BALM
NEVER FAILS
CURES
COLD
IN
HEAD
FEVER

CHRIST
And Some of Its
Bythe Hon. Oliver
PREMIER OF ONT
Cr. 8vo, nearly 100 pp.
cover, still
"Deserving of careful study
students and Christian people
Williamson & Co., Publishers
AND ALL BOOKSELLERS

THE DOLLAR
KNITTING
MACHINE
MANUFACTURED BY
CRELLMAN BROS.
GEORGETOWN
THIS ADVERTISEMENT
MUST BE CUT OUT
AND SENT WITH
CENT STAMPS
PRICE LIST FREE

RACING SKATES $4.50
CRYSTAL
RACING
SKATES
Racing, used by all
Skaters. You can double your speed
Racing Skates. Send for
Circular.
T. W. BOYD & SON,
1941 NOTRE DAME ST., MONTREAL.

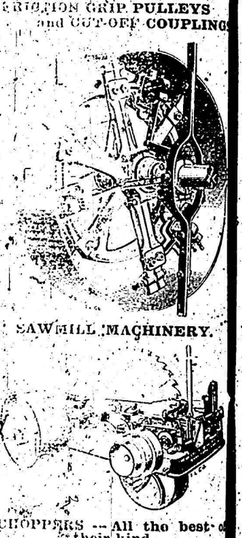
WANTED
AGENTS
Write at once for A FREE BOTTLE
of a Valuable Treatise, that will
cure and radical cure, your speedily
harmless as no injurious drugs
its preparation.
EPILEPSY OR FALLING SICKNESS
Give express and P.O. address
sending a free bottle and treatise.
It costs you nothing
trial, and a radical cure
Express and
CURED
ROOT M. C., 186 West Adelaide St.
Toronto, Ont.

TURKISH
DYES
EASY TO USE.
They are Fast.
They are Beautiful.
They are Brilliant.
SOAP WON'T FADE THEM.
Have YOU used them; if not, try and
be convinced.
One Package equal to two of
any other make.

Canadian Branch: 181 St. Paul Street, Montreal.
Send for Sample Card and Book of Instructions.

EXTRACT
THE PAIN DESTROYER
PERRY DAVIS'S
PAIN KILLER
THE WONDER OF HEALING!
FOR RHEUMATISM, NEU
SORE THROAT, PILES, WOUND
COMPLAINTS; AN
OF ALL KINDS.
Family, Price 50c. & $1.
New York & London

FRICTION GRIP PULLEYS
and CUT-OFF COUPLINGS



SAWMILL MACHINERY.

CHOPPERS — All the best of their kind.
Waterous Engine Works Co., Brantford

CORN SURELY CURED
Safe, Sure and Painless
Have been per-
fect cures in my
Post Office Address,
Adelaide St., Toronto, Ont.

Investment Company of Ontario Limited,
TORONTO.
SUBSCRIBED CAPITAL, $500,000
President, Hon. JOHN McMURRICH.
Vice-President, E. R. WOOD.
Manager, W. S. DINNICK, M. D. Chatham
Cashier, HARRY MCGEOUGH.
Solicitors, MACDONALD & JARVIS, TORONTO.
Debentures for any sum not less than $100 will be issued by the Company, bearing interest at the rate of 4 per cent. per annum, payable half-yearly, and secured by first class real estate mortgages deposited with the Trustees, The Administrators, Receiving Executors and Trustees Corporation (Limited). The money so invested may be withdrawn at any time on short notice. The business of this Company is confined to the purchase and sale of first class mortgages, and the investment of trust funds on prompt settlements and at low rates of interest.
THE ANGLO-AMERICAN LIFE CO. OF ONTARIO, LTD.
Head Office, 26 Wellington Street East, Toronto.

Canadian Mutual Life Association,
Insurance at Cost.
Insurance in the reach of those who need it.
NIAGARA, July 18th, 1890
To the Canadian Mutual Life Association
Gentlemen,—Please accept my thanks for your prompt settlement of my late claim on Policy of my late
Husband, and the Canadian Mutual Life Association
Gentlemen, I am pleased to say that I find everything in connection
with the Canadian Mutual Life Association, is deserving of my great confidence
and I have no hesitation in recommending the Association to any and all persons who desire
Insurance, free of trickery or advantage
Yours truly,
Widow of proper claims.
(REV.) M. J. BAT
Company. Large Reserve Fund. AGENTS WANTED
Good pay to good men.
OFFICE: 40-42 King St. East, Toronto.
W. PEMBERTON PAGE, Manager.

STRANGELY.

A Thrilling Story of Romance and Mystery.

CHAPTER XXX.

A PLAIN QUESTION.

"Ladies bold and unexpected question will many times surprise a man and lay him open."

It must be owned that, although the old Jack had in a great measure come back again, there was still a great gulf fixed between Lord Rosstrevor and Ethel.

All the sweet friendliness of the old relations between them were gone, for a time at least.

Two weeks crept by and were into months; Ethel's time as tenant of Mrs. Ackroyd's came to an end and she moved her belongings to another flat on the same floor as Madame Wolenski's was on. These rooms were larger and brighter in every way and Ethel would have been perfectly happy in them if only that barrier of restraint which existed between Jack and her had been removed.

But they seemed to see less of each other than they used to do in poor Cosmo's time—he never came to dinner now, never suggested going anywhere with her, and although he came in to see her nearly every day it was always about the same time in the afternoon and he never stayed a very long time. In fact, he was, as he believed, walking on a very circumspect life that not even Mrs. Grundy could venture to couple with the name of the young widow whose husband had been so mysteriously murdered.

So the pleasant spring days wore on; London became gay and bright, the trees in the parks and squares put on their tenderest shades of green, the smart boxes in front of the smart houses began to be filled with all the colors of the rainbow—with great, moon-faced daisies, red geraniums, rich-hued begonias and gay calceolarias—and people came and went to all manner of entertainments; clad in the gayest of garments; indeed it was a brilliant season and Ethel began to feel like a great lady indeed—only that she was somehow left stranded in the midst of some lighted-up ballroom.

She might have gone out a good deal herself at this time, for Madame Wolenski was off at this season, thanks to her good income and would willingly have taken her everywhere. Apart from this, a lovely young widow of twenty-three, with an income absolutely her own, of seven thousand a year, is not generally want for friends and attention in the gay city where she is really not very deep—where you may see the frisky widow of fifty years, and of six weeks' widowhood, going modestly to the opera under the thin disguise of her duty to society—and an unwillingness to intrude her private griefs upon the world at large.

But Ethel, who now that she was complete mistress of herself in every way had begun to develop a very fair will of her own, had made up her mind to one thing, which was that she would not go out into Society during the season. She had promised to go abroad with Homburg or Swalbach—in August with Madame Wolenski, and Rosa-lind had promised to follow them.

Indeed the truth be told, he was already busily engaged in getting up such symptoms as would sternly necessitate a sojourn at a German *Bad* during the late part of the summer.

But meantime Ethel was still the other man's wife—and the other man, poor misguided man that he had been, stood between them far more than he had ever had any wish to do.

"It is so different," Ethel complained bitterly to Madame one day when that lady had been taxing her with her altered looks and low spirits. "He has never been the same since he became Lord Rosstrevor. I don't believe the difference is anything to do with poor Cosmo's death at all. He used to be fond of me, Helena—yes, indeed, he did—he told me so."

"A great many men tell married women that," remarked Madame drily—"it is a very safe way of amusing themselves."

"But Jack never wanted to amuse himself in that way," Ethel cried indignantly—"but listen—if you will keep it as a great secret, Helena, I will tell you all, and then you can advise me, for I have nobody—nobody to help me in any way, but you."

"It shall be a perfect secret," said Madame solemnly.

"Well—I will tell you all. You know when Major Dennis exchanged to the 6th I was then a very unhappy woman. He did not ill-use me, at least not actually ill though I had had my arms and wrists all bruised and black from his roughness."

"My little one—*never*!" Madame cried indignantly.

"Yes, it is true," Ethel replied. "And one day when Jack and I were out together, he noticed it—and—and he asked me to leave Cosmo and—you know the rest."

"And you would not."

"No—I was fond of Jack, you know, and he wouldn't have suggested it if he had not thought that Cosmo had ill-used me. But really Cosmo scarcely know what he was about—he—he——"

"Had been drinking, I suppose?" ended Madame. "Well; and Mr. Jack asked you to end it all by going away with him. And, of course, that was what any man who cared for you would do. And when you said No?"

"Well, I think Jack was rather glad," Ethel answered simply. "I'm sure of it—only Helena, although he told me more than once that he loved me with all his heart, he has never told me so, since—since he might have done. I think about it all, and I think about it till I scarcely know what to believe. Sometimes I feel sure that he goes care—and then again, I feel as if I have been mistaken and that he only pities me. Sometimes I fancy I have too much money, and if he were Jack Trevor still I would speak out boldly about it. But Jack is rich now, very rich, and a seven thousand a year are a mere nothing compared to his income. And then again I fancy that now there is a title to consider and he the last of the name, that he may not want to—to—marry a widow, who might have no heir. Oh! I think and think till I am nearly out of my senses, and at the end of it all I don't know what to think."

Madame Wolenski took the girl's small hand.

"It is very hard on you, my little one," she said, "but I would have patience yet. Don't think about the matter—I *know* Lord Rosstrevor loves you with all his heart."

"How do you know?"

"I have seen him watching you about the room. I have seen him turn to eagerly to the door when we have met here and you have not yet come to us. I have seen a thousand signs good enough to tell me what he feels for you—and I say to you, little one, only have a little patience and all will be well by and by."

So Ethel, with what patience she could muster, set herself to the task of waiting.

It was but weary work, and before many days had gone by, Madame Wolenski, who had kept her eyes open, made up her mind that she would take the matter into her own hands and put uncertainty to an end once for all.

Now Madame Wolenski, like all persons who have travelled much and lived in many countries, was a woman who did not hesitate long after she had once made up her mind; therefore she did not hesitate very long at this juncture. Having decided to act, she very soon found a way of having a little private talk to Lord Rosstrevor—in fact, the very next time she met him at Mrs. Dennis's, she found an opportunity of saying to him, "I particularly want to have half an hour's quiet talk with you, Lord Rosstrevor."

"Certainly, Madame," he replied. "When shall I——"

"I will go now—will you come into my room when you take leave of the little one?"

"Certainly I am at your service," he said courteously.

"Nay, it is not for *my* service exactly," she said smiling at him.

He smiled too, and then Ethel, who had been to fetch the majestic Crummles, came back again, and very soon Madame betook herself away.

"Yes, I must go, dear child," she said when Ethel began a feeble protest against her going so soon. "I am dining out and have something to do before then."

She kissed her and patted her cheek, gave her hand to Lord Rosstrevor and also a meaning look as he held open the door. And promptly, that is after half an hour or so, Jack also took his leave and instead of turning down the stairs—Ethel never went to the top of the stirs with him, as she used to do—he went on and rang at Madame Wolenski's bell.

He was shown into her boudoir, a pleasant little room with plenty of flowers and plants about it and with a tiny consetory at one end.

"Come in here," she said holding out her hand to him. "We shall be less likely to be disturbed than in the other rooms. I find my friends have a way of coming unexpectedly and wishing to write a note to me."

Lord Rosstrevor followed her into the room and she closed the door behind them.

"We shall be quite undisturbed here," she said. "And now, I suppose, you are wondering why I asked you to come here?"

"A little," he answered smiling.

"Ah! yes. Well—I am going to ask you a very plain question—perhaps what you will think a very impertinent question—but I am almost an old woman, Lord Rosstrevor, and I hope you will forgive me if I seem either impertinent or intrusive. But you must know, I take a very great and deep interest in our dear little friend, Mrs. Dennis—and I want you to tell me in the strictest confidence whether you have any strong feeling for her?"

"Certainly I have," he replied.

"Then let me tell you," said Madame looking straight at him, "that you are making her very unhappy, very unhappy indeed."

"I hope not——" he began, when the lady interrupted him.

"Lord Rosstrevor," she said laying her hand on his arm—"I beg you to answer me plainly—What is it that has come between you?"

CHAPTER XXXI.

A STRAIGHTFORWARD ANSWER.

Truth needs not many words.

When Madame Wolenskiput that very plain question to Lord Rosstrevor, he gave a start and looked at her as if to ask the meaning of her words. And Madame, who was a woman of quick perception, caught the meaning of the look and answered it at once.

"You would ask me what I mean?" she said. "Of course, that is very natural. Believe me in the first place I beg, when I say that I have no curiosity on the subject whatever. I am putting myself forward wholly and solely for my dear little friend's welfare. I have thought always that you were exceedingly fond of her, and I know that she likes you not a little. But something has come between you, something which keeps you from speaking out, and asking her to become your wife; is it not so?"

"Yes," he said, "that is so."

"Then," she returned persuasively, "I want to know what it is, because it is possible that I might be able to help you over it."

"Well, Madame, I will tell you how I am situated. But first, shall we not sit down? It is a pity to keep a lady standing so long. That is better. Well, Madame, to begin the beginning and to tell you, as you wish, precisely all that is in this highbred elderly lady, with her olden eyes, and her clear-features, her snow-white baby curls, her quiet elegant clothes, her smooth and dainty hands, could be the murderess of Major Dennis? Oh! it was preposterous—he was dreaming or mad or possibly drunk! He jumped from his chair and walked to the window—he pinched himself hard to find out if he was awake or dreaming—he felt his face—he laid his weary head against the cold panes of glass in the window, and then he went back to his seat again.

"Madame," he said at last—"did I hear you aright just now?"

"I think you did," she said quietly.

"That you, *you* killed Dennis?"

"Yes—why not? Don't you think that," holding out her firm white hand—"*looks* as if it could kill a man?"

"It looks as if it could do anything," he answered promptly, "but *you* don't look as if you could do that or anything like that. I don't believe you, Madame; you are trying to set my mind at rest and make things easy for my dear little sweetheart," with a gesture in the direction of Ethel's rooms.

"I swear to you," said Madame solemnly, "that I was the woman who killed Cosmo Dennis."

"But why? What reason had you?" she asked; he was awed by her manner but he still scarcely believed it in spite of her positive words.

"I had the best of reasons," she replied—"we have been waiting for that man's life for years—for years."

"But you are not Valerie," he cried in bewilderment.

"No, I am not. But Valerie is my sister."

"Good God!" he exclaimed sinking back in his chair. "Then Dennis was right—he said that he was the by the hand of a woman before he was five years old."

"Yes, and it was my sister, Valerie, who told him so. But stay—I will begin from the very beginning—I will conceal nothing from you, and then I think even your cold English ideas of justice will absolve me and justify me for what I have done. First I must tell you that I am a Corsican."

"I thought you were a Pole," he exclaimed.

"My husband was a Pole—I was born in Italy of a pure Corsican stock—my mother died when I was ten years old at the birth of her third child, my little sister Violetta. There was another girl, Valerie, two years old then—and I became mother to them both. Well, time went on and we lived a simple retired life in the southern city until I was six-and-twenty. Valerie and Violetta, little Violetta only sixteen years. She was our pride, our delight, our joy, the blessing of my father's lonely old age, for he had loved our mother with all his heart and soul, with no thought of ever filling her place by another woman. After her sixteenth birthday was past, Violetta left the convent where she, and I too, had been educated, and came home to share our pleasant and simple life. So time went on, a large fortune absolutely at her own disposal. At the same time his death is apparently shrouded in mystery and as likely as not the mystery will never be solved. Now do you not see how I am placed?"

"No, I don't," replied Madame—"unless you think that the child killed him herself, and with the usual selfishness of a man, you have been lurking fear that she might have a knife for you also."

"No, I did not think of that," he said ungnardedly.

"Then you did suspect her," echoed Madame quickly.

Lord Rosstrevor looked up—"It is no use trying to deceive you, Madame," he said, "that thought did occur to me." She was so strange and—and I am ashamed even to remember it of myself. Please don't talk about it any more. I shall never think of it again if I can help it."

"But what then," cried Madame, "is it that still stands between you?"

For a moment he sat looking irresolutely into the fire. "Madame," he said, "suddenly this murder remains undiscovered, everybody who had any connection with the dead man is liable to suspicion, and who, do you think, is liable to the suspicion of being interested in his death as I? If I were to marry Ethel to-morrow and she over got an idea into her head—and remember, it might suggest itself or be suggested to her at any moment—that *I* had killed him, I should be perfectly powerless to defend myself to her or to put the idea out of her mind."

"But you know where you were at that time?" she cried.

"Yes, I know where I was, but as a matter of fact I was not at Trevor Hall. I got so sick of the gloom and grandeur and loneliness that I went into Norwich, dined, did a theatre and slept at a hotel—they might know me—they might not. I got back to Trevor Hall just in time to have got back from London—now do you understand? All that I wonder is that they didn't haul me up at once and charge me with the murder."

"They did not do that because they had followed your movements down to Norfolk and back again with tolerable accuracy, and because you were well-known here and would certainly have been identified had you passed in or out."

"Pooh! Somebody must have got in or out without being seen—that is unless it was done by someone within the house."

"Yes, that is so. Then your great object is to find out who killed Major Dennis?"

"It is."

"And you don't mean to marry her until you do know?"

"That is just so. Madame, I can't marry her until this hideous possibility is done away with," he cried.

"Lord Rosstrevor," she said—"have you any idea in your own mind as to who did it."

"Yes."

"Who was that person?"

He hesitated a moment—"Oh! I don't think I ought to mention a name when the matter is so serious as murder; it isn't fair—I may be utterly wrong."

"It will be perfectly safe with me," she said calmly. "I give you my word of honour that I will never divulge that same."

She held out her hand as an earnest of good faith and he took it for a moment in his own. "I think," he said rather unwillingly, "that the woman Valerie did it. You see, she had every reason to do him a harm, at least—by her general conduct, it would cost the reckoning because I was married and my good duty was to my husband—Oh! they are very just, our people, very just."

"The only real clue that she had was the knowledge that this Dennie's name was Cosmo. We believed that this was his real name, for Violetta wore to the day of her death a little ring with a true lover's knot in small diamond and turquoises, and on the hoop within we found the words engraved—'Cosmo to Violetta.'—that was after her death. Well, the years went by and at last my father died. He died in my house in Vienna. And just before the end, he passed on the Vendetta to us and made us both solemnly swear that we would never lay it down until we had gained our end."

"Well, I need not go through all the life that my sister Valerie led after that. She had to work in the dark, you know, and she found out that she had once actually been near enough to the man we were seeking to have taken his hand, to have told him his past and future by the lines in his hand; and she foretold to him, not knowing then who he was, or rather not knowing that other life of his—'you will die by the hand of a woman before you are fifty.'"

"By Jove, yes," Rosstrevor broke in—"I remember his telling us that the very first day Valerie spotted him in Chertsey. He was completely knocked over by the sight of her."

"Ah! well, it was odd but we never found out how he learnt that she was Violetta's sister—stay, of course, he must have recognised her surname at the time and fancied himself perfectly secure in his own personality. Well—well—she found him out at last but not until this very summer at Chertsey. She tried hard to get hold of him there but he knew that he need expect no mercy from her and he was always on the watch. She *could not* succeed in getting near him—at least," significantly—"*not near enough*!"

"So she, not wishing to waste more time, sent for me to come to her in London. She had found him out in his fancied safety here. She, by then a widow of five years and the legatee of my sister did not know me. So I came here. I had the best introductions for I move in the best society in Vienna—I am rich and personally attractive woman. I waited my time patiently and—but there, what is the use of talking about it—you know all the rest—all the world knows it—Sir!"

She was perfectly unmoved—she sat erect and dignified in her large arm-chair, her firm white hands resting idly on the arm thereof, her white curls and fine-cut face thrown out in relief by the tall back of carved oak behind her. Lord Rosstrevor gazed at her in profound amazement.

"I cannot believe it," he burst out at length.

"But you may believe it—it is absolutely true," said Madame quietly.

"So you murdered Dennis and——"

"Hush! We do not call such an act by so ugly a name in Corsica," she interrupted. "I avenged my sister—yes. Say rather that I did a service to the whole world when I removed that wretch from the face of the earth. See the kindness it was to his poor little wife. Wife—his little slave! I should say. I set her free, and if she knew the truth she ought to bless my name for ever. You, also, Lord Rosstrevor—you can never thank me sufficiently for the inestimable service that I have rendered you."

I must confess that at this point Lord Rosstrevor began to wish himself safely out of the room—he scratched his head in perplexity—he looked at her doubtfully—"Yes—I see what you would say," she said quite placidly. "You English look at these matters in a different light. You will not give me up to your very blundering justice because you have given me your word of honour that you would respect my confidence; and you are the kind of Englishman who keep this word at all hazards. But you won't let my little friend, whom I have set free from a monster who was breaking her heart, come and see me again; you will regard me during all the rest of your life as a bloodthirsty murderess, and you will try to discuss the subject with you for fifty years I should never be able to make you see me in the same light as I see myself—that is merely an instrument of retributive justice, as much justified in my act as your judge is when he pronounces the sentence of death upon a convicted murderer. Well, well, Lord Rosstrevor—I have loved your little friend very dearly and very truly, and during all the rest of my life—which I shall unalkably spend in Vienna, the city that I love best—I shall feel better and happier for having known her, and for having done, that I have been the means of turning her girlhood into sunlight means of turning the thing I want to ask of you. Don't tell her this—she has been brought up in the English way—she would look upon me with horror. I could not bear that, even in my thoughts."

"Madame—I promise you she shall never learn it from me," he said solemnly.

"Stay—you shall see that I can be a real friend as I can be a real enemy. If ever that thought comes into her mind, that *you* had to do with Cosmo Dennis's death—*then*, you have my full permission to tell her all."

"I thank you," he said.

"And now do you go—as I told Ethel, I am dining out. Good-bye—No—don't shake hands with me in—as you like—I shall not be offended."

For one moment he hesitated. Then he bent and kissed her head courteously.

"Madame," he said—"I confess I do not think as you do—but it is not my place to judge a national custom. I thank you for your confidence—and I will respect it."

Something very like tears came into her eyes—"I shall go back to Vienna next week—I should like to see her once before I go."

Her faltering voice touched him instantly—"I shall not say a word to prevent it," he said "though afterwards——"

"Afterwards! There can be no afterwards," she cried almost fiercely. "Go! The blessed saints protect you both—Good-bye!"

It was just a year and a week after Cosmo Dennis had come to his untimely end—a group of men were standing about the hearth in the smoking-room of a Club in Paul Mall listening to the remarks of a large awkward man with very yellow gloves and very small eyes—"Ah!" he was saying—"I only got here last night—went for to scamper over to Viennah and Berlin—sort of farewell, y'know, before I lay myself down at the feet of the sweetest little widow that ever lived. By the bye—its just a year ago to the very week, isn't it?"

"Do you mean Mrs. Dennis, Pottinger?"

"Of course—what other widow should I mean—er—er?"

"Oh!—but haven't you heard?"

"Heard—what?"

"Why—She's the other man's wife," Horne cried. "She and Rosstrevor were married this morning!"

[THE END.]

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.

HEALTH.

Eat 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 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 on the healthy nourishment depends the power 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, carbo-hydrates, and hydro-carbons in the dishes before him. Instinct teaches him to so 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 environment."

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, as 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 be immediately 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 cathartical conditions of his mucous membranes of which he now complains so much, can be best cured by copious draughts of hot water before meals. An aseptic and astringent spray 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, salsify, celery, sorrel, lettuce, string-beans, dandelion, chicory, asparagus, oranges, ripe peaches and pears.

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

Thoroughly masticated all foods

AVOID.

Rich soups, all fried foods, veal, pork, hashes, stews, turkey, sweet potatoes, all starches and saccharine articles, except as 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*.

Children.

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

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 treaties 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 suspected cattle shall be tethered on the quays at the port of arrival. Mr. Plimsoll stands high with this body of thought. At the last session of Parliament Mr. Plimsoll introduced a bill prohibiting altogether the carriage of live cattle across the ocean, on the ground that cruelty is practised during the passage. This 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 through exterminator pens called "pasture board 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 "pasture board 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."

Gold has just been struck at Smartsville, Cal.

WOMEN.

Though the confinement of the Empress of Germany was premature, both she and her child are doing well.

The withdrawals from the Government Savings Banks continue to increase. The amount withdrawn last week was $150,000

Prof. Koch, recognizing the danger attending the use of his lymph in private practice, will in future issue supplies to hospitals only.

Prof. E. Stone Wiggins, of Ottawa, predicts that cholera will visit Canada next summer unless the strictest quarantine regulations are enforced.

The inmates of Regiopolis College branch of the Rockwood Insane Asylum will in February be removed from there and distributed among other institutions.

Eyraud and Gabriel Bompard have been found guilty of the murder of Gouffe. Eyraud has been sentenced to be guillotine, and his fair companion to twenty years' hard labour.

Another patriot at the Montreal General Hospital was on Saturday inoculated with Dr. Koch's lymph. The two patients first treated show as yet no specific effects from the injection.

An alliance is on the *tapis* between Princess Margaret the of Prussia and Princess Wiral, heir to the throne of Luxemburg, the richest *parti* among European princes after the Czarewitch.

Mrs. Etienne Beauchemin, one of the passengers injured in the St. Joseph de Lévy railway accident, died on Saturday morning. Her demise increases the number of fatal cases to seven.

Miss Ida Laycock, a young teacher of Longmuir, Col., declined Bert Myers, one of her big pupils, and he lay in wait for the teacher and stabbed her four times, inflicting what will probably prove fatal wounds.

A New Year Transformation.

An unmistakably gloomy day. The sky overcast with leaden clouds, gave little promise of future sunshine. The rain came down with a steady patter as it struck against the window pane. Glancing without, the woods were all the dreary expression of a rainy day in winter. As we realized then, if never before, the bitterness made by the loss of the bright verdure of summer, the withering touch of autumn and rather than diminished the gloom of winter, the sombre hue of the pine and hemlock, the leafless branches of the trees, all combined to make the scene dismal and cheerless.

Within, the fathers returned wearily to their firesides at the end of a day of bright work and a happy welcome from dainty touch on household matters by mothers who would give their lives to see their daughters happy and glad. Give us health in the world to fill women, and the next generation will be a race of queens. Give us bright, fresh, sunny girls, and that will spare us the more than hysterical discontent, the nervous collapse, the look of despair in the clear wells of our eyes.

The world is weary and travel worn, and the Master sat over it, and looked upon it and said, "Behold, it is very good." And He said, "Let there be light," and there was light. And He said, "Let there be a firmament in the midst of the waters, and let it divide the waters from the waters," and it was so. And He said, "Let the waters under the heaven be gathered together unto one place, and let the dry land appear," and it was so. And He said, "Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself upon the earth," and it was so. And He said, "Let there be lights in the firmament of the heaven to divide the day from the night, and let them be for signs, and for seasons, and for days and years," and it was so. And He said, "Let the waters bring forth abundantly the moving creature that hath life, and fowl that may fly above the earth in the open firmament of heaven," and it was so. And He said, "Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind," and it was so. And He said, "Let us make man in our image, after our likeness, and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth," and it was so. And God created man in His own image, in the image of God created He him, male and female created He them. And God said unto them, "Be fruitful and multiply, and replenish the earth, and subdue it, and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth." And God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." And God saw everything that He had made, and behold it was very good. And the evening and the morning were the sixth day. Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made, and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it, because that in it He had rested from all His work which God created and made. And God