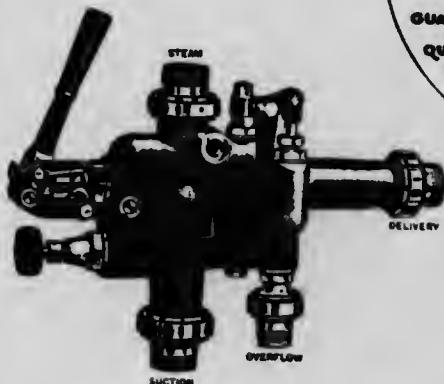
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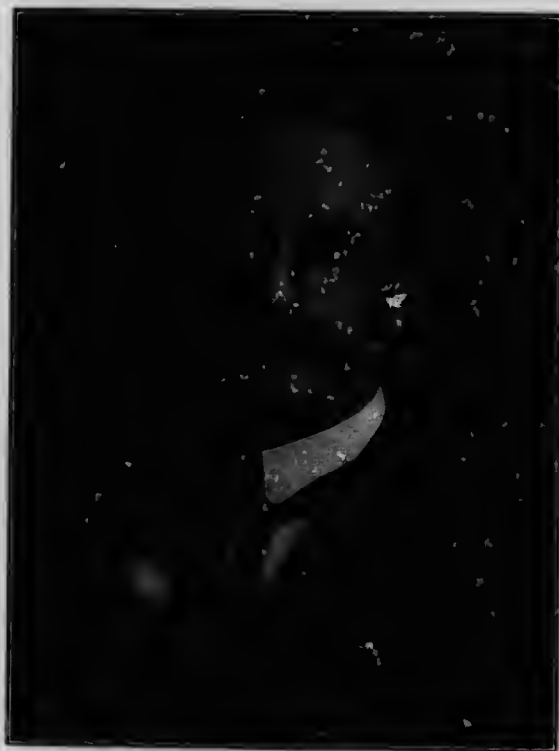
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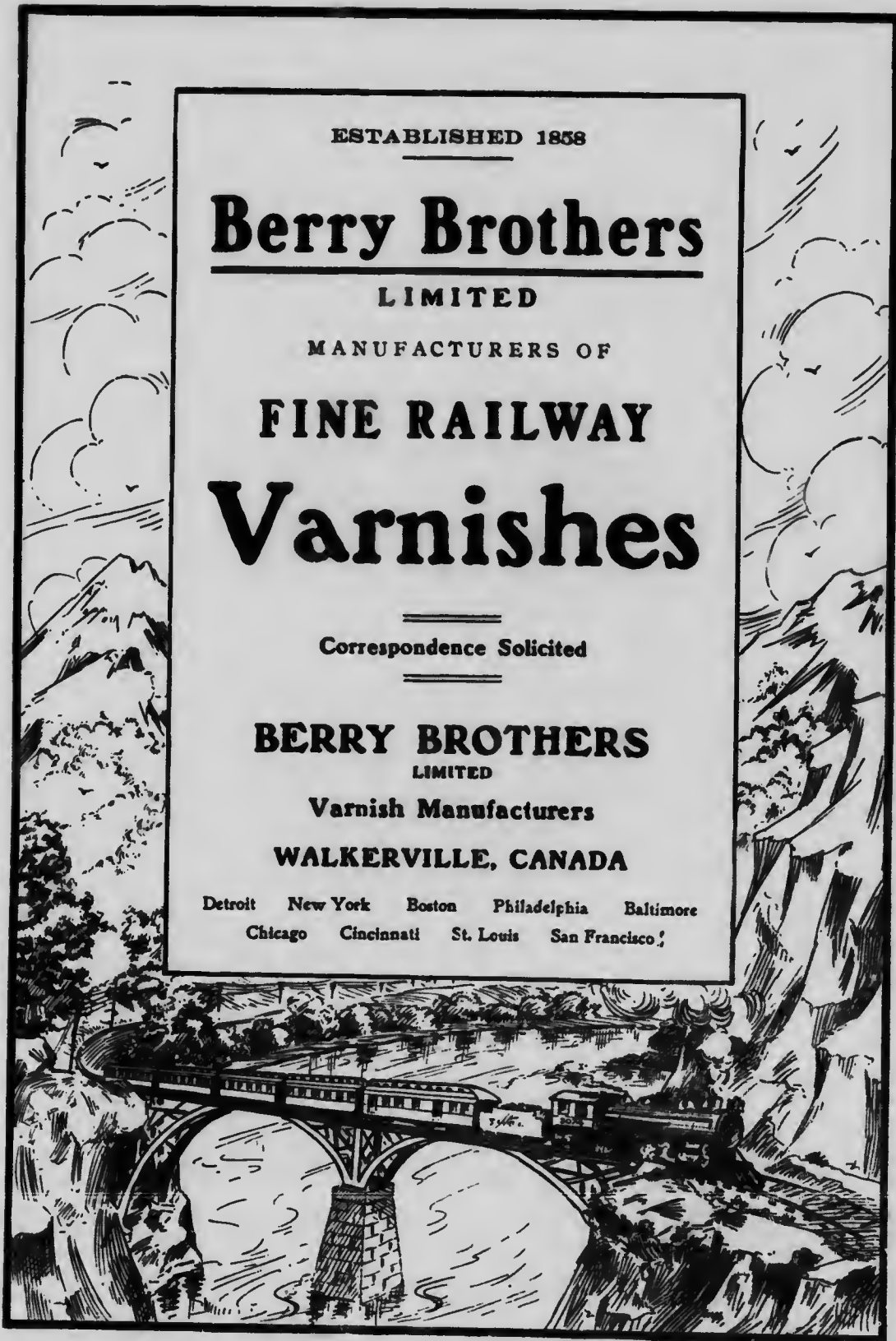
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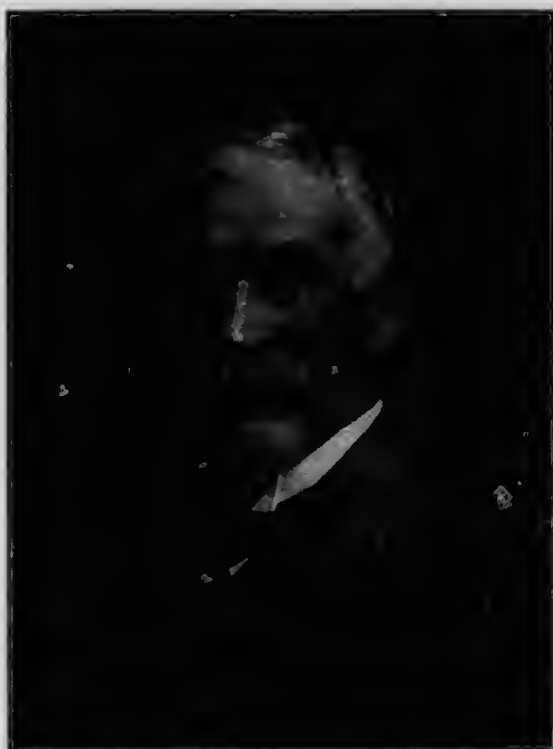
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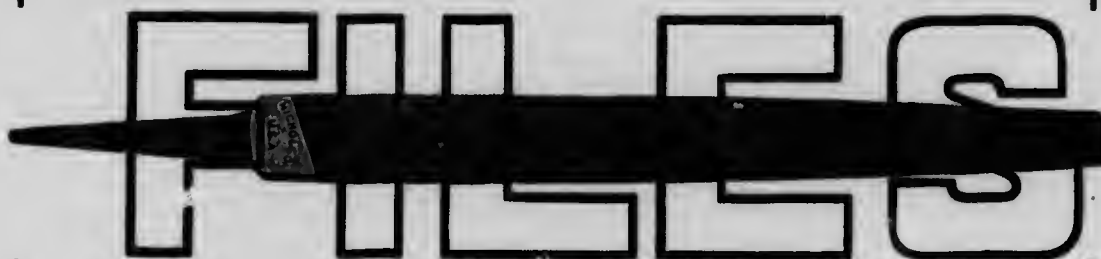
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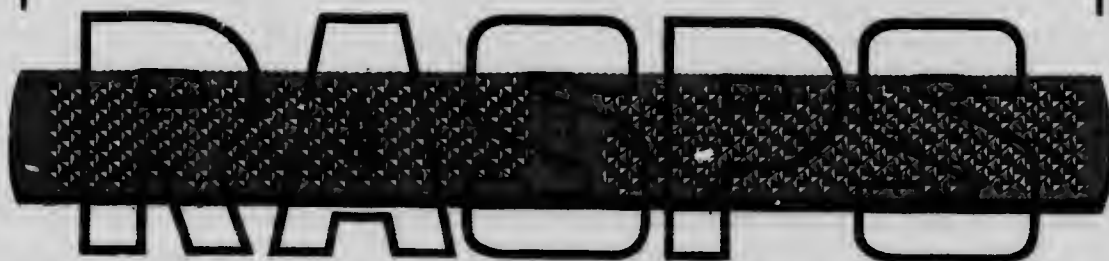
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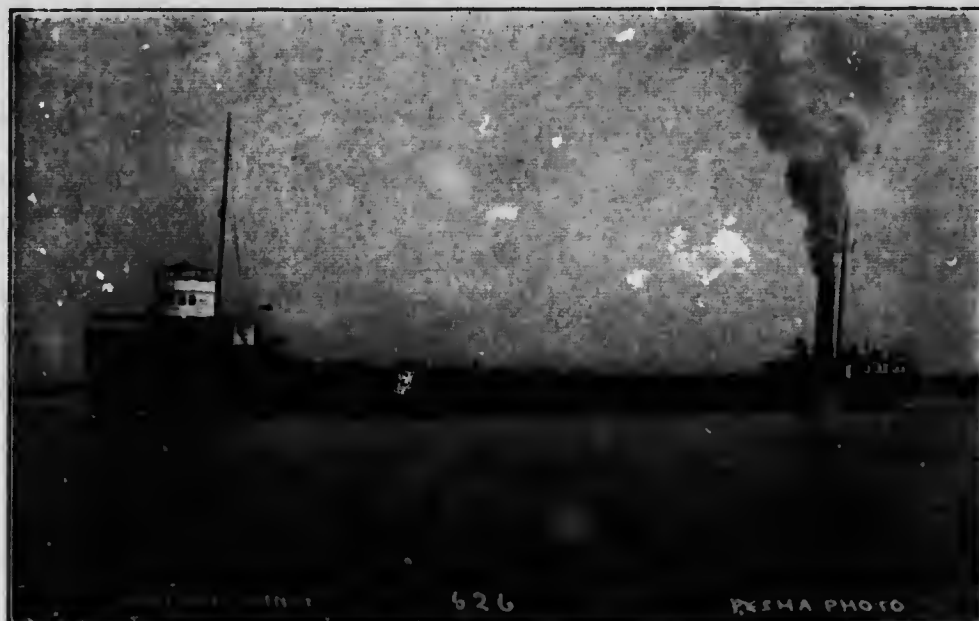
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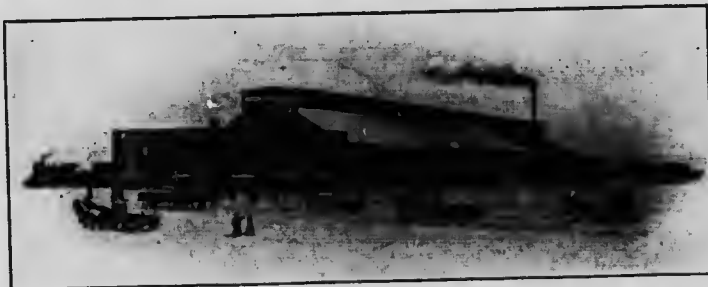
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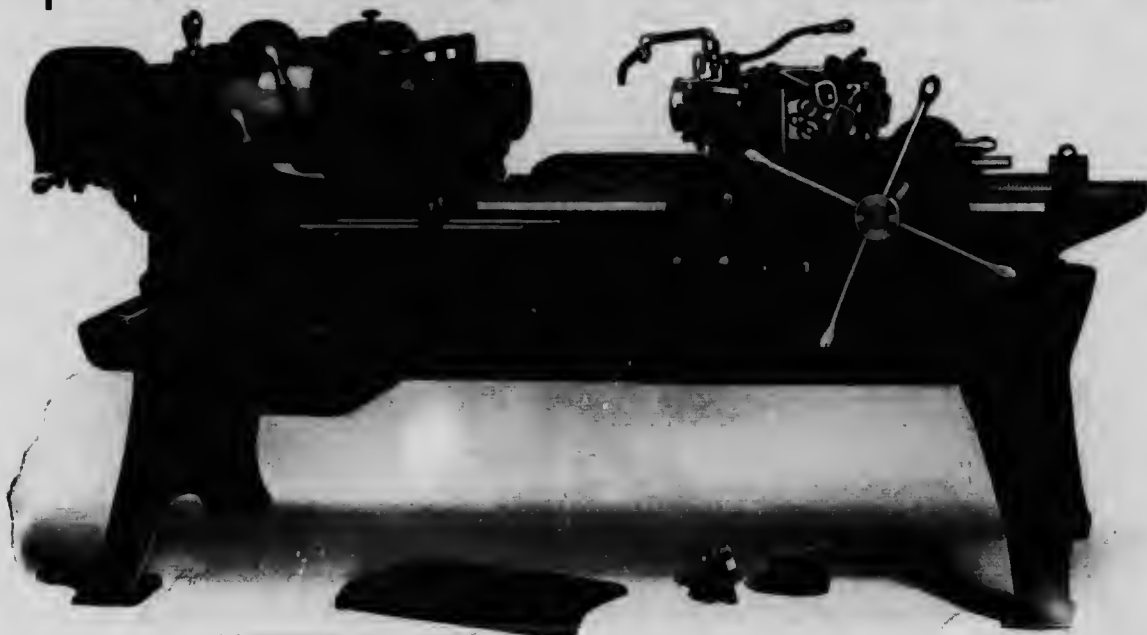


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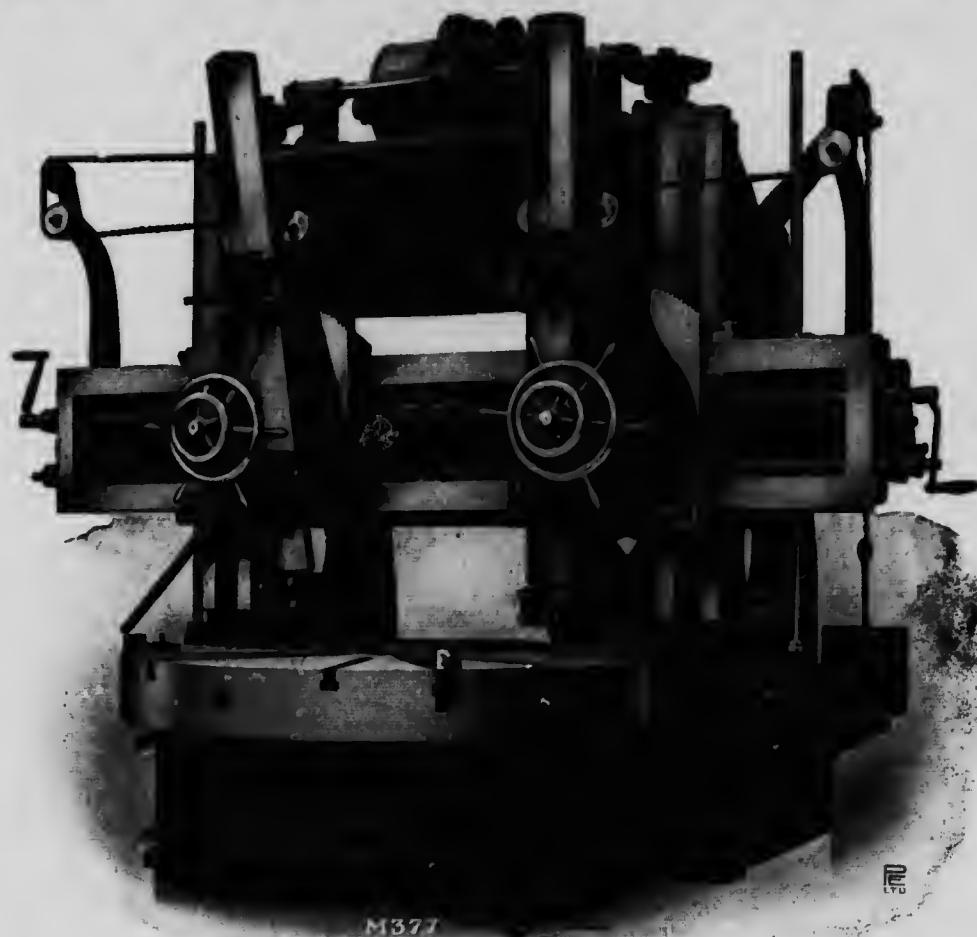
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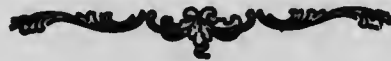


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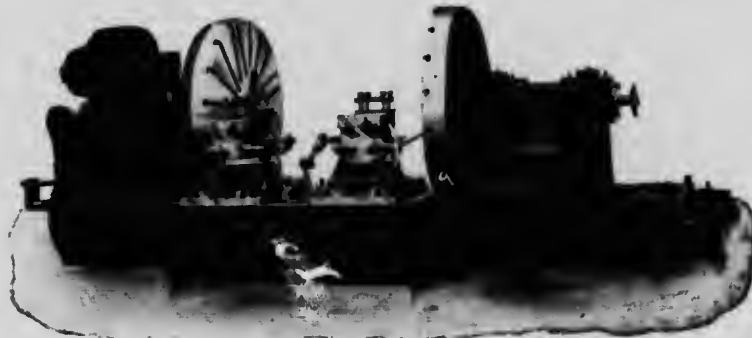




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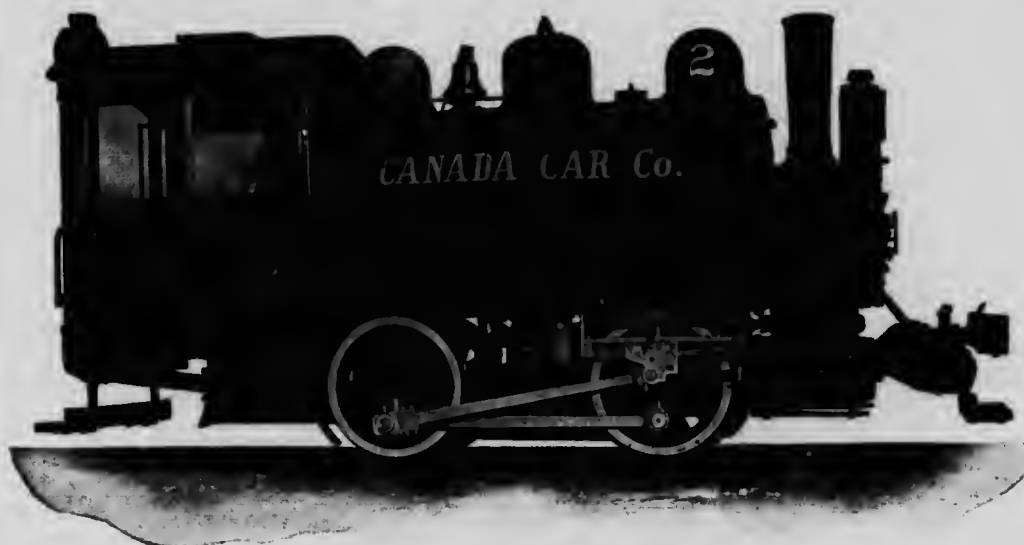
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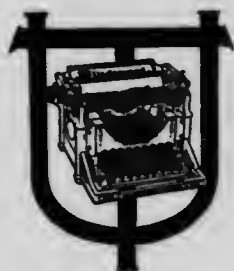
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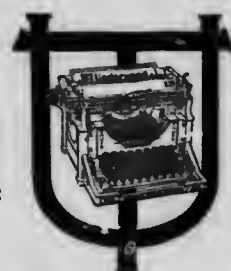
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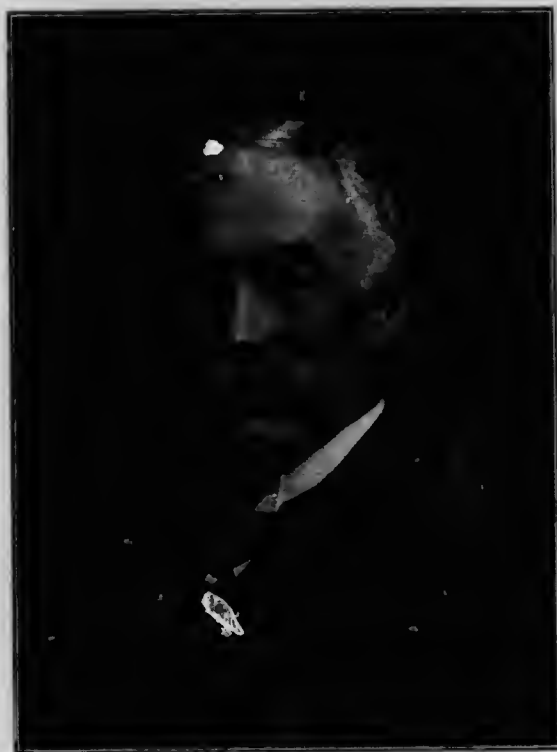
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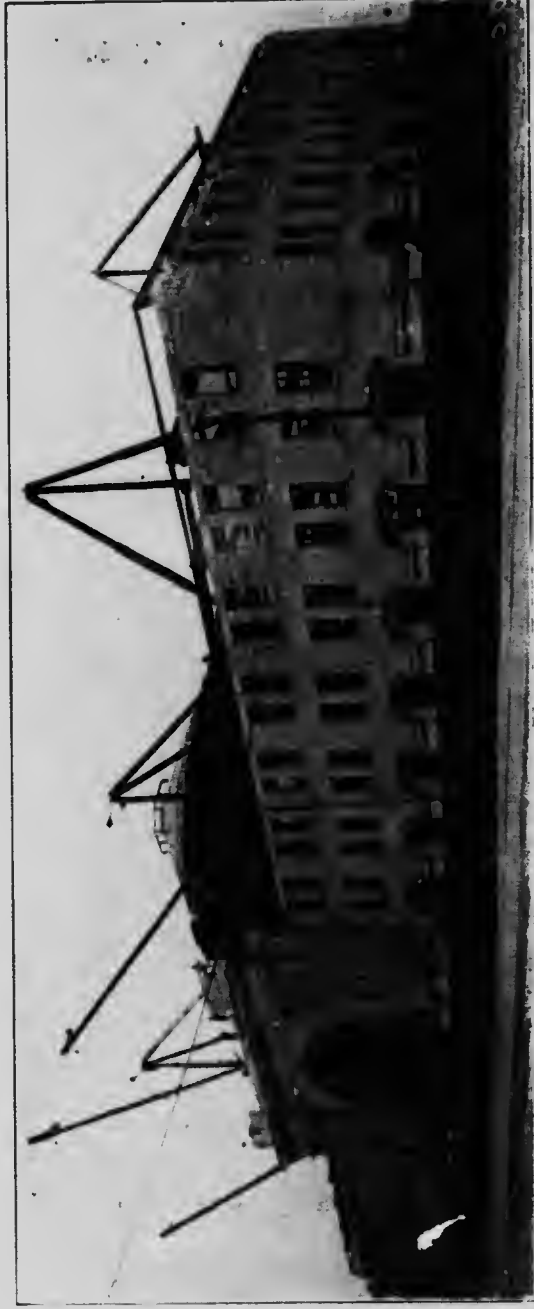


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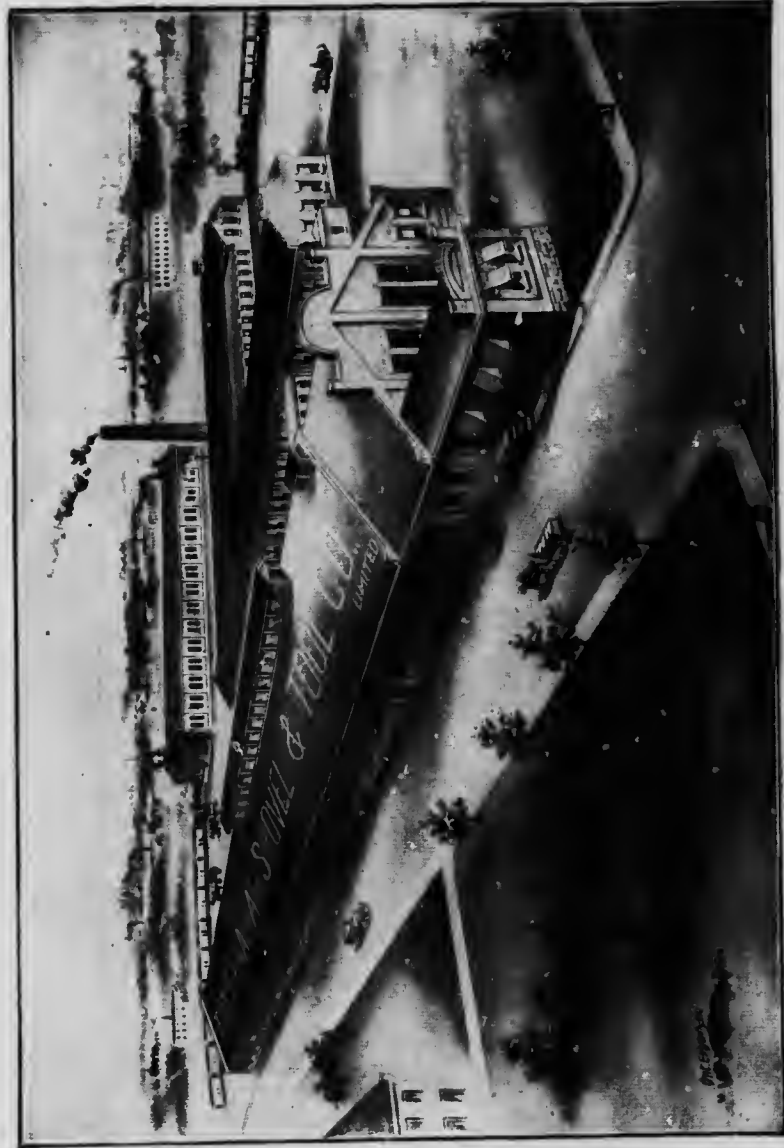
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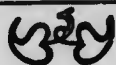
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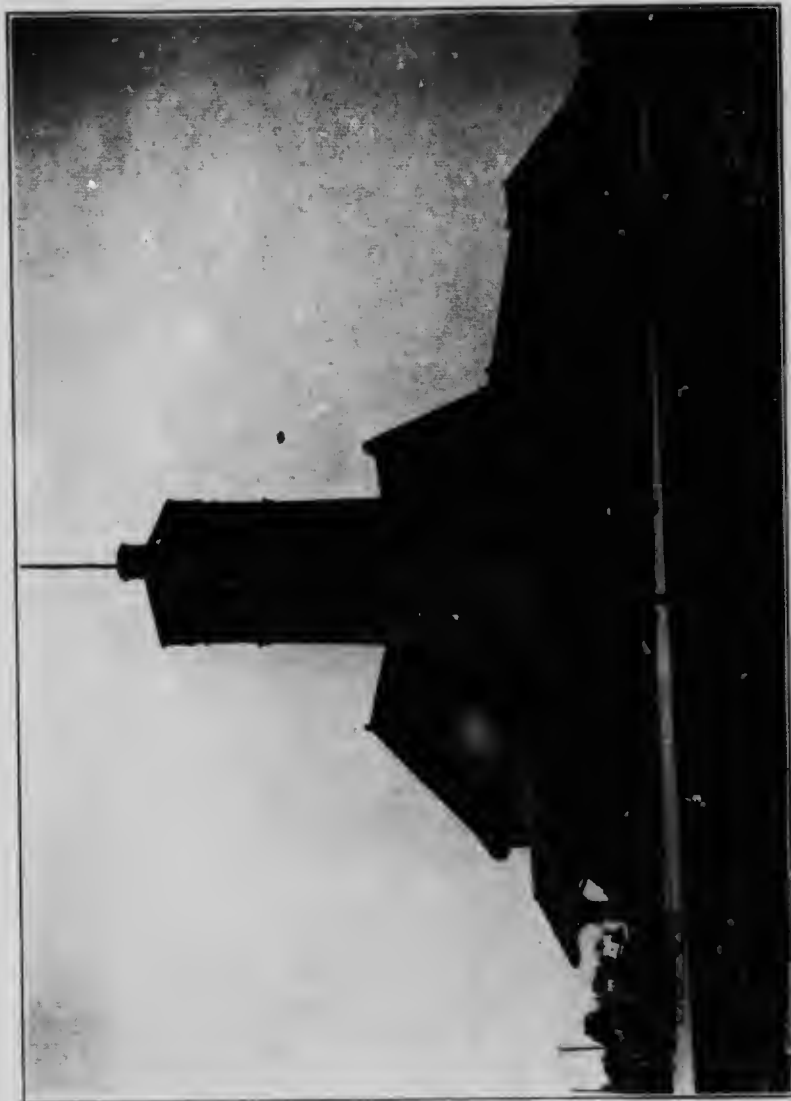


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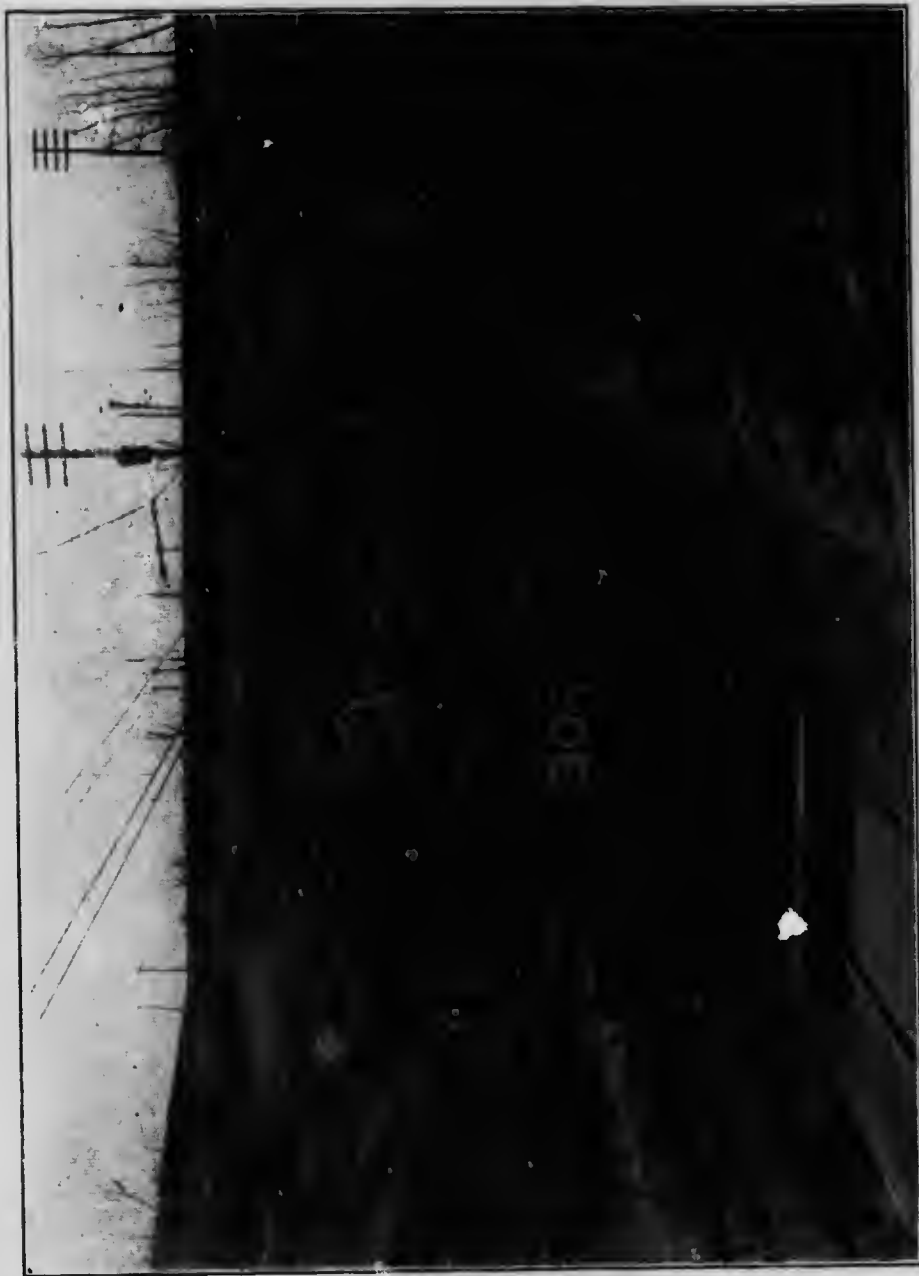
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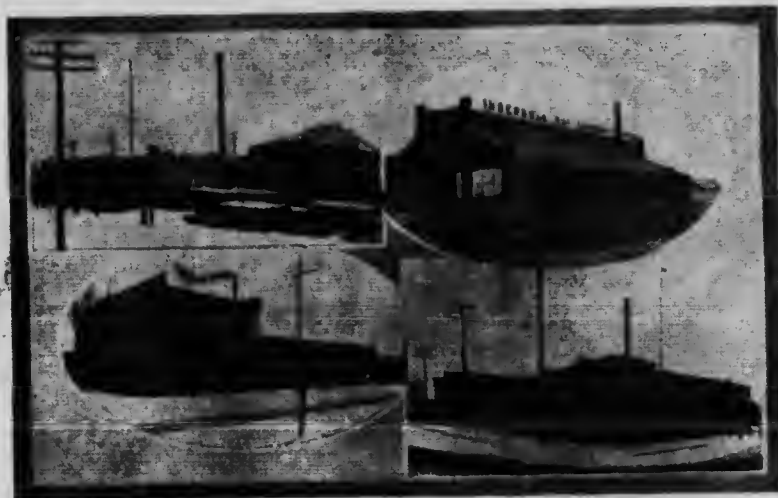
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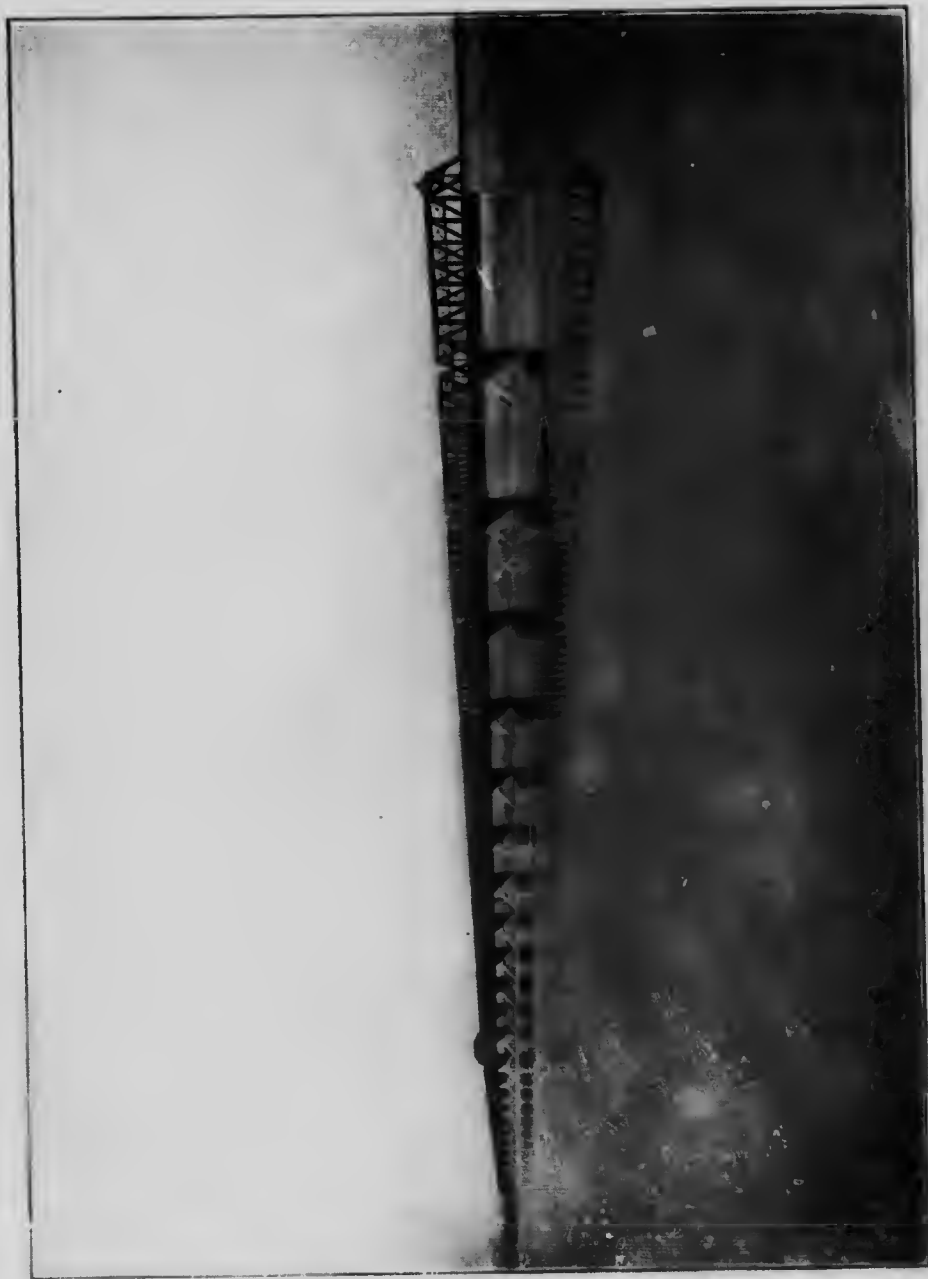
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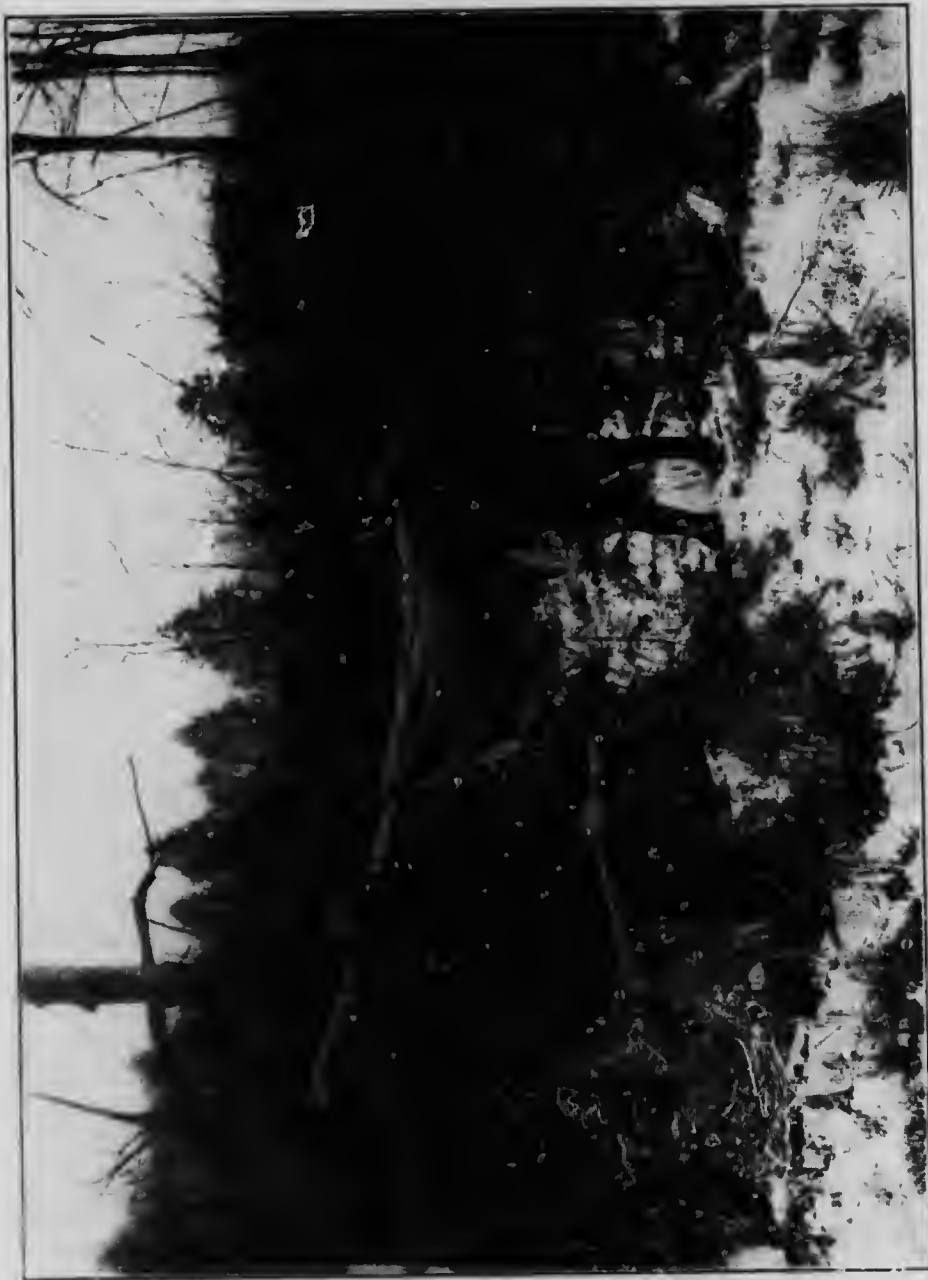
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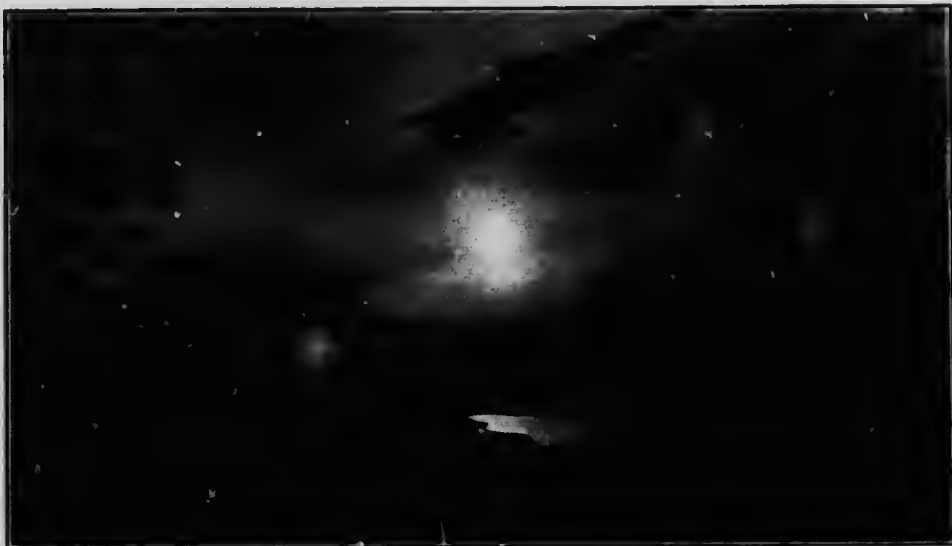
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#### Chemical Analysis of Water-Washed Sand

|                                       |       |
|---------------------------------------|-------|
| Silica . . . . .                      | 55.0% |
| Alumina and Iron . . . . .            | 12.3  |
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| Magnesia . . . . .                    | 2.4   |
| Molsture and Carbon Dioxide . . . . . | 13.3  |

#### Fusion Test of Water-Washed Sand

Sample ground to pass 80 mesh and compressed in form of Segar cone

| Temp. C. | Temp. F. | Behaviour.                           |
|----------|----------|--------------------------------------|
| 1250°    | 2280°    | Cone sintered                        |
| 1350°    | 2460°    | Cone softened                        |
|          |          | Unground material heated in crucible |
| 1350°C.  | 2460°F.  | Sintered slightly                    |

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