Shadows Before
THE COMING EVENTS.

THURSDAY.—Apprentices' Exhibition, open from 11 a.m. to 10 p.m. Band of the Scots Guards (in Queen's Hall) daily at 3.0 and 8.0. Organ Recital at 6.30. Wild Flower Collection, The Artful Museum, etc.

FRIDAY.—Apprentices' Exhibition, open from 11 a.m. to 10 p.m. Band of the Scots Guards (in Queen's Hall) daily at 3.0 and 8.0. Organ Recital at 6.30. Wild Flower Collection, The Artful Museum, etc.

SATURDAY.—Apprentices' Exhibition, open from 11 a.m. to 10 p.m. Band of the Scots Guards (in Queen's Hall) daily at 3.0 and 8.0. Organ Recital at 6.30. Wild Flower Collection, The Artful Museum, etc.

SUNDAY.—Organ Recital of Sacred Music (Queen's Hall) at 12.30.

MONDAY.—Exhibition open from 5 to 10 p.m. Band of Scots Guards (in Queen's Hall) at 8.0. Organ Recital at 6.30. The Members' Conversazione.

TUESDAY.—Exhibition open from 5 to 10 p.m. Band of Scots Guards (in Queen's Hall) at 8.0. Organ Recital at 6.30. The Members' Conversazione.

WEDNESDAY.—Exhibition only—from 5 to 10 p.m.

SPECIAL NOTICE.

The Library Committee beg to inform the Members of the People's Palace that a new arrangement for the use of the Queen's Hall as a Public Library will be greatly facilitated by the voluntary services of the Palace Members as Stewards of the Library. Ladies and gentlemen willing to assist in this most useful service are invited to leave their names at the office of this Journal in the East Lodge. The Committee feel that the Members are fully sensible of the importance of this appeal, and are confident that the invited assistance will be forthcoming.

Earthly Tracts.

No. V.—EARLY MARRIAGES.

In the worst streets of the worst parts of every great city there are two things which strike the visitor with a kind of despair—the number of children playing in the gutter, and the number of women prematurely old and worn before their time. Not the women whose faces speak of the public-house and are aged with vice, but women who are respectable and decent, who should be still in the bloom of their beauty, and have no business to be wrinkled and careworn. Their husbands are not perhaps out of work—they may be steady men. Even if they are not temperance men, they may not perhaps spend more than is considered fair and moderate in drink. They have a decent lodging. What is the matter with the women then? The matter is that at five-and-twenty they are doing the work which ought not to have been laid upon them until they were five-and-thirty at least, and perhaps more. The matter is that they were married at seventeen.

Consider. A girl of seventeen has only just grown out of the school-girl. She knows little or nothing of the world; as for the cares of a wife, a housekeeper and a mother, she has never so much as thought of them—her place is still among the girls, who spend their days at work and their evenings at play with other girls. Unhappily, she begins to keep company. Many girls begin to keep company before their age. Most girls think it is the proper thing to keep company. That means that they must be always walking about with their chaps, who for their part would be much
That may be. It ought not to be, considering the land
of which it is said to be useful. Better occupied with their classes, clubs, and debating
saving. As for her, of course, she has only been living
from hand to mouth. Between them they have not a
useful things. There is, however, no one to persuade
pertinent in this whole life—the stop which should not be
without the most serious consideration of what
befalling which should not be taken
money and none for a province.
The unhappy lad takes this step with a light heart,
what may follow upon it: which should not be
annuities amounting to £100
The Palace Journal.

Dec. 28, 1887.

Re-Election Meetings, etc.

COUNCIL.

At half-past three o'clock on Monday evening, the 19th instant, Sir Edmund Currie presided over the Revival
Gymnasium for the purpose of re-electing the various
Members of the Council representing the different
Clubs of the Palace. It was put to the meeting that
the following gentlemen and ladies should be elected:
As those of the gentlemen in question were then present, viz., Messrs. Bullen, they consented on
behalf of Mr. May, the absence.
Two gentlemen from each of the following committees,
Harriers, Billiard-room, Drawing, Cycling, Rommel, Football, Queen's Hall, and Dining,
and six ladies from the Ladies' Social committee, were sent up to
represent their respective committees on the Council,
to advise the Trustees on matters connected with the
working and management of the Institution.
A decided that a meeting of the Council be
and brought to a successful issue.

With this last week very much in the class. It is feared that these class
the most valuable service by the assistance rendered to the Palace

work of any honest sort, if it be well and honestly
Neighbourly Consideration.—

The wealth of a nation, and its

CRICKET CLUB.

On Tuesday evening, the 19th instant, a Meeting was
for the purpose of electing the Committee amongst
the Palace Members was held, with Sir Edmund Currie
in the chair. The Committee are: Messrs. Crichton, A. Byrne, and H.
Marshall were appointed as joint secretaries; and
Mr. Robert Mitchell; Mr. Milton; Messrs. Klein, Dulake, Day,
Sherwood; five from the Lecture-room, and nine ladies
represent their respective committees on the Council,
in the Gymnasium for the purpose of re-electing the

The new Council has been very favorably received by all

THE MEMBERS SOCIETY FOR SOCIAL PURPOSES.

The new Committee was elected at the Meeting:

The Palace Journal.

Dec. 28, 1887.

DEBATING SOCIETY.

A Special Meeting took place on
for the election of the Officers for the coming year.
As the following gentlemen were duly elected:
President—Sir Edmund Currie; Vice-President—Mr. E. Gauntlett, Blackwood; Secretary—Messrs. Crichton,
Stuttle—Messrs. S. Thomas, and Hawkins; Committee—Messrs. Rhodes, Master, Norton, Bulben, Ring,
Maynard, and White.

THE PALLACE JOURNAL.

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Personal & Home Hygiene.

By JOHN GOREWORTH:

Lecturer on Hygiene at the Bow and Bromley Institute. Author of "On the Practical Physiological Chemistry." 1883.

III.-THE CLASSIFICATION OF FOODS.

In our last article we considered in a cursory manner the duties which ordinarily devolve on our food, and the duties which food has to discharge. For our present purpose it will be convenient to consider briefly the nature of those compounds, and from whence they are derived. The constitution of the animal body is such that it cannot assimilate as food the simple elements, although the waste of the body is represented by such elements. For instance, we cannot feed on water as such, but must have the elements in a state of combination, the carbon as coke or hydrogen as gas. The organs of the body are unsuited for the digestion of such elementary sub- stances. The carbon, nitrogen and hydrogen, which the body requires, must be supplied in some other form adapted to meet the requirements of the economy. A marked contrast exists, in this respect, between plants and animals. The former draw their supplies of food from the mineral kingdom in the form of simple compounds, and from such material they build up compounds of a more complex character, such as proteins, albumen, sugar and starch. These vegetable substances in their turn serve as suitable foods for animals, and from which we largely draw our food supply. The flesh of certain animals also serves as a proper food for the human family, though it is to be remarked that these very animals derive their food from the vegetable kingdom.

Thus the food of man must have been formed at some earlier period, either vegetable or animal life. Take for example the wheat plant. This plant contains proteins, albumen, fat, sugar, starch and gluten, drawn from the soil, and carbonic acid gas taken from the atmosphere, and simple compounds, which are totally unused for animal food, the plant manufactures starch and glucose, which are capable and dear of being used as food in the animal body. Similarly the grass plant living on allied substances, elaborates upon its constituents the "All flesh is grass." All these foods, which have at some time or other been the food of living organisms, are termed organic foods. They all contain carbon, and up to the present time we have not discovered that carbon in any other form is capable of performing the duties required of food in the human body. The only food which man takes separately from the products of the earth, is water, and he is considerate and shrewd enough to remark that it "must be boiled". When, however, we come to consider in detail the nature of the food of the animals, we cannot help noting a marked contrast, namely, that the very animals which derive their food from the vegetable kingdom assimilate the vegetable food in a much simpler form of combination, whereas we are forced to consume it in a much more complex state of compound. The former contains a large amount of carbon, and for this reason are of greater value for producing heat than the latter. The fats and oils contain a much larger proportion of hydrogen than the latter, and for this reason are of greater value for producing heat than the latter.

It is our present intention to consider briefly the nature of those foods which are derived from the mineral kingdom in the form of elements or compounds, and from such material they build up compounds of a more complex character, such as gluten, albumen, sugar and starch. These vegetable substances in their turn serve as suitable foods for animals, and from which we largely draw our food supply. The flesh of certain animals also serves as a proper food for the human family, though it is to be remarked that these very animals derive their food from the vegetable kingdom.

Thus the food of man must have been formed at some earlier period, either vegetable or animal life. Take for example the wheat plant. This plant contains proteins, albumen, fat, sugar, starch and gluten, drawn from the soil, and carbonic acid gas taken from the atmosphere, and simple compounds, which are totally unused for animal food, the plant manufactures starch and glucose, which are capable and dear of being used as food in the animal body. Similarly the grass plant living on allied substances, elaborates upon its constituents the "All flesh is grass." All these foods, which have at some time or other been the food of living organisms, are termed organic foods. They all contain carbon, and up to the present time we have not discovered that carbon in any other form is capable of performing the duties required of food in the human body. The only food which man takes separately from the products of the earth, is water, and he is considerate and shrewd enough to remark that it "must be boiled". When, however, we come to consider in detail the nature of the food of the animals, we cannot help noting a marked contrast, namely, that the very animals which derive their food from the vegetable kingdom assimilate the vegetable food in a much simpler form of combination, whereas we are forced to consume it in a much more complex state of compound. The former contains a large amount of carbon, and for this reason are of greater value for producing heat than the latter. The fats and oils contain a much larger proportion of hydrogen than the latter, and for this reason are of greater value for producing heat than the latter.
men who have risen.

No. 4—SIR CLOUDESLEY SHOVEL.

This brave sailor, born in 1646, descended from parents who would not dare to give him any education, and at a very early age he was sent to sea as a boy, and thenceforward in a shantyman's shop. His honesty and industry attracted the usual remarks of the master, and when, at the age of sixteen, Sir John, who was about to assume a command on the African coast, took a view of the boy whom he was about to mendi to Sir John Nasborough. Sir John, who was sent into Cameret Bay; and when the latter struck his anchor, while the former was sitting under a tree in the battered ship which had been preserved in the family of the Earl of Romney, and is too interesting to be omitted. "The Admiral was not drowned, but, after having reached the shore in safety, was, according to the confession of an old woman, by her treacherously and inhumanly murdered. This atrocious act she revealed many years after, when, on her death-bed, to the minister of the parish, who had been having been committed to the deed for the sake of plunder, and that he had, upon his inquiries, demanded, among other things, an emerald ring, which she had been afraid to sell lest it should lead to discovery. This request, Sir Cloudesley Shovel and himself having

The Frost Spirit.

HAGGARD, J. G.

And the winds, which follow wherever he goes, have shaken them down to earth.

The Law and the Drama.

It is a fact, now pretty generally known, that many of our successful barristers have been educated as far as we Can give them a view of the man, not of his schemes and passions of any human being—they accu mulate. It keeps a man from evil; and it is to review men and manners, both by precept and example, and to show Virtue her own feature, so that it will amount to something. In conclusion, let us then turn to good account our spare moments, and work steadily, but surely, and we shall find that we get on better than we thought.

G. A. KENDALL.

A peculiar circumstance attending his death has been communicated to the admiral of the fleet, and is too interesting to be omitted. "The Admiral was not drowned, but, after having reached the shore in safety, was, according to the confession of an old woman, by her treacherously and inhumanly murdered. This atrocious act she revealed many years after, when, on her death-bed, to the minister of the parish, who had been having been committed to the deed for the sake of plunder, and that he had, upon his inquiries, demanded, among other things, an emerald ring, which she had been afraid to sell lest it should lead to discovery. This request, Sir Cloudesley Shovel and himself having

In 1675 the admiral of the fleet, British Channel, and convoy some despatches to a distant secret method. These and other plucky actions so he was entrusted with missions of great importance and conduct of the corsairs. His arguments, however, as enabled him to form a plan for the demolition barbarian, but the observations made by him, when he was sent into Cameret Bay; and when the latter struck his anchor, while the former was sitting under a tree in the battered ship which had been preserved in the family of the Earl of Romney, and is too interesting to be omitted. "The Admiral was not drowned, but, after having reached the shore in safety, was, according to the confession of an old woman, by her treacherously and inhumanly murdered. This atrocious act she revealed many years after, when, on her death-bed, to the minister of the parish, who had been having been committed to the deed for the sake of plunder, and that he had, upon his inquiries, demanded, among other things, an emerald ring, which she had been afraid to sell lest it should lead to discovery. This request, Sir Cloudesley Shovel and himself having

The Palace Journal.

The Members' Column.

The VALUE OF TIME.

We may call youth the need-time of our lives. In order The Palace Journal.

The Members' Column.

The VALUE OF TIME.

We may call youth the need-time of our lives. In order to make the best of this period, we must, in the first place, observe the prejudices of party, the petulance of faction, the freedom of nations, the fluctuations of business, and the honour of the times, and numerous familiar and more modern

In conclusion, let us then turn to good account our spare moments, and work steadily, but surely, and we shall find that we get on better than we thought.

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The Law and the Drama.

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G. A. KENDALL.
BEAUMONT UNIVERSITY

BEAUMONT UNIVERSITY

A meeting of the Beaumont Sketching Club was held on Wednesday last, Mr. W. Mathias occupying the chair, with the following officers elected for the ensuing Session:—President, Mr. W. Mathias; Vice-President, F. H. J. Hart; Match Secretary, W. A. Castle; Secretary, J. M. F. Jones; Treasurer, J. M. M. Jones.

On Saturday last, the 26th inst., the Beaumont engaged the Altamont in a very good game of cricket. The Beaumont scored by two goals to nil. The Altamont played splendidly throughout, but the start being given by Mr. J. M. M. Jones, the game was won for the Beaumont.

A General Meeting of Members will take place early in January, for the purpose of arranging payments for subscriptions.

K. W. BULOCK, Sec.

H. R. H. C. CASTLE, Hon. Sec.

SOCIAL EXECUTIVE COMMITTEE

The four Conventions of the Beaumont Sketching Club will be held on Monday, Tuesday, Thursday and Friday. Each of the Palace Members can obtain an invitation card (which will admit a friend, or on production of Membership ticket, which entitles them to admit one of the four evenings). Tickets are not transferable. If Members are unable to attend any of the evening they have been invited, it will be necessary to find a friend to take their place. Tickets are not transferable. A member of the Committee shall be present during the Conventions.

Chairman, Mr. A. Pyman, in a neat speech, referred to the progress of the Club during its short career under Mr. Bullock's guidance: scarcely for so, for the effects of the Christmas pudding; but

BEAUMONT HARRIERS

I believe that the Annual Meeting will be held on Boxing Day, but as no particulars are yet hand to hand, I cannot chronicle it. Probably Mr. Dyson and Mr. H. B. Page, who are members of the Committee, shall be elected by the general body of Members at the Annual Meeting held at the beginning of every Session, shall resign their places at the annual election. The Committee may fill up vacancies occurring among themselves during the Session. The Committee shall have power to admit Honorary Members, and to exclude any Member of the Club. Any lady Member of the Palace will be received by either Mr. F. W. Bullock and R. G. Caldwell were elected as representatives of the Club.

A General Meeting of Members will take place early in January, for the purpose of arranging payments for subscriptions.

THE CLUB, being absent from the Special General Meeting of Members on the 10th last, could not be present, and the Committee were requested to act.
the discovery overwhelmed an innocent young man deferred until the evening before his departure. It is every consideration of religion, to look upon the events wish that it never had been made at all, because, though not in human nature, as you will shortly discover, to therefore, Tom, it seems as if the drink had got into chooses—even with fists if he likes."

"wishes to fight I am at his service, with any weapon he does not fight fair ?"

"Doing to him ?—nothing. I have but just left your house, Alderman, where your messenger found me."

"To our compatriot, Pierre," said Madame."

"I hardly know," said Tom, "an ingenious man, who knew everything, and used to write songs and sing himself in the army. Sometimes he wrote music and all, which was played at the theatre. Sometimes he taught music, and sometimes dancing; sometimes he acted. What ever he did, we were always just as poor—nothing made any difference. He was a son of the people, and he taught me from the first to hate the aristocrats and the Chartist leaders."

"Yes," said Madame. "It is now two generations since the Revolution. Fatal is its fruit."

"But he did not, nor was he ever made to believe that his father was a man of honourable record, though one of the frustrated the country for a thousand years."
The night before his departure he and Janey walked and study surgery in one of the German universities. To do this she prescribed for her by her lover. To do this she was very happy time for her. As for Percy, he was devoted flying colours. It had been settled by him, that their determined to educate herself, and become worthy to any other women.

It was now Janey's turn to be comforter;—and there anxious that his letters were so scarce and short, it was

in this week's journal is for the people—

Dec. 28, 1887.

Dec. 28, 1887.

M. F. L.

COMPETITIONS SET ON DECEMBER 7.

CLASS A.

3. Every Competitor must, when the subject of the competition requires the use of pen and paper, write on one side of the paper only.

The paper-knives were all neatly made, but the best finished (2.) The descriptions of "striking scenes" were rather dis—

The awards in the Competition for the best short story will be given to famous authors, actors, and politicians, for photos, auto­

Finally, the award ceremony took place at a grand ballroom in the heart of London, where the winners were celebrated for their exceptional work. The evening was a resounding success, with the competition judged to be one of the greatest literary events of the year. The winners were awarded a variety of prizes, ranging from cash bonuses to a prestigious award ceremony hosted by the most renowned authors of the time. The competition was a testament to the power of literature and its ability to unite people from all walks of life. It was a night to remember, and one that would go down in history as a turning point for the literary world.
January 5th, 1888.

What changes would you propose? What changes of dress is the most suitable that could be devised? And, if not, how are those changes to be decided in the usual manner, to be held the prize. None of the poems can be said to fairly deserve it: the competition being considered an only one.

CLASS C.

None of the Christmas competitions were more satisfactory to me, perhaps, than that for the best Christmas card designed and executed by a lady. The result is that the best card of all is adjudged to be that by MAMIE E. TOOPE, 35, Bignold Road, Forest Gate, E.

The competition for the best Christmas card was offered for a list of the six greatest English politicians or statesmen, past or present. The competition is therefore offered for the best Christmas card, to be decided in the usual manner, to be held the prize.

ANSWERS TO PUZZLES SET DEC. 14.

(1) Double Acrostic: Red Sea. A. B. C. D. E. F.


ANSWERS TO PUZZLES FOR THIS WEEK.

(1) Home English Tunes: A folk and part of an animal. A pleasant place and the shallow part of a river. A musical and a fish. Something good to eat. A celebration and what is useful in fishing. A monument of Mr. Gladstone and a part of a cathedral.

(2) Double Acrostic: My initials name a famous river: My finals is still more famous town on it. To prepare for cultivation: A friendly encounter. No part now. A much advertised name. A crime and a shame.

(3) Riddles: 1, 2, 6 is a joke; 1, 5, 6 is a small and useful article; 13, 12, 11, 2, 3, a popular vegetable; My whole is dismay; 10, 7, 9, 11, 13, a conveyance; 1, 2, 6 is a joke; 1, 2, 6 is a joke; 1, 2, 6 is a joke; 1, 2, 6 is a joke.


ANSWERS not later than noon on Thursday, January 5th, 1888.

QUARTERLY PRIZES.

Puzzles are given every week, and marks are awarded for correct answers. The Comptetor, who has given most correct solutions and who has also submitted the most number of puzzles in the four classes is observed. For value of prizes see previous announcements.

CLASS D—FOR GENTS ONLY.

A Prize of One Shilling is offered for a model of a dwelling-house, constructed of match-wood, or wood, and free from knots. Of course, the model must be sent in not later than noon on Thursday, January 5th, 1888.

CLASS D—FOR GUIFS ONLY.

A Prize of One Shilling is offered for a model of a man cut out of paper.

Answers not later than noon on Thursday, January 5th, 1888.
On SUNDAY, January 1st, 1888, at half-past Twelve,

A GRAND ORGAN RECITAL
OF SACRED MUSIC
WILL BE GIVEN
IN THE QUEEN’S HALL.

ADMISSION FREE. ALL ARE WELCOME.