TRUTH ABOUT SMALLPOX.

THE OUTLOOK IN ONTARIO AS A DISCOURAGING ONE.

People Should Awaken to the Danger and be Vaccinated—Local Boards of Health Not Prompt—An Interview. With Dr. Bryce.

The people of Ontario are not fully alive to the dangers which threaten to result in a widespread smallpox epidemic. Within three months nearly 500 cases have existed in this Province, scattered over a large area, it is true, but in many cases in isolated sections, where prompt action by health authorities was not secured, and yet affording ample means for its spread into other regions. The fact that new centres are found every few days, and that the border States are infested with the disease to a far greater extent than Ontario, the dangers from which will be greatly intensified, with the rush of summer travel, produces a condition of affairs which should put health authorities and individuals alike on their guard.

WHAT DR. BRYCE SAYS.

A representative of The Globe interviewed Dr. P. H. Bryce, Secretary of the Provincial Board of Health, who is at once the barometer and the chief protective agent on this subject. The doctor had just returned from a visit to the latest smallpox centre, which has developed on the Trent Valley Canal, works in Carden Township, Victoria County. "The facts regarding this epidemic," said Dr. Bryce, "at once illustrated the difficulties of dealing with the disease and the danger to which the Province at large is exposed, at present, and has been increasingly so for the past few months. The dangers of the spread of the disease may be summarized as four:—

"Firstly, and above all others, the mild character of the disease in many instances.

"Secondly, the inertia of physicians and Boards of Health in dealing with suspicious cases, and on the part of the local Board of Health the constant consideration of expenditure of a small amount of money temporarily, hoping no more will be required.

"Thirdly, the remarkable absence in all parts of the country of vaccination in the younger population that has grown up within the last fifteen years.

"Fourthly, the constant menace, increasing with the summer travel from the neighboring States, which seem to be simply hot-beds of smallpox in many instances. It has become so common that State officers have apparently given up trying to count the number of cases or to give lists of municipalities in their States in which the disease exists."

As an instance of the latter occurrence, Dr. Bryce said that the last bulletin from Ohio stated no more than that "smallpox continues to prevail," while in reality the situation seemed hopeless so far as attempting to stamp out the disease was concerned, while in Cleveland alone at least 600 cases are known to exist, and probably more than that number which are not known.

INDIFFERENT TO VACCINATION.

Regarding the difficulty of getting people vaccinated, Dr. Bryce remarked that everyone is engaged in his duties or his pleasures, and persistently inclined to ignore personal danger from smallpox, or indeed any other cause. He then referred to an alarming outbreak in Port Arthur a year ago, which caused almost everybody in town to rush to be vaccinated once they appreciated the danger. Similarly the death of a single unvaccinated physician in Toronto the other day impressed the fact that vaccination has during the past century robbed the disease almost wholly of its terrors. The extent of the outbreaks, which would be repeated during the present year, would depend, as they always had depended, upon the number of unvaccinated persons who by accident are exposed to the first case.

WHERE SMALLPOX EXISTS.

The last returns of smallpox in some of the American States showed the following number of cases: Colorado, 1,763; Illinois, 319; Indiana, 557; Kansas, 3,783; Michigan, reported at 38 places, 49 cases; Minnesota, 2,746; New York, 543; Ohio, 766; Pennsylvania, 139; Wisconsin, 561.

According to the latest returns received, smallpox exists in the following centres in Ontario:—Little Current, Bitchenan, Sturgeon, Stobie Mine, Copper Cliff, Blind River, Thessalon, Sudbury, London, London Township, Cramahe Township, Haldimand Township, Collingwood, Tay Township, Cargen Township, Elder Township, Toronto, York Township, Matawatchan Township, Admaston, McNab, Griffithes Township, Bagot Township, Pembroke, Nipissing, North Bay, Eaucelaire, Bendfield, Oneida Township, Beachville, Sweaborg, Waterloo Township, Lakefield.

A DISCOURAGING OUTLOOK.

The outlook, Dr. Bryce remarked, in conclusion, so far as the summer goes, with an ever increasing movement of excursionists and visitors to the Pan-American, was a discouraging one, so far as our hopes of immediately freeing the Province of smallpox, or preventing the occurrence of any more cases was concerned. The appointment by the Local Boards of Health of an officer in each county, trained in the diagnosis of smallpox for the coming six months, with provision for a tent hospital, would in his judgment be not only a measure of public safety, but it would prove in the end a matter of, markedly economy, even from the municipal standpoint, while from the commercial standpoint its value could hardly be calculated.

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For years, Mr. Gagnon has suffered with Kidney Complaint. What he has endured is beyond description. Everything he tried failed to cure him.

He had read many advertisements of how people were cured of Kidney Complaint by the use of Dodd's Kidney Pills, and at last determined to make one more try. Happily for Mr. Gagnon, he had at last found the sovereign remedy for all Kidney Complaints. Now he is well. He says:

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There have been many Kidney medicines offered for sale in this Province from time to time. Some have failed to even relieve, a few others have given temporary relief, but only one has cured permanently and completely every case of Kidney Trouble, and that one is Dodd's Kidney Pills.

There seems to be no ease of Rheumatism, Lumbago, Sciatica, Kidney, Bladder, or Urinary Trouble, that this wonderful medicine will not immediately relieve and permanently cure and Mr. Gagnon's wonderful restoration amply proves the truth of this statement.

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AN EMPHATIC PROMISE.

She wasn't feeling very well and had been making him go two or three times to the chemist's. At last he got comfortably settled in front of the fire with a newspaper.

George, dear.

Well?

We have been very happy together, haven't we?

Yes.

I've always been a true and loving wife to you, haven't I?

Uh-huh.

George.

Well?

If I should—if I should not be spared to you, you will not marry again?

Not if I know it! replied George, with such alacrity and emphasis that she rose from the sofa and went to her room.

$100 Reward, $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer one Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

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Greece has only three pigs to every 100 people. England has 10 to every 100 of her population.

Minard's Liniment Cures Colds, etc.

MAYBE BOTH WERE RIGHT.

I wouldn't fight my good men, said the peacemaker.

But he called me a thief, sir, exclaimed one of the combatants.

And he called me a lazy loafer, cried the other.

Well, said the peacemaker serenely. I wouldn't fight over a difference of opinion; you may both be right.

Port Mulgrave, June 5, 1897.

C. C. RICHARDS & Co.,

Dear Sirs,—MINARD'S LINIMENT is my remedy for colds, etc. It is the best liniment I have ever used.

MRS. JOSIAH HART.

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Before I register, said the rural guest, I would like to know a few facts about this hotel. Did anybody ever blow out the gas here?

No, responded the clerk; I am glad to say that no one ever did.

Anybody ever try to hang themselves with a sheet?

No, sir.

And nobody ever tumbled out of the window?

Never! You can register now and feel satisfied.

I reckon not, young fellow. If you never had any case like that this must be an new hotel. I only stop at old-established ones.

GREAT GAIN.

And the burglars really took all your silver? said Mrs. Fosdick.

Yes, replied Mrs. Collingwood. We lost our silver, but we feel amply repaid. For all the papers printed the fact that we keep a butler.

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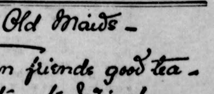

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COMPANIONSHIP IN HEAVEN.

We May All Become Residents and Be Princes and Kings.

A despatch from Washington says:—Rev. Dr. Talmage preached from the following text: "The spider taketh hold with her hands and is in kings' palaces."—Proverbs xxx. 28.

It is not very certain what was the particular species of insect spoken of in the text; but I shall proceed to learn from it in the first place the exquisiteness of the divine mechanism. The kings' chamberlain comes into the palace and looks around and sees the spider on the wall, and says: "Away with that intruder," and the servant of Solomon's palace comes with his broom and dashes down the insect, saying, "What a loathsome thing it is." But under microscopic inspection I find it more wondrous of construction than the embroideries on the palace walls and the upholstery about the windows. All the machinery on the earth could not make anything so delicate and beautiful as the prehensile with which that spider clutches its prey, or as any of its eight eyes. We do not have to go so far up to see the power of God, in the tapestry hanging around the windows of heaven, or in the horses and chariots of fire with which the dying day departs, or to look at the mountain swinging out its sword arm from under the mantle of darkness until it can strike with its scimiter of the lightning. I love better to study God in the shape of a fly's wing, in the formation of a fish's scale, in the snowy whiteness of a pond lily. I love to track his footsteps in the mountain moss, and to hear his voice in the hum of the rye fields, and discover the rustle of his robe of light in the south wind. Oh, this wonder of divine power that can build a habitation for God in an apple blossom, and tune a bee's voice until it is fit for the eternal orchestra, and can say to a firefly: "Let there be light," and from holding an ocean in the hollow of his hand goes forth to find heights and depths and lengths and breadths of omnipotency in a dew drop, and dismounts from the chariot of midnight hurricane to cross over on the suspension bridge of a spider web. You may take your telescope and sweep it across the heavens in order to behold the glory of God, but I shall take the leaf hidden in the grass and the spider's web, and I shall bring the microscope to my eye, and while I gaze and look and study and am confounded, I will hear the voice of the grass and cry: "Great and marvelous are thy works, Lord God Almighty!"

Again: my text teaches me that insignificance is no excuse for inaction. This spider that Solomon saw on the wall might have said: "I can't weave a web worthy of this great palace. What can I do amid all this gold and embroidery? I am not able to make anything fit for so grand a place, and so I will not work my spinning jenny!" Not so said the spider: "The spider taketh hold with her hands," what a lesson that is for you and me. You say if you had some great sermon to preach, if you only had a great audience to talk to, if you only had a great army to marshal, if you only had a constitution to write, if there was some tremendous thing in the world for you to do—then you would show us. Yes, you would show us! What if the Levite in the ancient temple had refused to snuff the candle because he could not be a high priest? What if the humming bird should refuse to sing its song into the ear of the honey suckle because it cannot, like the eagle, dash its wing into the sun? What if the rain-drop should refuse to descend because it is not a Niagara? What if the spider of the text should refuse to move its shuttle because it cannot weave a Solomon's robe? Away with such folly! If you are lazy with the one talent you would be lazy with the ten talents. If Milo cannot lift the calf he never will have strength to lift the ox. In the Lord's army there is order for promotion, but you cannot be a general until you have been a lieutenant, a captain, or a colonel. It is step by step, it is inch by inch, it is stroke by stroke, that our Christian character is builded. Therefore be content to do what God commands you to do. God is not ashamed to do small things. He is not ashamed to be found chiseling a grain of sand, or helping a honey bee to construct its cell with mathematical accuracy, or tingeing a shell in the surf, shaping the bill of a chaffinch. What God does he does well. What you do do well, be it a great work or a small work. If ten talents, employ all the ten. If one talent, employ all the five. If one talent, employ the one. If only the thousandth part of a talent employ that. "Be thou faithful unto death and I will give thee a crown of life." I tell you, if you are not faithful to God in a small sphere, you would be indolent and insignificant in a large sphere.

Again: my text teaches me that repulsiveness and loathsomeness will sometimes climb up into very elevated places. You, perhaps, would have tried to kill the spider that Solomon saw. You would have said: "This is no place for it. If that spider is determined to weave a web let it do so down in the cellar of this palace, or in some dark dungeon." Ah! The spider of the text could not be discouraged. It clambered on, and climbed up higher and higher and higher, until after a while it reached the king's vision, and he said, "The spider taketh hold with her hands and is in kings' palaces." And so it often is now that things that are loathsome and repulsive get up into very elevated places. The Church of Christ, for instance, is a palace. The King of heaven and earth lives in it. According to the Bible her beams are of cedar and her rafters of fire, and her windows of agate, and the fountains of salvation dash a rain of light. It is a glorious palace, the church of God is. And yet sometimes unseemly and loathsome things creep up into it—evil speaking and rancor and slander and back-biting and abuse, crawling up on the walls of the church, spinning a web from arch to arch, and from the top of one communion tankard to another. Glorious palace in which there ought only to be light and love and pardon and grace. Yet a spider is in the palace.

Again; my text teaches me that perseverance will mount into the king's palace. It must have seemed a long distance for that spider to climb in Solomon's splendid residence but it started at the very foot of the wall and went up over the panels of Lebanon cedar, higher and higher, until it stood higher than the highest throne in all the nations—the throne of Solomon. And so God has decreed it that many of those who are down in the dust of sin and dishonor shall gradually arrive in the king's palace. And God hath decided that though you may be weak of arm and slow of tongue, and be struck through with a great many mental and moral deficits, that by his almighty grace you shall yet arrive in the King's palace. Not such an one as is spoken of in the text—not one of marble, not one adorned with pillars of alabaster and thrones of ivory and flagons of burnished gold, but a palace in which God is the King and the angels of heaven are the cup-bearers. The spider crawling up the wall of Solomon's palace, was not worth looking after or considering as compared with the fact that we who are worms of the dust may at last ascend into the palace of the King immortal. By bridge of God may we cross over. Oh! heaven is not a dull place. It is not a worn-out mansion with faded curtains and outlandish chairs and decayed ware. No, it is a fresh and fair and beautiful as though it were completed but yesterday. The kings of the earth shall bring their honor and glory into it. A palace means splendor of apartment. Now, I do not know where heaven is, and I do not know how it looks, but if our bodies are to be resurrected in the last day, I think heaven must have a material splendor as well as a spiritual grandeur. What will be the use of a resurrected foot if there be nothing to tread on? or of a resurrected hand if there be no harp to strike, and no place to take hold in the king's palace? Oh! what grandeur of apartments when that divine hand which plunges the sea into blue and the foliage into green, and sets the sunset on fire, shall gather all the beautiful colors of earth around his throne, and when that arm which lifted the pillars of Alpine rock and bent the arch of the sky, shall raise before our soul the eternal architecture, and that hand which hung with loops of fire the curtains of morning shall prepare the upholstery of our kingly residence. A palace also means splendor of association. The poor man, the outcast, cannot get into the Tuilleries of Windsor Castle. The Sentinel of the king or the queen stands there and cries, "Halt!" as he tries to enter. But in that palace we may all become residents, and we shall all be princes and kings. We may have been beggars, we may have been outcasts, we may have been wandering and lost as we all have been, but there we shall take on regal power.

Hark! the chariot is rumbling in the distance. I really believe the guests are coming now. The gates swing open, the guests dismount, the palace is filling, and all the chalices flashing with pearl and with jet and carbuncle, are lifted to the lips of the myriad banqueters, while standing in robes of snowy white they drink to the honour of our glorious King! "Oh," you say, "that is too grand a place for you and for me." No, it is not. If a spider, according to the text, could crawl up on the wall of Solomon's palace, shall not our poor souls through the blood of Christ mount up from the depths of its sin and shame, and finally reach the palace of the eternal King? "Where sin abounded grace doth much more abound, that whereas sin reigned unto death, even so may grace reign through righteousness unto eternal life by Jesus Christ our Lord."

In the far east there is a bird called the Huma, about which is the beautiful superstition that upon whatever head the shadow of that bird rests, upon that head there shall be a crown. O thou Dove of the Spirit! hovering about us, let the shadow of thy wing fall upon this congregation, that each at last in heaven may wear upon his head a crown! a crown! and hold in his right hand a star! a star!

THE SUNDAY SCHOOL.

INTERNATIONAL LESSON, MAY 12.

"The Great Commission." Matt. 28. 16-20. Golden Text, Matt. 28. 20.

PRACTICAL NOTES.

Verse 16. Then. "But." The eleven disciples went away into Galilee. With simple faith obeying the direction of our Lord given in verse 7. The disciples are now "eleven" because of the treason and suicide of Judas. Probably some of the disciples were already in Galilee, John 21. 1-23. Meanwhile the enemies of our Lord were disseminating a lie, verse 11-15, trying to disbelieve their own consciences and to distort the testimony of eye-witnesses. Into a mountain where Jesus had appointed them. The Revised Version, "the mountain," may indicate a mountain well known, and, although there is no fact on which to base the conjecture, some scholars are disposed to identify it with the Horns of Hattin, where the Sermon on the Mount had been delivered. In Galilee Jesus and his disciples would be among the closest associations of their lives.

17. They saw him. This was the first great gathering of the believers in Jesus. We say "great," for it is generally conceded that this was the occasion when "above five hundred brethren at once," 1 Cor. 15. 6, saw the Lord. They worshiped him. It is implied that they fell prostrate at his feet. This was no unusual attitude for those who regarded him with homage; but it seems certain that the wonderful manifestations of our Lord after his resurrection had aroused a deep spiritual reverence, humiliation, and yearning aspiration, such as the disciples had never before felt. Some doubted. Doubted whether or not it was the risen Lord. This admission shows the frank sincerity of all concerned—those who were present, and the man who is writing the record.

18. Jesus came and spake unto them. Came near. The whole company of believers was addressed, not only the eleven apostles. In a very true sense the Church in all ages was addressed. All power is given unto me in heaven and in earth. All authority. "The universal dominion over heaven and earth, which appertained to him in his divine nature was conferred upon him as man, in virtue of his fulfillment of his Father's will and in reward of his obedience, See Phil. 2. 5-11; 1 Cor. 15. 24-28, Eph. 1. 20-23." Earth henceforth is to be the realm of Christ.

19. Go ye therefore, and teach all nations. Whatever the word of God says "therefore" the student of religious truth should ask "Wherefore?" The reason has just been given; because our Lord has been endowed with universal authority his servants are to "make disciples of all the heathen," for that is the literal translation of the Greek; to instruct those who have been cast out and neglected. A verse in our lesson for Sunday before last, John 20. 23, seems to place emphasis on what has been called the priestly element of the Christian ministry, but here stress is put on teaching, and that certainly is the first and the chief duty of Christians, whether ministerial or lay. There can be no fuller declaration of the universality of the Gospel, than that in this verse. All the Gentile world is to be brought into the fellowship of our Lord's disciples. Baptizing them in the name of the Father, and of the Son and of the Holy Ghost. "The act of baptism is the initial means whereby the formal fellowship is effected." The rite symbolizes cleansing away the old and putting on the new. Baptism is not a charm pronounced on a young Christian, but an outward sign, sacrament or oath of faithfulness in fellowship with the triune God.

20. Teaching them to observe all things whatsoever I have commanded you. "To observe" is literally "to keep watch." Teaching nothing but what the Lord commands, and therefore avoiding superstitious practices; teaching all that the Lord commands and therefore avoiding looseness. Our Lord's commands were really new laws of life: the Sermon on the Mount, the promises recorded in the closing chapters of John's gospel, and the condensation of the law and the prophets in the new "commandment" of love. I am with you always. All the days. "In spirit, in power, in influence, and by personal indwelling." Unto the end of the world. Unto the end of the age. To all eternity the Lord is with us.

ON BANKS OF THE CLYDE.

THE BUSIEST HIVE OF INDUSTRY IN THE WORLD.

Great Ship-Building Trade Carried on by About Forty Firms—Marvellous Output Every Year.

Frederick Dalmon had an illustrated article on Clyde shipbuilding in a recent issue of the Pall Mall Magazine. He recalls the fact that in 1770 an engineer consulted by the authorities deepened the River Clyde to four or five feet right up to Glasgow at low water, in place of the depth of 14 inches, which was its natural depth. To-day the Clyde has a uniform depth of about 30 feet, and the biggest liners can be taken to the centre of the city. This much, without which Glasgow could have become neither the shipping nor shipbuilding centre it now is, has been achieved at a cost of something like fifteen millions sterling. Two millions have been spent simply in dredging during the last fifty years, and there is now a large fleet of steamboats with very ingenious machinery, employed in this service.

Clyde shipbuilding is now carried on by about forty firms, but more than half the tonnage comes from six or eight yards. These firms have each a special reputation in their trade, one yard being noted for its huge warships and liners, another for its huge cargo boats, a third for large light pleasure craft. Beginning a little below the Custom station at Mavisbank, the yards extend on the right bank of the river to Dumbarton, and on the left to Port Glasgow and Greenock. At Govan and Patrick we are in the heart of the industry; on the lower reaches of the river there are, of course, breaks in the fusilade of riveting which sounds so sweetly to the ears of Glasgow people as the unmistakable token of "good times." According to weight of output, Russell's yard at Port Glasgow is easily first; according to value, which now-a-days with so much competition in speed is quite a different thing, the Fairfield and Clydebank yards dispute precedence. Dennys', of Dumbarton, are famous for their pleasure steamers, and Hendersons', of Meadowside, for their yachts—the Brittania, the Meteor, and other famous craft, were built there — although both yards produce a good number of fine ocean-going vessels.

THE CLYDE FROM THE RIVER.

All that most people see of Clyde shipbuilding is seen from the river. The view of Fairfield or Clydebank from the deck of a passenger steamer is impressive enough. Along a frontage of little less than half a mile there may be resting upon the stocks in various stages of construction the frames of nine or ten first-class cruisers and liners, with several smaller craft of a miscellaneous kind. Upon one single ship alone there will, perhaps, be a thousand men at work—for now-a-days a 10,000 tonner is built within twelve months—their moving figures in comparison with the mammoth skeleton of iron or steel looking like myriads of tiny marionettes. But of the vast amount of varied work for the equipment of ships which is going on over acres of ground behind the "slips," there is little more than a suggestion in the background of enormous sheds and tall chimneys.

There is one feature at Dumbarton which is, I believe, unique on the Clyde, if not in shipbuilding generally. This is an experimental tank, in which paraffin driven models of the ships to be built are tested for their stability, speed and resistance to the pressure of water. The tank is three hundred feet long and twenty-two feet wide, and contains nine feet of water. It is said that valuable results in hydrodynamics have been obtained from these experiments, which are carried on by a specially trained staff. Another interesting feature of Messrs. Dennys' works is the award of premiums to the workmen for any improvement, however small, they may be able to suggest or effect in tools, machinery or method.

FACTS AND FIGURES.

In 1861—fifty years after the launch of the Comet—the output on the Clyde was nearly 67,000 tons. In 1898 it reached a total of 466,832 tons, comprising 328 vessels. Enormous as these figures seem, they nevertheless represent a decline in Clyde shipbuilding relative to the rest of the country which has taken place during the last few years. In 1898 the tonnage launched on the Clyde was considerably less than a third of the total launched in British waters; in 1880 it actually exceeded one-half. But an examination of the figures clearly shows that the change in the percentage has been brought about by the advance of Newcastle, Hartlepool, Sunderland, Belfast, rather than by falling-off on the part of Glasgow. When steel was first introduced in 1878, the prestige of the Clyde for ocean liners was at its height. According to data given by Mr. David Pollock, the naval architect, 79 of 138 vessels of 4,000 tons and upwards which were built between 1858, the Great Eastern's year, and 1884 came from yards between Glasgow and Greenock. The superiority of steel once demonstrated it was at once made auxiliary to skillful engineering as a means of maintaining this prestige, and in the Clyde returns the iron tonnage is not quite insignificant. Belfast and the north-east coast of England have shown that they can build of the best rather than heavy iron cargo boats, but to travelling mankind generally "Clyde-built" continues to spell most surely speed and safety in navigation. The Clyde may not again produce in a year more shipping than all other British rivers combined, but it is still less likely that its leadership will be lost.

78 per cent of English electors vote on an average. In France 81 come to the polls, but in Switzerland and in Sweden the usual average is only 40.

Since the end of the war with France in 1871, Germany, without increasing her territory in Europe, has increased her population from 41 to 56 millions.

WHAT A MAN SHOULD EAT

A COBINATION OF ANIMAL AND VEGETABLE FOOD.

A Physician Tells the Exact Amount for a Healthy Person—Scientific Diet for One Day.

A famous physician has made up a new system of what people should eat to be healthy. He figures this out in as exact, scientific way as an engineer calculates how much coal his engine needs daily. He calculates that a person needs three and one-third pounds of solid food daily.

But the knowledge of what weight of food a person should consume a day does not settle the diet question, which is one of the most important things in life to every person.

A set of this great physician's diet tables, while not as lucious looking as a French chef's table d'hoto menu, will result in better digestion. In these tables this physiologist shows the different degrees of nourishment in the various kinds of meats, cereals, and vegetables.

Among meats beef stands at the head of the list, for its proteids, or albuminous qualities, with the exception of fowl. But as the percentage of fat is less in beef than in fowl it is more easily digested. The presence of fat in meat tends to retard digestion by preventing the digestive fluids from making their way in between fibres.

Eggs are to be regarded as complete natural food, as they contain all the necessary food principles.

Milk is the natural food for the young of all animals, as well as of man. Under a microscope milk is seen to consist of a clear fluid filled with small oily globes one-millionth of an inch in diameter. These globes contain the nourishing quality of milk, called casein. When taken into the stomach it is coagulated, but passes on easily through the digestive organs of children.

That the cereals are most important and useful food is shown by the fact that they contain the large percentage of sugar starch, and gums, called carbohydrates, as well as a considerable amount of proteids or albuminoids. But, owing to the cellulose or woody fibre which covers the kernels they are somewhat difficult of digestion.

MEAT AND VEGETABLES.

Vegetables vary greatly in nutritive value and digestibility. The cellulose in them, however, tends to retard digestion. For this reason nearly all vegetables require cooking. When subjected to heat and moisture not only is the texture of the vegetable softened, but the cellulose and starch are partially converted into sugar and other substances easily assimilated. Potatoes, when well cooked, are easily digested because they contain but little cellulose.

Ripe fruits, oranges, lemons, grapes, pears, peaches, cherries, apples, and berries generally, have but little nourishing quality, as they consist of 75 to 85 per cent of water. But the sugars and acids which they contain make them invaluable in making up a healthful diet.

There is a constant discussion about the relative value of meat diet, as contrasted with that of cereals and vegetables. Dr. Brubaker has calculated the actual value of animal and vegetable diet in plain figures He shows that one quarter the vegetable food taken into the system remains undigested, while in meats the undigested portion is only one-tenth.

As neither animal nor vegetable foods contain the nutritive elements in proper proportions to satisfy the human system man's instinct has led him to make a combination of the two kinds of diet.

To construct a scientific diet it is only necessary to combine two or more foods in sufficient quantities to furnish the amount of nitrogen and carbon required by the body in twenty-four hours. Here is what Dr. Brubaker considers a "scientific" amount and assortment of food per day:

Meat	Half pound
Bread	One pound
Fats	One-quarter pound
Potatoes	One pound
Milk	Half pint
Eggs	Quarter pound
Cheese	One-third pound

This makes a weight of three and a third pounds of solid food. But to thrive upon this diet a person must add the amount of acids, sugar, or salts, which his particular system needs. The natural craving of the appetite is a pretty good guide in this matter.

WOMEN SIGN-PAINTERS.

Sign-painting is added to the list of trades practised by women in Berlin. Women sign-painters undergo a regular apprenticeship; they are taught how to use the brush and to mix paints. Gymnastic training is carefully gone into before they are allowed to ascend the scaffolding, so that a loss of nerve shall not be shown when standing on a ladder.

During the last century Great Britain and Ireland lost 9,860,000 people by emigration. Next comes Germany with a loss of 5,670,000, and then Italy with 3,580,000.