No Nourishment in Tea or Coffee

PLENTY IN COCOA,

ESPECIALLY IN

Van Houten’s

ALL THE FLESH-FORMING ELEMENTS

DEVELOPING THE FLAVOR AND AROMA.

ORIGINAL PATENTORS.

This Cocoa solely used at the People’s Palace.

METROPOLITAN HOSPITAL
KINGSLAND ROAD, E.

Fairs—THE PRINCE OF WALES.
Chairman—JOHN FRY, ESQ.
Hon. Secretary—SIR EDMUND HAY CURRIE.

THE NEW BUILDING FOR 150 BEDS IS NOW COMPLETE.

The Hospital is conducted on Strictly Provident Principles.

ACCIDENTS AND CASES OF URGENCY ADMITTED AT ALL HOURS FREE.

THE CHARITY HAS NO ENDOWMENT.
Funds urgently needed for Furnishing, Opening, and maintaining the New Ward.

Charles M. Byers, Secretary.

DR. ROOKE’S
SOLAR ELIXIR

In the most efficient HEALTH RESTORER recorded in the history of medicine. It cures all things serviceable in cases of weakness and exhaustion. As a medicine it far surpasses any known preparation, because it has a most marvellous effect on all nervous complaints, whereas other health restorers are insufficient.

Sold in Bottles at 2s. 9d., 4s. 6d., and tis. each.

by all Patent Medicine Vendors, or direct from

DR. ROOKE,
SCARBOROUGH,
ENGLAND.

CROSBY’S BALSAMIC COUGH ELIXIR

CROSBY’S BALSAMIC COUGH ELIXIR

Specially recommended by several eminent Physicians. It is used as a most powerful remedy for Asthma, Bronchitis, Coughs, Inflammation of the Lungs, and Catarrh. It expels Phlegm and Catarrh, and relieves all kinds of Cold in the Head and Nervous Complaints.

Sold in Bottles at 4s. 6d., and tis. each.

Can be obtained from all Chemists, Penny Medical Vendors, and Houses throughout the World, or direct from

DR. ROOKE, SCARBOROUGH, ENGLAND.

MADAME TUSSAUD’S
ADJOINING BAKER STREET STATION.

THE MOST POPULAR EXHIBITION in LONDON—

Containing over 1,000 Models of all Celebrated Nations and Ages, including—

H. M. STANLEY & EMIN PASHA,
FINEST COLLECTION OF
NAPOLEONIC RELICS IN THE WORLD, and of the
REVOLUTION.

MUSIC ALL DAY.

FULL ORCHESTRA. LADIES’ BAND. ORGAN RECITALS, etc.

Chamber of Horrors

Composed of the French Drama suite.

Full Performances for ten Guineas each box or-President of the Royal College of Physicians.

Can be seen from all Chemists, Penny Medical Vendors, and Houses throughout the World, or direct from

DR. ROOKE, SCARBOROUGH, ENGLAND.

C. W. REDWOOD,
MANUFACTURER AND IMPORTER OF
MUSICAL INSTRUMENTS,
391st, Mile End Road,
Opposite Burdett Road.

BRINKBECK BANK,
Southampton Buildings, Chancery Lane.

SAVINGS DEPARTMENT.

For the Improvement of Trades. The Brinkbeck Bank will receive all Deposits, and allows Interest at the rate of 3½ per cent. on Current Accounts, and 4 per cent. on Debit Balance at the end of the year.

SIR EDMUND HAY CURRIE, Manager.

How to Purchase a House for Two Guineas or less, a Lot of Land for Five Shillings per Month, or a Plot of Land for Five Shillings per Month. This Pamphlet is issued at the request of the proprietors of the Brinkbeck Bank, and may be had post free, on application at the Office of the Proprietors, Southampton Buildings, Chancery Lane.
NEW SERIES.

The Palace Journal.

Vol. VI.—No. 159.] WEDNESDAY, SEPTEMBER 24, 1890.

Notice to Readers.

We should be glad if our readers would use their influence in getting their newspapers from whom they procure their books, to display contents bill. This is the best way of helping us to raise the circulation. Should your bookseller say he cannot procure one, kindly send us a postcard with his address, and we will at once forward a supply.

The Palace Journal can be obtained from the following newspapers:—Hind, Mile End Road; near Bancroft Road; Sullivan, 36, Mile End Road; Mears, Mile End Road, near Canal; Larpool, Harbord Street.

All communications must be addressed to the Editor of The Palace Journal, and may be left at the Office in the Editor’s box, not later than 6 p.m. Monday.

The Palace Journal will be sent post free as soon as possible to any address in the United Kingdom for 6½ a year, or 1½ a quarter. Subscriptions must be prepaid. Volume VI is now ready, neatly bound in cloth, 4/6 Covers for binding, 1/6.

COMING EVENTS.

THURSDAY, September 19th.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Swimming Bath open.

FRIDAY, September 20th.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Choral Society Concert at 8 p.m. at the Queen’s Hall.

SATURDAY, September 21st.—Concert at the Queen’s Hall at 8 p.m. —Madame Bancroft and her children.—Mr. John Thomas.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Lawn Tennis Club Prizes at 2 p.m. —Cycling Club—Swimming Bath open.

SUNDAY, September 22nd.—Organ Service at 11 a.m. and 3 p.m. —Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Evening Classes commence.

MONDAY, September 23rd.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Swimming Bath open.

TUESDAY, September 24th.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Swimming Bath open.

WEDNESDAY, September 25th.—Students’ Concert at the Queen’s Hall, “Stirring Naval Yarns,” by Capt. C. Reade.—Library open from 8 a.m. to 6 p.m. free. —Newspapers may be seen from 8 a.m. —Choral Society Concert at 8 p.m. at the Queen’s Hall.

PEOPLE’S PALACE RAMBLING CLUB.

Last Saturday morning the members of the Club met at the usual place, and went to Shooters Hill and Crystal Palace. After passing through Shooters Hill, they proceeded to the Crystal Palace, and spent the afternoon there. They then returned to the Palace, where they had tea, and after tea, they proceeded to the Gardens, where they spent the evening. They returned home at night, having enjoyed a pleasant day.

PEOPLE’S PALACE CHORAL SOCIETY.

Conductor—Mr. E. B. S. Brayley.

There will be three evening concerts on Friday night, but on Tuesday, as usual, at 8.30 for ladies, at 9.30 for gentlemen. The entrance fee to be 4d., but it will be necessary to book places. The concerts will be held on Friday evening, at 7.30, and on Tuesday evening, at 8.30 for ladies, and 9.30 for gentlemen. The concerts will be well attended, and the programme will be of the highest order.

OLD BOYS’ ENSIGN CRICKET CLUB.

A scratch match was played between these two clubs on Saturday, but the result was a draw. Scores were as follows: Old Boys, all out for 142 runs; Ensigns, 150 for 152. The Old Boys made the highest score of the day, and hopes are held for the next match.

PEOPLE’S PALACE CYCLING CLUB.

A desire to form the Outdoor Club was expressed by Mr. A. McKenzie, of Ferndale, and Mr. W. P. W. Kentsch, of the Palace Cycle Club.

The following are the chief officials for the competition: (a) J. H. Thomas, Hon. Secretary of the Palace Cycle Club, and Mr. J. H. Thomas, Hon. Treasurer of the Palace Cycle Club. (b) J. H. Thomas, Hon. Secretary of the Palace Cycle Club, and Mr. J. H. Thomas, Hon. Treasurer of the Palace Cycle Club.

The entrance fee to be 6d. per person. The herds will be used in the Palace by every Member with a lantern, so that they could indulge in a lantern ride home.

The gardens were greatly and deservedly admired, and Leon Marshall and H. Rosenway, those ideal M.C.’s, worked up the audience to a fever pitch. The potatoe pickers had a fine tussle for premier honours, and the garden party was a decided success. The Garden Party of the Palace Cycling Club was quite a re-union of old Palace Members, and reminded us of the good old Institute days. The Annual General Meeting of the Society will be held on Friday, 7.45 p.m. for ladies, 8.15 p.m. for gentlemen.

There will be no meeting on Friday next, but on Tuesday evening.

Attendance was well. The winners of prizes had to work hard to secure them. The programme was well attended. The Palace Journal is particularly requested to be sent to the Palace by every Member.

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STUDENTS’ ENTERTAINMENTS.

EVERY WEDNESDAY.

BEGINNING 8 p.m. ON Classe Day.

Admission Free.

Concerts on Thursday at 8 p.m., and Saturday at 8 p.m.

QUEEN’S HALL. ADMISSION 3d.

ORGAN RECITALS IN THE QUEEN’S HALL NEXT SUNDAY.

Organist—Mr. J. F. JACKSON.

At 12.30 and 4 p.m.

PEOPLE’S PALACE CHORAL SOCIETY.

Conductor—Mr. E. B. S. Brayley.

The following are the chief officials for the competition: (a) J. H. Thomas, Hon. Secretary of the Palace Cycle Club, and Mr. J. H. Thomas, Hon. Treasurer of the Palace Cycle Club. (b) J. H. Thomas, Hon. Secretary of the Palace Cycle Club, and Mr. J. H. Thomas, Hon. Treasurer of the Palace Cycle Club. The Palace Journal will be sent post free as soon as possible to any address in the United Kingdom for 6½ a year, or 1½ a quarter. Subscriptions must be prepaid. Volume VI is now ready, neatly bound in cloth, 4/6 Covers for binding, 1/6.

HAT THE CLUBS ARE DOING.

NEW SERIES.

—The Palace Journal.—

September 24th, 1890.

The illuminated name of the Club, which was greatly admired, was the work of Messrs. Bright, Turner, Dell, and Matfield. Mr. Turner took the same interest in the welfare of the Club as the owner of the Palace Cycling Club would rise with legs and hands. Some people, in fact, have been known to stop and admire the Club's name.

The following Clubs were represented at the Garden Party on Saturday:—People’s Palace Cycling Club, People’s Palace Basketball Club, People’s Palace Hockey Club, People’s Palace Harriers, Oakley Harriers, H. Young, and Chairman of the Eastern Counties Club. The programme was in the hands of the Palace Members, and the evening was delightful. A large number of people arrived from the various clubs, and the Palace was crowded. The programme was well attended. The Palace Journal will be sent post free as soon as possible to any address in the United Kingdom for 6½ a year, or 1½ a quarter. Subscriptions must be prepaid. Volume VI is now ready, neatly bound in cloth, 4/6 Covers for binding, 1/6.

The Palace Journal.
September 24, 1890.

ATHLETIC NOTES.

By W. Byrd Page.

Allied to the first specialty formed for the purpose of holding sports. Its first meet­

122$; Cambridge has won the odd event fifteen times, Oxford

ships; one mile and two miles flat and three-quarters of a mile

National cross country, Northern cross country, A A A. 4 miles,

V'

spite of their finer organisation, bear pain better than men,

home to an ill-prepared, badly cooked meal. The techni­

how to turn their hands to cooking. There is nothing that

so it is not a surprise to us to hear from a lady dentist in

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ry|_ .for three years to be com­

y porary history, a most in­

Shorthand is practised by many notable people nowadays.

A lady has just been interred in Germany in her ball-dress,

Mrs. H. M. Stanley's book, illustrated by herself, will

Carmen Sylva has just visited the mines in Wales, and

The London Hospital -Nurse -Question seems to be a burn­

ing one, and no satisfactory answer has yet been given to the

query, " Are the nurses sweated ? ".

As the nurses are well appointed with every comfort in

their hands, and earn a sufficient remuneration for those

who look after them, it is very difficult to see how any

sickness could arise among them, and yet the question of

" Are the nurses sweated ? " is continually asked. The

nurses are always employed by the Government, and

are ready to issue:—

Anstey (F.).—Pseud F. Anstey Guthrie. Vice-Versa; a

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Lesson to Fathers.

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WEALTH WITHOUT PHYSIC.

INTERESTING FACTS.

Can't stop with my hands or feet, and he sees me.

Everywhere, and even in the most remote corners of the earth, I am a

People often wonder how it is that wearing Harness' genuine Electric Appliances will always do the

We can't stop with my hands or feet, and he sees me.

The medical profession is an endless source of amusement to the

I can't stop with my hands or feet, and he sees me.

The same treatment has been given to thousands of suffering men and women, from their very childhood, that they are now

We can't stop with my hands or feet, and he sees me.

The appliance can be used by anyone, regardless of age, sex, or

I can't stop with my hands or feet, and he sees me.

The appliance is simple to use, and requires no special training or

We can't stop with my hands or feet, and he sees me.

The appliance can be used at any time, day or night, to

I can't stop with my hands or feet, and he sees me.

The appliance is designed with comfort in mind, and can be

We can't stop with my hands or feet, and he sees me.

The appliance is portable, and can be easily carried in a

I can't stop with my hands or feet, and he sees me.

The appliance is available for a small fee, and

We can't stop with my hands or feet, and he sees me.

The appliance is supported by a large

I can't stop with my hands or feet, and he sees me.

The appliance is backed by a

We can't stop with my hands or feet, and he sees me.

The appliance is designed to

I can't stop with my hands or feet, and he sees me.

The appliance is easy to use, and

We can't stop with my hands or feet, and he sees me.

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I can't stop with my hands or feet, and he sees me.

The appliance is easy to use, and
13. "ORGAN SOLO...

14. "SOLI AND CHORUS "THE WITHERED FLOWER"

15. "STAND BY THE FLAG"

Stand by the flag when work is done.

16. "SOLI AND CHORUS "HAPPY MEMORIES. WHEN WE ACHIEVE THEM"

17. "A MERRY AND HEARTY LAUGH"

18. "THE FOREST"

For this is nature's holiday.

19. "O SOLI AND CHORUS "HAPPY MEMORIES. WHERE WE OBTAINED THEM"

20. "THE HELPER"

21. "THE LARK"

22. "THE SONG"

23. "THE TESTING BALL"

24. "THE BELL"

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28. "THE LARK"

For this is nature's holiday.

29. "THE SONG"
Students' Popular Entertainments.

PROGRAMME OF "STIRRING NAVAL YARNS."

TO BE GIVEN BY
CAPTAIN CHARLES READE, R.N.,
ON Wednesday, October 1st, 1890,
AT EIGHT O'CLOCK.

VOCALIST - MR. J. A. BOVETT.
ORGANIST - MR. B. JACKSON, F.C.O.

"THE HERO NELSON."

The Leading Incidents in his romantic and eventful career. Illustrated with Fifty Beautifully Coloured Lime-light views. Also Maps, Plans, and Places visited, Panoramas and splendid Effects.

SYLLABUS.

Anecdotes of his boyhood. He tackles a bear. Remarkable inspiration. His services as Lieutenant and Commander. Prince William's opinion of him. How he employed his time when rusting ashore. Commands Agamemnon in Mediterranean, fights four French frigates, takes Bastia and Calvi. Distinguishes himself in Hotam's action. His conspicuous gallantry at the battle of St Vincent. His heroism during a boat attack off Cadiz. He is beloved by all hands in every ship he sails in; a remarkable proof of this. How he lost his right arm at Santa Cruz, and the clever way Troubridge got out of the scrape. Nelson goes to the Mediterranean as second in command. His celebrated pursuit of the French fleet (the tracks of both fleets are shown). The battle of Nile, and its effects on the history of Europe. An extraordinary present by one of his captains. An amusing yarn. Recently discovered documents show the true facts of the Maitland and Caracciolo incidents in a new light. Two portraits of Lady Hamilton. Nelson goes home overland (illustrated). How Nelson fought the Battle of Copenhagen. His day's routine, and many of his celebrated sayings. Buonaparte's scheme for the invasion of England (illustrated). Nelson as Commander-in-Chief. He chases the French to the West Indies and back, then retires to Malta for rest. Blackwood's news. Nelson offers his services, and takes command of the fleet off Cadiz. Enthusiastic reception. His celebrated Memorial. The Battle of Trafalgar. His last signal. He is mortally wounded. The death of Nelson. The funeral procession. The ceremony at St. Paul's Cathedral. The monuments erected by the Nation.

THE IMMORTALITY OF NELSON.

Admission to the Public, TWO-PENCE. Students on producing their Pass, admitted for ONE PENNY.
An Unspoken Language

The language of flowers has had its day; and has never had anything but somewhat ridiculous, if not to be ridiculed, a poetical and graceful in its conscious may be the Eastern world.

The language of postage stamps is occasionally heard of, in which all sorts of "prave orts" and undying sentiments are conveyed by means of the position in which her Majesty's blazon is placed. Perhaps this method is open to considerable chances of misunderstanding, and "I love you" is open to this method of communication is open to considerable head appears on the envelope. To judge, however, from the "I say, you know, you're coming it strong of the do with you," which might be awkward. But both these methods, though occasionally the one speaks by flowers, the other by the stamp, and though they have no grammatical they are, unquestionably, words.

The language I am studying has no yet, no dictionary, no grammar, no nothing but signs.

I have been learning it a long time, but have by no means mastered it yet, though, if I am able to see some of its more usual and exotic signs and modes of communication.

Her Victorian has yet to arrive, and we need no be a Prussian.

Duck be able to trace its antiquity to the Pyramids and its signs to the days of Babylon.

As chief home is London; its use is manifold; it is silent between the eye and hand, the translation of which is into English, and which is speech what shorthand is always to be recognized. You walk down any street where there is a stand. In this stall the leady "spots" you as a possible customer, and by a well-directed glance, accompanied by the slightest of smiles, his chin, he asks, "Do you want a cab? Are you your eyes, and imperceptibly suggesting a catch of the head rather than actually shaking it, decline with thanks. The expression of the cabby changes entirely; his elbow at an angle from his body, and up he goes with whip-hand, his whip to ask if you want to join his 'bus; it means "stop"; it also means, after a stoppage, "go on."

Twice the "I say, you know, you're coming it strong of the questionary—the ordinary English, however poetical and graceful its conceits may be in the Eastern world.

There is yet one sign the instinct of call by a gentleman you meet at the Exhibition, taking out the lady who has pleaded previous engagement, when you wanted to talk to her.

In "Distrust Blindness," when it is you see your friends. There is the glance inquiring, "Do you think him "all well," the other, "prave orts" and undying sentiments are

There is the "I say, you know, you're coming it strong of the do with you," which might be awkward. But both these methods, though occasionally the one speaks by flowers, the other by the stamp, and though they have no grammatical, they are, unquestionably, words.
FROOMS & Co.
239, Commercial Road, London, E.
Established 1854. 3 doors from Whitechapel Street. (Established 1854)

High-Class Pianoforte Makers
We are now offering High-Class Pianofortes for the remarkably low sum of 20s. per week, and some immediately, carriage free. No deposit required.

NEW CASH LINE.
12 Guinea.—Iron frame, check action, seven octaves, handsome walnut and gold case and sconces; warranted for 20 years; the cheapest instrument ever offered to the public. Other classes equally cheap.

AMERICAN ORGANS & HARMONIUMS
From 5s. per month.
Every Instrument Warranted.
Tunings, Repairs and Removals AT LESS THAN USUAL CHARGES.

NOW OPEN.
New Showrooms—
370, Barking Road, E.

SUN LIFE OFFICE
For Assurances
“UNDER COST PRICE.”

Apply for New Option Prospectuses to—
HARRIS C. L. SAUNDERS, General Manager,
63, Threadneedle Street, E.C.