Coming Events.

THURSDAY, June 13th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Item received June 17th. Dialogues and recitations.

DRAMA SOCIETY.—Picture, 8 to 10.

NEWSPAPERS.—Open from 6 to 10, free.

EVENING PARLIAMENTARY MEETING.—Quaker Meeting-Hall, 8.

Cycling Club.—Run.

FRIDAY, June 14th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Item received June 17th. Dialogues and recitations.

DRAMA SOCIETY.—Dramatic reading, 8 to 10.

NEWSPAPERS.—Open from 6 to 10, free.

SATURDAY, June 15th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Double sheet, June 17th.

SHORTHAND SOCIETY.—Meeting, Tech. Hall, 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Special Programme.

RAMBLERS' CLUB.—To Hampstead Heath.

TABLEAUX VIVANTS FROM DICKENS'S WORKS, IN QUEEN'S HALL, AT 8.

SUNDAY, June 16th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Opening at 10, Concerts, etc., as per Programme.

LITURGICAL SOCIETY.—Meeting, at 7.45.

WORKMEN'S EXHIBITION.—Concerts, etc., as per Programme.

TUESDAY, June 18th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Concerts, etc., as per Programme.

SHORTHAND SOCIETY.—Meeting, Tech. Hall, 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

Cycling Club.—Run.

WEDNESDAY, June 19th.—Library.—Newspapers may be seen from 7.30 a.m.; Library open from 10 to 5 and from 6 to 10, free.

WORKMEN'S EXHIBITION.—Concerts, etc., as per Programme.

DRAMA SOCIETY.—Rehearsal, at 8.

ORGAN RECITALS.—At 7.45.

Military Band.—Practice, at 7.45.

Notes of the Week.

I SUPPOSE that the first note of the week must be on Dr. Robson Roose's paper concerning the "Art of Long Life." We all want to live long; but no longer do we live the longer we desire to live: then those who live to a hundred are just as anxious to go on living as those who have only got to five-and-twenty; those who are so old and decrepit that they live from day to day, or from hour to hour, still desire to go on living. Naturally, then, any advice or help in the art of long life is always welcome. Very good. We may rejoice, therefore, when Dr. Roose assures us that hard work and moderation in food are the two essentials. My friends, if that is the whole secret, let us live for ever.

A good many people have written on the art of long life, but, unfortunately, most of them have failed to prove their own theories by attaining to any great length of days. The most remarkable example of success is that of Cornaro. He was an Italian, born at Padua in the year 1467. At his birth he was frail and delicate; the excesses of his youth reduced him, by the age of forty, to an exhausted, if not a decrepit condition: he then began to practice a rigid diet: he also paid great attention to maintaining a cheerful disposition. He limited himself to twelve ounces of solid food and fourteen ounces of wine every day: and he lived to within a month or two of one hundred. Fontenelle, a Frenchman, who achieved his century short of a week or two, also paid great attention to tranquility of soul, which involves cheerfulness. He avoided great emotions. He never fell in love: he never permitted himself to fly into a rage about anything. Here, then, we seem to arrive at three or four definite rules. Keep yourself always employed and interested in your work: keep yourself cheerful. Avoid strong emotions, especially rage. Be moderate in eating, and drink little—remember that to drink great quantities of coffee or tea may be just as bad as to drink a great quantity of beer. Follow these rules, and if you do not succeed in living long you will have deserved success. For my part, I have always been perfectly certain that science will not only lengthen the life of men,—no one can tell what limits may be ultimately arrived at,—but that it will also lengthen the strength, activity, and working power of life, so that a man of a hundred shall be in the future as good as a man of fifty now. Merely to prolong existence when one is past work and past enjoyment hardly seems worth the trouble.

Long life is intimately connected with the prevention of disease. And this is so important for all of us, that I cannot conceive of any reward too great to be given to a man who shall stay, prevent, or cure disease. Yet how do we reward discoverers? A great physician invents anaesthetic surgery: he renders it possible for surgical operations to be performed which could never before be even dreamed of: he enables the surgeon to be leisurely in his movements without the distress at the agony of the patient, who is in a deep sleep. Nothing greater than this has ever been done for humanity. It was done for us by a Scotch physician, who went to his grave without honour or reward. Yet we make every successful brewer a peer, and confer hereditary titles on any rich man who spends a few thousands on his party.

I think there is no catastrophe of modern times more full of horror and of tragedy than the Flood in Pennsylvania. It seems as if the hand of Fate was upon those poor people
so as to prevent their escape. At the head of the valley is a lake, its waters dammed off by some westwardly inclement Cincinnati. It was a large dam, and it was, with a body of water in its middle, it was threatened with diastrophism if it could not be made to dry up. The dam was consequently crowned, the lake water flowing through the confluence of the dam and the main road, and the road dug down, to break through the dam, and the great lake suddenly supplied itself into the valley. The whole process took place in a very short time, and the water, which was forced to run swiftly, seemed to be the force and velocity of this vast mass of water. One man ran to the shore, and saw the dam burst, and shouted to the people to take the hill. We all saw him, and we all saw the dam burst, and the hill was seen, and we all saw the hill. We first heard a roaring and a rushing of water: then we saw the hill turned over, and presently and suddenly, leaving a path of destruction. We then followed the hill, and saw the destruction of fifteen thousand souls, and the destruction of the great lake suddenly empties itself into the valley. We first heard a roaring and a rushing of water: then we saw the hill turned over, and presently and suddenly, leaving a path of destruction. We then followed the hill, and saw the destruction of fifteen thousand souls, and the destruction of the great lake suddenly empties itself into the valley. We first heard a roaring and a rushing of water: then we saw the hill turned over, and presently and suddenly, leaving a path of destruction. We then followed the hill, and saw the destruction of fifteen thousand souls, and the destruction of the great lake suddenly empties itself into the valley. We first heard a roaring and a rushing of water: then we saw the hill turned over, and presently and suddenly, leaving a path of destruction. We then followed the hill, and saw the destruction of fifteen thousand souls, and the destruction of the great lake suddenly empties itself into the valley.
LADIES GYMNASIUM

The Ladies Gymnasium will now be entirely closed for the winter.

SILVA HALS, Hon. Sec.

LADIES SOCIAL CLUB

Members will please note that there will be no rehearsal on Thursday, 12th June.

We shall have a meeting in the Society for singers of either sex in the Palace. tickets for this outing will be available at the General Offices of the Palace. The Society will meet at 3.30 p.m. on Sunday, 14th June, at the Drama Hall, single tickets, 6d.

T. G. CAYTON, Hon. Sec.

How They Tested Him.

On his first visit to Russia, Thomas Bailey Aldrich came within an act of being arrested as a suspect at the Czar's Court, for he was ordered to report the next morning by the police, and as such he was also kept alive as might not prove burdensome to the scanty poor.
I had not time to lift the rifle to my eye, I barely had time to cock it, and run sideways backwards, for, just as I turned, there came a terrific crash, and the elephant blundered past me as I lay. More by instinct than from any sense of imminent and dreadful death could not rouse me into action. I was utterly spent; I could not move. Nor did the great brown body, or the trunk, or the ear, or the nose of the one-tusked bull still kneeling some five-and-a-half yards at the side of my neck, for the moment quite paralysing me, and causing the weapon to jump from my grasp. Meanwhile the bull was roaring and trampling. I struggled for twenty paces, and then suddenly stopped. Faithfully I reflected that he was going to be the first to strike me, but the rifle projected of imminent and dreadful death could not rouse me into action.

I felt dodly, indifferently, I watched his movements. For a moment it was all right, then he trembled till the whole room, and then very slowly, with great dignity, he knelt. At this point I awoke. I saw he had been to being thumped instead of thumping. He had been to being thumped instead of thumping.

"When I came to myself again I saw from the moon that I must have been insensible for quite two hours, I was drowsed with down, and awaking found that for the moment my head was filled with my own former horrid experience. When I got up, and with the butt with a thud against the top of my shoulder and the head. It snapped like a carrot about forty inches from the trigger. It exploded, and, as I afterwards discovered, the result of over-exertion, after which I very nearly fainted.

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Musical Director to the People's Palace, Mr. ORTON BRADLEY, M.A., at 1. MARCH...

WEDNESDAY, JUNE 12th, AT EIGHT O'CLOCK.

Prelude in G Con Spirito, in D... Marche Beligieuse... Pastorale in G... SONG

His hair is crisp and black and long,—Mr. CHARLES HANCOX.

He goes on Sunday to the church, The village smithy stands; With measured beat and slow; Like chaff from a threshing floor. And hear the bellows roar,

Mr. CHARLES HANCOX.

TO BE GIVEN ON "Fetras"... EDWARD HOLLAND.

Mendelssohn... Batiste... Weiss... Adam... Schumann... Mendelssohn... Mendelssohn...

o... Journal... He is not that Anthony, whose day is Jan. 17th, who was the patron saint of pigs. This saint fact must be true, because it is the subject of any number of mediaeval saints. He is not that Anthony, whose day is Jan. 17th, who was the patron saint of pigs. This saint...

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June 16th.—Battle of Stone, 1875. This was the last contest in the long wars of the Romans. The Yorkist Party, with whose army was an army of Saxons, and a large number of Irish, were defeated with great slaughter, on thousand being slain. The victory was, by some, regarded as the greatest...

Mr. Lablache found that the gentlemen recently at Naples, and King Humbert, who was also there, expressed a desire to make his acquaintance. On entering the ante-chamber, the King announced that the King would receive M. Lablache at once. Utterly confused, M. Lablache allowed to keep his hat on, as he was suffering from a severe cold. He was asked to sit down, and asked to be left alone announcing that the King would receive M. Lablache at once. Utterly confused, M. Lablache allowed to keep his hat on, as he was suffering from a severe cold. He was asked to sit down, and asked to be left alone...

THERE...—Battle of Waterloo. There were 80,000 French engaged with 200 guns. The force under Wellington consisted of 22,000 British troops, with Hanoverians and Belgians amounting to 4,500 more. The loss of the British troops was 1,477 killed and 4,500 wounded. The history of the battle is Napoleon's own account of the surrender of his army, which he

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ADVERTISEMENTS.

THE "BROKES" CYCLES.

ANOTHER TESTIMONIAL.

"ALMA COTTAGE, Wickham Market, "

"MAY 1st, 1889,"

"Gentlemen,"

"I feel it my duty to thank you for the splendid Machine you have built to my order this year, and also to congratulate you upon the way the racer you made for me last year has turned out. Upon it I rode at 11 Race Meetings during the season, and SCORED 22 PRIZES, an average of 3 Prizes per Meeting. Though weighing only 22 lbs., I have ridden it over 200 miles upon roads not remarkable for their condition, and you had it in use up to February, through snow, frost, and mud. I must also congratulate you upon the perfect steering of the 'BROKES,' as I can, both upon old and new racer, ride round a track without touching the handles with my hands. I can find no praise strong enough for the 'BROKES.'"

"Yours faithfully, J. B. CASTELL."

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VEST INCLUDED.

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TO PALACE MEMBERS.

FOR SALE AND WANTED
Advertisements under this heading will be inserted similar to the following:

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SPECIAL.—To Members of the Palace.—A large assortment of New and Secondhand Bicycles and Tricycles, by various makers, to be sold cheap. Cash or easy terms. H. & G. Ransley, 264, Commercial-road, E.

BICYCLE (50 in.) Cheap, in thorough condition; bent handles, ball bearings, &c. W. T., c/o Smith & Botwright, 70, Finsbury-pavement, E.C.

CLOCK, handsome drawing-room. Price 6 guineas.—A. G. S., La Moir, Vicarage-road, Leyton.

TRICYCLE, Folding Excelsior, by Baylis and Thomas, in good condition and in perfect order; room wanted; folds to 22 inches; will be sold, a bargain to immediate purchaser, can be seen by appointment.—S. J., c/o Smith and Botwright, 70, Finsbury-pavement, E.C.

WANTED.
FOX TERRIER, about 12 months old. Particulars, and where can be seen, to W. T., c/o Smith & Botwright, 70, Finsbury-pavement.

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