

HEALTH.

Diet in Dyspepsia and Indigestion.

There is probably no question more frequently asked the physician, nor more important to answer, than "What shall I eat?" It is fortunate that we can now give a pretty satisfactory reply. Laborious investigations have very accurately classified the various articles of our food according to its chemical constitution and physical characters, and physiology very plainly and very attractively points out how each and every one of these different kinds are effectively attacked and digested by the secretions with which the canal is successively flooded.

We not only know how many ounces of meat, bread, butter, water, etc., is required for the healthy maintenance of the human being at any given age, but have elaborate tables of the amounts and relative proportions of carbon, hydrogen, oxygen, nitrogen, etc., requisite for the same end; and painstaking and painful experiments by the score are recorded wherein it has been proved that man cannot long survive upon a pure diet of any one of the proximate principles of his body. In fact, the physiology of nutrition has now been brought almost to the condition of an exact science, so far as what takes place in a healthy individual is concerned.

Under a normal state of affairs it never occurs to one, when he is hungry, to calculate the relative proportions of albuminoids, carbohydrates, and hydro-carbons in the dishes before him. Instinct teaches him to regulate his appetite as to adapt the supply to the physiological demand. This is what the lower animals do, and it is what we do when, as Herbert Spencer says, "we are in perfect harmony with our environments."

Here is the trouble. Our physiological organism is out of tune with the concert-pitch which characterizes the requirements of modern business and pleasure, and we feel confident that our readers will bear us out in the statement, that one of the first evidences of this discord will be manifest in the digestive organs. Right now, if we are on the alert, subsequent serious and fatal degeneration can be averted. The manifestations of derangement are generally flatulence, a sense of weight in the stomach, gastrodynia, palpitation, nausea, constipation, dizziness, hypochondria, and many other familiar symptoms. The books classify these features into a variety of forms: nervous, atonic, and acute dyspepsia; but we doubt whether any such arrangement would modify the dietetic treatment. To comprehend these symptoms it is necessary, of course, that the physician should be familiar with the physiology of digestion, and of the chemical characters of the various classes of food,—that sugars, fats, and starches, by means of organisms swallowed with them, are all fermentable and convertible into irritable gases and ichorous acids, which not only distress by their physical presence, but hinder the normal process by their chemical properties. A patient presenting such symptoms should immediately be put upon a natural plan of living. It will not do to put him off with general instructions to eat and drink "what agrees with him." The general catarrhal conditions of his mucous membranes, of which he now complains so much, can be best cured by copious draughts of hot water before meals. Antiseptic and astringent sprays to the upper air passages may be necessary, but our experience and belief are, that the whole track will clear up when physiological life is resumed. Washing out the stomach is rarely called for, except in extreme cases.

Then the diet should be strictly according to the following table:—

MAY TAKE.

Soups, etc.—Thin soups, beef tea, broths. Meats.—Beef, mutton, lamb, chicken, game, venison, chopped meat, meat pulp.

Eggs.—Poached, soft boiled, raw, or whipped up with water and liquor or wine.

Bread and Farinaceous Articles.—Bread sparingly, rice cakes, stale bread, macaroni, sago, tapioca, dry toast.

Vegetables and Fruits.—Green vegetables, such as spinach, turnip tops, cresses, salads, celery, sorrel, lettuce, string-beans, dandelion, chicory, asparagus, oranges, ripe peaches and pears.

Drinks and Liquids.—Water, abundantly; hot water an hour before meals; koumiss, buttermilk, milk and lime water, milk and seltzer.

Thoroughly masticate all foods.

AVOID

Rich soups, all fried foods, veal, pork, hashes, stews, turkey, sweet potatoes, all starches and saccharine articles, except as all allowed, gravies, made dishes, sauces, desserts, pies, pastry, puddings, ice-cream, wines, malt liquors, cordials, uncooked vegetables, white potatoes, oysters.

Of course the above can be gradually extended or modified to meet peculiar conditions. But as it stands, we submit it as having served admirably in cases which were hitherto unmanageable.—*Dietetic Gazette.*

Chilblains.

We glean these two prescriptions from the *British Medical Journal*. They are now being largely used in this country, and with good result. Lin. belladonnae, 2 drachms; Lin. aconiti, 1 drachm; Acidi carbonici, 6 minims; Colloid. flexil, 1 ounce. Mix and apply every night with a camel's hair pencil.

Colloid. flexil, 4 drachms; Olei ricini, 4 drachms; Spt. tereb 4 drachms. Use three times daily with camel's hair brush.

Simple Remedies.

Never breathe through the mouth unless it is impossible to breathe through the nose.

For an aching tooth, saturate a piece of cotton with ammonia, and lay it on the tooth.

Constipation may be relieved if a cupful of hot water, in which a teaspoonful of salt has been dissolved, is taken every morning before breakfast.

For stomach worms in a child, mix one teaspoonful of powdered sage in two tablespoonfuls of molasses, and give a teaspoonful every morning.

It is said that to drink sweet milk after eating onions will purify the breath so that no odor will remain. A cupful of strong coffee is also recommended.—*Good House-keeping.*

Myrtle—"Florence, is that Fred Dumley's handwriting?" Florence—"Yes, dear! I'm engaged to him you know." Myrtle—"Yes, I know it. I was engaged to him last summer." Florence—"The dear boy! I wonder who will marry him eventually?"

SMOKELESS BATTLES.

Some Speculation as to What Future Engagements Will Be Like.

The air will be full of noise, says the London *Broad Arrow*, sharp, crisp, rattling, bellowing detonations, coming from many quarters, deceiving the judgment, shaking the nerves of the timid and possibly interfering with the condition necessary to catch quickly and clearly the words of command. Smoke volumes break and shut up sound, and in their absence there will be need of greater calmness, and strain on the mind will become severe, the discipline required will have to be more rigid, the attention will have to be more concentrated, lest the far distant should attract and disturb. And this will come with training, of which there will have to be a considerable amount, involving much waste of powder, before our troops are fit to fight with an enemy using smokeless gunpowder. Indeed, it will be for some time necessary to train the British soldier to engage in the old as well as the new battle, with an enemy making a great smoke, as well as with an enemy making none at all. Accordingly the new powder will not be all gain, and it will impose a good deal of extra work and anxiety.

It is by no means clear what the issue would be if two bodies of soldiers, equal in other respects, were using different forms of gunpowder. The advantages of quick firing and clear sight might not long be with the smokeless weapons, and in the thick of a melee troops trained in the smokeless system might be somewhat bewildered. On the other hand, especially with artillery, massed or in detachments, and of fairly long range, the use of smokeless powder would undoubtedly be an advantage, not only as regards rapid and accurate firing, but as offering less aim to an enemy obscured by his own smoke and with nothing but sound to guide him.

With armies using smokeless powder it may be that one of its early effects will be to affect the color of the soldier's dress, subduing it in tone, and so depriving the battlefield of another of its picturesque elements. Judging distances by colors will become a most important feature in military training and more attention will be needed to perfect sight at such ranges as the different arms in use will carry. How this may affect a people afflicted with short sight will become a very grave question, indeed, not wholly to be settled by the employment of artificial aid. Maneuvers will take place over larger areas before actual fighting begins, and something of an Indian's craft and natural keenness will be needed on the part of staff officers. The impact of solid troops will be rarer probably and surprises much more frequent than they have been in recent warfare, unless a freer handling of mounted troops is resorted to or surveys from fixed balloons can be made to play an important part. Smoke has been so good a cover on many occasions that its absence will impose new conditions and natural cover will have to be much more extensively utilized.

These are general suggestions not intended to do more than point out some preliminary surveys and ideas as to the smokeless battles of the future.

The strictly practical is for more complete examination in the light of the best information obtainable interpreted by the common-sense which ought to be brought to bear upon the whole question. With the vanishing poetry of the smoke of battle the prose of a new era will begin, in which combat will be more like a game of chess in view of the pieces as a whole, and new dispositions of old qualities and virtues will be wanted. Caution will pay in a smokeless combat, enterprise and vigor will win as before, but blunders will receive a terrible punishment, fatal to armies and ruinous to nations dependent on them.

Boned Turkey.

The turkey should be a two-year-old gobbler—fat, tender and large. Dress it nicely, but be careful not to break the skin, save where it is cut just below the breast for drawing, and where it has to be trimmed. Lay it on a board and with a very sharp penknife split it down the back from the neck to the "parson's nose." Lay it on its side, with the breast towards you, and, beginning at the back, scrape the meat from the bone downward, until you come to the wing and thigh. Loosen all the meat from the thigh and wing, scraping the bones clean till you come to the joints of the pinions, and the "drum-sticks" or leg bones. Leave these in by separating the joints. They will help keep the fowl in shape. Continue the scraping until you have loosened all of the meat down to the extremity of the breast-bone. Then turn the turkey on the opposite side and proceed as before, leaving on the "parson's nose." Pass the knife around the edge of the breast-bone, and the job is finished. Remove the bone and prepare a filling.

To one pound of finely-crumbed light bread add half a pound of fresh butter, half a teaspoonful of minced-up celery, a salt-spoonful of cayenne pepper, salt and black pepper to taste, and one gill of sweet cream. Mix with this three pints of fresh oysters, from which the liquor has been drained, and every atom of shell removed. Mix well and stuff the turkey sewing it up carefully.

Turn it on its back, place the legs and pinions in a natural position, skewer them down and truss neatly, tying the legs in position with a strand of white thread.

Rub all over with soft butter, sprinkle with salt and pepper, dredge well with flour and set it in a baking-pan. Put in the oven, pour into the pan one teacupful each of water and oyster-liquor, and add one teacupful of butter. Let it roast slowly until thoroughly done, but not overdone. Baste frequently with the gravy in the pan and dredge. When done remove to a hot dish and pour into the pan a teacupful of oyster liquor, add salt and pepper to taste, and if not thick enough, cream about a teacupful of flour with a little butter, stir it in and let it boil a minute or two. If the turkey is very fat, as it should be, the gravy must be skimmed before serving. Turkey cooked thus is delicious when cold.

The royal yachts, says *Spare Moments*, belong to the navy, and their crews are selected from other ships of war. The yachts in question are the *Victoria* and *Albert*, of 2,470 tons and 2,980 horse power; the *Albion*, of 370 tons and 1,208 horse power; and the *Elfin*, of 93 tons and 181 horse power. These three are for Her Majesty's own use, and besides those, there is also one called the *Osborne*, of 1,850 tons and 3,300 horse power, which is assigned entirely to the Prince of Wales. They are all paddle-wheeled vessels, and the *Victoria* and *Albert* and *Osborne* carry two small guns each, which are intended for signaling purposes only.

HOLIDAY FUN.

Hobson's Choice—His wife.

When it comes to a question of society the best is not always the cheapest.

If you want a man's candid opinion of you, make him angry and you'll get it.

Speaking of the man in the moon, the general impression is that he is "not in it."

Attendant (in railroad waiting-room)—"Say, mister, no going to sleep here. This ain't no church."

Any man, no matter how lazy, can get into the habit of work, by donning a workman's attire.

Women may indeed have a sphere that is boundless, but she has to stop when she comes to a barbed-wire fence.

The rate of interest that a broker feels in a woman whom he is courting is liable to depend upon the amount of her fortune.

What a dear little craft that wife of yours is, eh, Dobson, old boy?" "Dear? I should say so. I call her my revenue cutter."

She (as he places his arm around her waist)—"Stop right where you are, sir!" He (taking a firmer hold)—"Willingly, my dear."

A correspondent wants to know if "fits are hereditary." Any small boy compelled to wear out his father's old clothes could tell him they are not.

It is when a lady enters a crowded horse-car that the man who has a seat really feels that he is getting his money's worth out of a newspaper.

There are men and men, as there are sandwiches and sandwiches. There's nothing in some of them and in others the more there is so much the worse.

Isabel—"What an awfully shoddy girl Genevieve Flyaway is! Everything about her has the air of being marked down." May—"Yes, even her age."

Poet (reading his latest effusion to a friend)—"Ah! my poem seems to affect you very greatly—you are weeping?" Friend—"No, simply perspiring!"

Who will venture to say woman is not infinitely the superior of man when it comes to that which, in the vernacular, is familiarly termed "packing a trunk?"

When the average man says frankly, "I can't afford it," you will usually find on investigation that it is something his wife wants and not something that he wants himself.

She—"Here you are getting home late again. And there's a flush on your face." He—"Just my luck. Been waiting for a flush all evening, and it comes too late to realize anything on it."

John Ruskin says that there are no ruins in America. With a view to amending this opinion, we respectfully invite him to come over and take a look at the Republican party since the November election.

Ethel—"Of course, papa, I want to marry him, but you'll have to give me up, poor dear, won't you?" Papa—"Well, my dear, that's true; but then we'll get rid of your young man, too, you know."

Johnny—"Mr. Hankinson, ain't you shaped just like other men?" Mr. Hankinson—"I suppose so, Johnny. Why?" "Papa says you ain't exactly square and Irene says you seem to be always 'round.'"

The Latest Trust: The happy hours—they fled too swiftly by. Low burned the lamp's dim wick. "Wilt trust me, love?" Her silence gave consent.

The clock too, gave him tick!

Little Suzon takes to the village priest a splendid pot of butter, ornamented with fantastic scrolls. "With what does your mother make those pretty designs, my little girl?" "Oh! Monsieur l'Curé, she does it with our comb!"

Grace—"I'm in hard luck." Ethel—"What is the matter?" Grace—"Why I have had three engagements broken, and owing to conventionalities people wouldn't think it looked well if I sued more than one of the fellows for breach of promise."

Husband—"How did you get along while I was away, my dear?" Wife—"Pretty well. Every night I got out some of your old clothes and strewed them around the floor, burned some cheap cigars in the library, tracked mud all over the stairs and swore at myself occasionally, and it seemed really like home, sweet home."

Sponge Out a Headache.

The ordinary nervous headache will be greatly relieved and in many cases entirely cured by removing the waist of one's dress, knotting the hair high up on the head out of the way, and while leaning over a basin, placing a sponge soaked in water as hot as it can be borne on the back of the neck.

Repeat this many times, also applying the sponge behind the ears, and the strained muscles and nerves that have caused so much misery will be felt to relax and smooth themselves out deliciously, and very frequently the pain promptly vanishes out in consequence.

Every woman knows the aching face and neck generally brought home from a hard day's shopping or from a long round of calls and afternoon teas.

She regards with intense dissatisfaction the heavy lines drawn around her eyes and mouth by the long strain on the facial muscles, and when she must carry that worn countenance to some dinner party or evening's amusement, it robs her of all the pleasure to be had in it. Cosmetics are not the cure, no bromides nor the many nerve sedatives to be had at the drug shop.

Use the sponge and hot water again, bathing the face in water as hot as it can possibly be borne: apply the sponge over and over again to the temples, throat and behind the ears, where most of the nerves and muscles of the head centre, and then bathe the face in water running cold from the faucet. Color and smoothness of outline come back to the face, an astonishing freshness and comfort is the result, and if a nap of 10 minutes can follow every trace of fatigue will vanish.

The same remedy is invaluable for sunburn, and the worst case of this latter affliction of sensitive skins will succumb to the hot-water treatment. The cold douche should not follow in this case; instead, a light application of vaseline or cold cream, which prevents peeling of the skin as the hot water prevented inflammation.

Nothing so good for tired eyes has yet been discovered as bathing them in hot water, and neuralgia nine cases out of 10 will yield to applications of clothes wrung out in hot water in which the hand cannot be borne.

MAKING WAR ON THEIR OWN HOMES.

Punjab Soldiers Who March Into Battle Against Their Own Relations.

Civil Engineer Oliver in his recent paper on the frontier tribes of the Punjab, tells some interesting things about the peculiarities of these people. Some of the best soldiers in the Queen's service on the Punjab frontier come from these wild tribes. Many of them belong to tribes against which the British have led expeditions and are likely to do so again; but these men march anywhere, and fight any one, even their own relations, considering their duty to the Government they serve paramount to all family considerations. A good many times they are led on expeditions against their own homes. On one occasion, a native officer whose father was seen on the hill about to be attacked urged his commanding officer to see that blood was spilled before nightfall, so as to stop any feeling of sympathy that might arise.

Erastus Out Hunting.

Mr. Erastus Wiman, speaking to some friends recently narrated the following story of his adventures while hunting in Haliburton: "I was pushing along in the canoe with my guide, John Barnum, when through the mists of the morning I spied directly in front of us, perhaps a quarter of a mile off, what appeared to be four huge hounds swimming towards the shore. As we knew there were some English gentlemen camping in the neighborhood who had lost dogs I presumed these animals were they. My guide soon discovered the truth and whispered to me excitedly: 'There is a pack of wolves.' He was in the stern of the canoe steering, and I was in the bow. In the centre were two hounds of our own, who upon scenting the wolves became so terror-stricken that we could barely prevent them from leaping into the water. As it was, they nearly upset the canoe in their efforts to escape. The guide was intent upon shooting the wolves, as there was a bounty of \$6 a piece, or \$24 for the four, which the Dominion Government paid. He told me that he wanted to get a new cooking range, of which his family stood badly in need, and the \$24 would go a long way towards procuring it. I said to him I will see that you get the money, if you let me have the sport and do the shooting. So he lowered his rifle and I drew a bead on the foremost of the wolves. I had a little Ballard rifle with which I had shot an alligator on a trip to Florida and which I could implicitly trust. By this time we had come very close to the wolves. They were near the shore, and already had begun to feel their feet upon the sand. We immediately pushed in between them and the land. We saw the hair bristle upon their backs. Their eyes began to sparkle with resentment, and their white fangs glistened as they snarled with rage at our intrusion. They were just about to leap into the canoe as I pulled the trigger with steady aim and had the satisfaction of feeling over the largest of the group. This unexpected attack had a very demoralizing effect upon the other three, which were seized with panic, and turning around, pushed towards deeper water, and I had ample opportunity to pick them off, one by one, in a good deal less time than it takes to tell the story. We then proceeded to gather up the spoils, and as we arrived at each of the carcasses I leaned over and grasped them by the back of the neck; then my guide paddled to the shore, I towing in each hand two wolves, grasping more fur and ferocity than comes to the lot of most men to bag in five minutes' shooting."

The Widest Spoken Tongue is English!

There is not the least doubt of this fact. The total of the United States census is close upon 65,000,000, giving, with the Canadian population, upwards of 70,000,000 English-speaking people on the American continent alone. It is estimated that the number of English-speaking people to 120,000,000. The figures are startling; the increase wonderful. It is an increase of twenty millions since 1881. Is not English the most spoken tongue? Certain it is that no continental European tongue may compete with it—neither Spanish nor Russian, the two most spoken. Some will have it that more men speak Mandarin than English. But they have only guess-work for it, the speakers of Mandarin never having been numbered. It has been shown that many of the dialects of the Chinese are practically separate languages, whereas English is one and the same throughout at Manchester and Melbourne, Chicago and Calcutta. *The widest spoken tongue*, at any rate, is unquestionable English. More than a third of the whole human race is under the direct influence of the English-speaking people, whose language is native and dominant throughout an area of more than 10,000,000 square miles—more than a fifth of the whole habitable globe. In the United Kingdom, in the United States, in British America, in Jamaica, and numerous other West India islands, in South Africa nearly up to the Zambesi, in Australia, in Tasmania, in New Zealand, in the isles of the Pacific, English has become the mother tongue of the millions. It is, moreover, the official tongue of India, where the knowledge of it is daily spreading among the 260 millions. It is the language of international commerce of China and Japan, and the language, also, of the high seas, being spoken in every maritime port on earth. It has the greatest literature, and more than half of the entire world's newspaper press is printed in it. Yet in Shakespeare's time English was confined to three Kingdoms, and spoken only by 5,000,000 folk.

It is interesting to note the steady advance which the steamship is making on the sailing vessel in securing the ocean-carrying trade. According to the report of the Montreal Harbor Master, the aggregate tonnage of sea-going vessels that visited that port during the season just closed is over 100,000 tons greater than last season, and 60,000 tons greater than 1887, which had the great, est aggregate up to that time. Yet the total number of vessels was greater in 1887 than in 1890 by twenty-one. There were, however, 624 steamships in 1890, as compared with 606 in 1887, and only 122 sailing vessels as compared with 167 sailing vessels in 1887. The average tonnage of the steamship was 1,425 against 345 for the sailing vessels, which explains how, with fewer vessels, the aggregate of shipping has largely increased.

Ball earrings have their admirers. They are seen now with ruby centers encircled with diamonds.

SAILING IN AN AIR SHIP.

The Experiment to be Tried in the West Within Three Weeks.

"Within three weeks we will sail into Chicago in the first of our air ships," declared E. J. Pennington at the Grand Pacific Hotel in that city the other day.

Mr. Pennington, who is the principal inventor of the air ship soon to be tried for the first time, was in the city attending the meeting of the stockholders of the Mount Carmel Aeronautic Navigation Company. It is virtually the first meeting of the stockholders of this big corporation, which it is said, has already a paid-up capital of \$20,000,000. It is proposed to invest this great sum in the manufacture of ships for travelling in the air.

Mr. Pennington, a neatly dressed, intelligent, and studious-looking man of about 30 years of age, explained that the first of the ships was nearing completion, and that the plans for a trial trip over the country had already been completed. This trial will occur in about three weeks. The ship, he said, will start from the place of its manufacture at Mount Carmel and travel to St. Louis, a distance of 185 miles.

From St. Louis it will sail up to Chicago and from there to New York. Mr. Pennington and his associate, Mr. R. H. Butler, propose to make the trip, taking with them a half dozen newspaper representatives and any of the stockholders who wish to accompany them. The vessel with which the first trial is to be made will be 200 feet in length. The cabin is of aluminium.

Saving the Large Game.

The British East Africa Company has at last closed its large territory to sportsmen. After Joseph Thomson described the wonderful game region on the high plateaus around Mount Kilima-Njaro, it became the fashion for lovers of sport who could afford it to visit that country and put in a few months hunting the elephant, rhinoceros, and other large game. Even the Russians participated to some extent, and a few of our own hunters have visited this part of Africa and returned with many trophies.

When Stanley last emerged from the Dark Continent he joined his protest to that of others against this wholesale slaughter of East Africa game. He said these animals would be needed for the nourishment of thousands of workmen who would soon be building a railroad to Victoria Nyanza, or carrying out other large enterprises.

The East Africa Company has decided now that some efforts must be made to protect large game against wholesale slaughter by European lovers of sport. It has therefore closed its territory to these hunters, and they must find some other field for the exercise of their proficiency. Of course, only wealthy men have been able to indulge in these adventures, for a visit to the game country involves the equipment of a large party, including many natives, and a few months there involves expenditure of at least several thousands of dollars.

The restriction upon shooting in this region has come none too soon. Hunters were killing without any discrimination everything they came across, even though they could not utilize the food thus provided. It is about time that the process of exterminating the noblest animals of Africa, merely that sportsmen may have a few months' fun and adorn their homes with skins and horns and other trophies of their prowess as Nimrods, should come to an end. No game region can stand such incessant slaughter as has been visited upon the large animals of all parts of Africa that have been accessible to European sportsmen. Some efforts are also making in other parts of the continent to protect game from utter extermination; and it is to be hoped that the noble animals that are found in Africa will be saved from the entire destruction which has overtaken our own bison.

The Cattle Shipping Trade.

"The Imperial authorities are tremendously in earnest in the matter of excluding diseased cattle from British ports, and we may be sure that their inspections will be severe and that even the slightest trace of illness in an imported cargo will give us trouble. So determined is the Government to allow no pleuro-pneumonia to land that Mr. Chaplin recently declared he would risk all the terrors which the American Customs law in its coercive clauses holds out to English exporters, rather than reduce by one iota the protection against disease extended to the British herds. Canada, happily, is completely free from infection. Not one case of pleuro-pneumonia is known. Nevertheless, as already observed the British inspectors may at any moment report against us. There is a section of the trade in England that would view with equanimity, if not satisfaction, the scheduling of Canadian cattle and the consequent enforcement of the requirement that all such cattle shall be slaughtered on the quays at the port of arrival. Mr. Pimms stands high in favour with this body of thought. At the last session of Parliament Mr. Pimms introduced a bill prohibiting altogether the carriage of live cattle across the ocean, on the ground that cruelty is practised during the passage. The measure was held in abeyance while a commission investigated the cattle trade. That commission is at work now, and it is feared that if it does not report in favour of prohibition it will at least demand restriction. That is to say, it will propose that the trade be more carefully overlooked, and that cattle be more tenderly treated on board ship. One of the objections to the present system of transportation on what are called the "tramp" ships arises from the carriage of the cattle on the upper decks in roughly extemporized pens called "pasteboard boxes." It seems that in these pens the cattle are, particularly during the winter, in danger of being swept overboard, or of catching disease from exposure. Many trips are made without loss; yet now and then, in heavy storms, cattle are carried away. In all probability the "pasteboard box" will be assailed by the commission. But whether it be or not, our Government cannot do better than regulate the trade so as to remove objectionable features. It might also take measures to ensure inspection in the Canadian interest on the other side. The Americans are now inspecting American cattle as they reach the English ports."

The National Council of Switzerland has agreed to grant applications from other countries for the extradition of persons charged with political offences.