

THE TOWER OF THE METROPOLITAN LIFE-INSURANCE BUILDING, ON MADISON SQUARE, NEW YORK-With the exception of the Eisfel Tower, this is the loftiest of terrestrial structures, being six hundred and fifty-eight feet high.

quickly, economically, and without en-dangering the surrounding buildings.

This is done by means of caissons. At first the caisson is simply a great box or frame—perhaps 30ft long by 8ft wide and 8ft high—which is laid on the ground, open at the top and the bottom. Labourers—known as "sandthe ground, open at the top and the bottom. Labourers—known as "sandhogs"—dig out the soil within the freme, and gradually sink it downward. When its top is level with the surface, another is fastened above it. As it descends farther and farther into the moist earth, it becomes necessary to roof the eaisson and to pump in compressed air, in order to keep it from filling with water. Locks with double traps carry air to the work chamber and bring back the excavated soil, much as blood is pumped in and out of the human heart. At the greatest depth, the work involves much discomfort and some peril, though most of the accidents that occur are due to carelessness on the part of the "sandhogs"—chiefly to their rashness in coming too quickly from the condensed air

of the caisson to the outer atmosphere, The result is the agonising and often fatal seizure commonly called "the bends."

Similar shafts are sunk successively around the cellar walls and in the centre of the plot, so as to form a solid concrete base, resting on bed-rock, and supporting the feet of the steel frame. No stronger foundation could well be devised, and the method is one that involves little risk to neighbouring buildings. buildings.

In conclusion, it is pertinent to inquire what will be the end of this process of raising huge towers into the air? Before the invention of the steel frame, it was impracticable to go much higher than eight stories. For a taller building it would have been necessary to make the walls so thick that the rooms on the lower floors would have been mere niches in a mass of masonry. The coming of the steel frame effected an architectural revolution by taking the weight of the building off the walls, and re-

great catastrophe. These help to make the question of a limit to the growth of the skyscraper a most momentous as well as a very difficult one.

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"There is nothing in the engineering problem," said a well-known writer in 1899, "to prevent the construction of a 50-storey building, but such a sight will probably never vex the eye of man." Today, less than nine years later, structures of practically that height are being advertised for rental. Whether, in the coming years, these are in their turn to be overtopped by skystrapers, of 60, 70, and even a hundred floors, it is safer not to prophesy. Only the future can show. can show.

Friend: "What on earth are you doing to that painting of yours?" Dealer: "Can't you see?

to that painting of yours?"
Dealer: "Can't you see? I'm rubbing a piece of raw meat over the rabbit in the foreground. Mrs. Adshoddie will be here to-day, and when she sees her pet dog smell of that rabbit, she'll buy it."

THE QUICK AGE. "Are we degenerating into a race of speed maniacs?"

A MOTHER PRAISES ZAM-BUK

CUTS, BURNS, BRUISES, SCALDS, SORES, AND OTHER SKIN TROUBLES HEALED,

Mrs. Eliza Jones, of Albert-street, Hartley District, Lithgow, N.S.W., has met with some interesting proofs of the remarkable all-round usefulness of Zam-

met with some interesting proofs of the remarkable all-round usefulness of Zam-Buk heals cuts and sores, "cools" burns and scalds, soothes bruises, "smooths" and softens chafed hands, and its remarkable purity, and unique antiseptic and germicidal powers amply justify the claim. "Every, home needs a pot."

Voicing her praises of the great value of this handy home healer, Mrs. Jones said to an interviewer:—"I cannot sufficiently express my gratification for the benefits my family have derived from the use of Zam-Buk. It is the ever-ready healer in my home for cuts, barns, bruises, scalds, sores, chapped hands, and other troubles, and I have found nothing to equal it. I have tried many other so-called healers from time to time, but found none to compare with Zam-Buk. No mother should be without a pot handy in the home for use on the children, as they are always hurting themselves one way and another, and Zam-Buk comes in very useful. L am a widow, and one of the oldest residents of Lithgow, so am consequently well known. I have recommended Zam-Buk to many of my friends, and its success has always been pronounced."

I have recommended Zam-Buk to many, of my friends, and its success has always been pronounced."

Skin eruptions are very prevalent in the spring, but Zam-Buk will be found to cure them all—from the common pimple to the ugliest ulerated sore. Zam-Buk is obtainable from all stores and chemists at 1/6, or 3/6 family, are containing nearly four times the 1/8), and a pot should be in every home.

EVERY HOME NEEDS ZAM-BUK.

FOR TIRED PEOPLE

Who everstrain in one way and another there is nothing so healthful or so restful as a cup of good Tex, made right and served right. But it must be good. The high-water mark of excellence is reached by "Cheysa" Brand Tes. It is delightfully refreshing and fragrant, and has a delicious flavour all its own. Let your groces send you a pound and be convinced that there is nothing so good. Remember then name: "CHOYSA." Price 1/6 per lb. BOND AND BELL, Wholesale Agents.



ROWLAND'S FOR THE SK