

as much reason for being a pessimist as there is for being an optimist, but, believe me, you will have a great deal better time in the world, and leave it a great deal better for your having been here, if you look for the sunshine as you go along, and not for the shadow. Do you remember the ballad where the old lover-husband sings to his good wife:

"Oh, don't be sorrowful, darling,
Don't be sorrowful, pray;
Taking the weather together, my dear,
There is not more rain than sun."

Do you not see the cheerful old soul smiling tenderly the while in a way that disarms fear and doubt?

I know in my heart you would be straightway charmed with the Jonness-Miller system of dress, making it possible for a body to regard health and beauty at one and the same time. But your dresses made with skirts and basque are not useless. Sew the skirts out sleeveless and low-necked waists made of silk or any lining material. This arrangement lifts the weight of the skirt off the hips, prevents sagging, and one's basque or waist may be worn as always.

I forgot to say that among the remunerative employments for women one of the best is nursing. The old notion that anyone could be a nurse exploded long ago of its own senselessness. One who really likes the work gets on better than one who has no especial aptitude for it, but no one can hope to be worth very much to herself or to those whom she serves unless she has been properly trained for the work. The training schools in connection with all the more important hospitals are filled with bright capable young women, who are learning to supplement the work of physicians with scientific nursing. The nurse of to-day must be able to do more than give medicines, a teaspoonful every hour, to be shaken before taken, etc. She knows what the medicines are, what they are for, how to note their effect upon the patient, how to take and keep a record of pulses, temperature, etc., understands the proper preparation of food for the sick, what to do in emergencies, the whys and wherefores of all kinds of bandages and surgical dressings, and so on. She is in fact of real value in the sick room, and in many kinds of illness invaluable. Those who go into the training school study hard and work hard for three years. During that time they earn their board and money enough to buy their clothing. When they are graduated they earn from fifteen to twenty-five dollars a week, and a good nurse is constantly employed. Things great and small all come in for a share of attention, and only a sick person can appreciate the presence of a quiet, skilful attendant, awake to every wish, almost to every thought. A sick person is often keenly alive to small miseries, and trained nurses have due regard for little things, trifles in themselves, it may be, but meaning much to the wretched person in bed.

It is so easy to spare one the noise of putting coal on the fire by putting the coal in a paper bag and laying it on, instead of tumbling it in from a coal hod.

A careful nurse does not knock against or in any way jar the invalid's bed.

A sick person's appetite is capricious. Do not ask what she will have, but prepare the food with as much variety as is allowed, and present it.

The sight of much food often destroys one's little appetite. Prepare but a little, present it daintily, and remove remains at once.

Never allow unpleasant odors to hang about an invalid's room. Hangings of all kinds should find no place in the apartment, and the bed clothing should be sheets, blanket and counterpane, never "comforters," or any sort of quilt that cannot be frequently replaced with a fresh one.

A few bits of charcoal placed about a room absorb evil gases. Some coffee beans burned on a piece of paper deodorize a room.

Unless one can have all the liquid he wishes to drink, offer him only what he may safely take. One is better satisfied to drain a glass than to have it taken away partly full.

Above all a nurse should be careful, not a "talker," calm and firm.

These are only a few of the notes one of the girls in the training school I visited the other day let me read from her scrap book.

More anon.

Yours devotedly,

Boston.

DINAH STURGIS.

CITY AND CARNIVAL CHIMES.

Owing to our having to go to press on Thursday it was impossible for us to record the progress of our wonderfully successful Carnival beyond Wednesday evening. We now present our readers with a brief *resumé* of the rest of the entertainments.

The fourth day of the carnival opened with delightful weather, but Cogswell's prediction that a rainstorm was brewing proved correct, as most of his predictions do, and in the afternoon there was a heavy shower accompanied by thunder. The fog which was stealthily creeping up the harbor was met by the strong northerly squall and ignominiously driven back and dispersed, leaving the atmosphere clear and bracing. This conflict of the elements, to those who were fortunate enough to watch it, although not down on the programme, proved as interesting as any of the struggles provided for, and best of all, insured bright skies for the balance of the day and a clear moonlight night. The numerous excursion trains into the city brought thousands of visitors, and all day the streets were filled with moving throngs. Hollis Street in the vicinity of the hotels being the busiest of busy centres. In the morning there was the usual excursion on the harbor, and the visiting Pressmen were given a drive through the park and to the head of the Arm. In the afternoon the game of base ball on the Royal Blues' Grounds had to be postponed on account of the rain, but the Amateur Athletic sports on the Wanderers' Grounds were proceeded with and witnessed by a large concourse

of people. The long programme of sports was gone through with, the events of most interest being the running races (where Tracey succeeded in breaking his previous records), and the Bicycle races, the five mile race being won by Shand of Windsor. But the great event was the Torchlight Procession by firemen, manufacturers, trades, athletic clubs and Oddfellows, which formed on the common at eight o'clock, and marched through all the principal streets, finally disbanding at the Exhibition Building. Never in the history of Halifax has there been such a magnificent turn out, and visiting Pressmen, who are well qualified to speak, say that "the procession," especially the firemen's part of it, had never been equalled by anything they had seen elsewhere. It would be useless to attempt to particularize all the features of the great procession, which was two miles in length, so we will only glance at a few which were especially noticeable. Our firemen can always be relied upon to get up a striking demonstration, but in this instance they fairly excelled themselves, each engine and hose company vying to eclipse the other in the novelty and beauty of the designs with which they had decorated their machines. The visiting firemen also exerted their utmost ingenuity in beautifying their hose reels, and when they were all in line and marching merrily to the music of the bands, gleaming torches, showy uniforms and brilliant displays of fireworks adding light and color to the pageant, the effect was picturesque beyond description. The athletic clubs and organizations followed the firemen and the shouts of laughter which everywhere greeted their march proved that the comical features which they had introduced to add life and gaiety to the procession were being duly appreciated. The snow shoe club tossing a dummy in a blanket was awarded by the judges the prize for the best Athletic Club display; but a decorated car, dubbed "Preston on Business and Pleasure," which was also in the same division was still more provocative of laughter. The display made by the Oddfellows was an attractive part of the procession and the trades representation which followed was decidedly creditable to the enterprise of our merchants and manufacturers who were represented, the committee awarding the prize in this division to A. Stephen & Son, furniture manufacturers. The Preston delegation brought up the rear of the procession, the gleaming eyeballs of the happy occupants of the primitive turnouts proving how thoroughly they were enjoying the fun. Thousands of people crowded the route of march, private and public buildings were in many cases illuminated, bunting waved in all directions, a brilliant display of fire-works, including rockets, red and blue lights and Roman candles, turned the darkness of night into dazzling light, and everywhere the procession was met with rousing cheers from delighted onlookers. It was midnight before the city sunk to rest, thoroughly satiated with pleasure, but glowing with satisfaction over the success of the Carnival.

Friday was another beautiful day, but there was a notable diminution of the crowd, thousands of visitors having taken the early trains for home. The base ball game on the Royal Blues Grounds between the Lovels and Woven Hose nines came off at 10 a. m. and was a splendid game, the Woven Hose winning by a score of 7 to 3. There was a very small attendance. There was also a game between colored nines at the Wanderers' Grounds, where a phenomenal score was run up and a noisy game enjoyed by quite a crowd of amused spectators.

The cricket match between the Wanderers and Staten Island eleven afterwards began on the same grounds, the Wanderers badly defeating their opponents on the first day, but owing to the rain on Saturday the match was declared a draw.

The Firemen's Tournament and Professional Sports at the Riding Grounds drew a great crowd in the afternoon and the different races between hose reels and ladder corps proved quite exciting. The Halifax firemen won in all the events in which they contested, but they had their work well cut out, and only distanced their competitors by superior skill and agility. The Stevedore team, which so distinguished themselves at the military sports, met their fate in the tug-of-war after a gallant struggle, a picked team from the Royal Artillery pulling them back inch by inch, until the goal had been won.

To the credit of Halifax be it said the walking match at the Exhibition Building and the sparring match failed to draw. The only reason for regret lies in the fact that the Royal Blues, who deserve great credit for their enterprise in other lines—must have lost money on this venture.

The game of ball in the afternoon on the Royal Blues Grounds was won by the Woven Hose by a score of 13 to 4, the Socials playing a poor game.

The concert in the public gardens last Friday evening was not quite so well patronized as the one on Tuesday, but it was more pleasant for those who were there, as the crowd was not so dense as on the previous night. The music was furnished by the bands of the French man-of-war *Arethuse* and the 63rd, the winner in the band competition. The music furnished by each of these bands was thoroughly appreciated, and the piccolo solo in the fifth number by the French band was much enjoyed. The illuminations were all that could be desired and the fire-works, although not very varied, were brilliant and beautiful.

The ball on Friday evening in the Provincial Building was a success so far as the pleasantness and enjoyability of it was concerned. As the Press tickets were only issued on Friday afternoon, when it was too late to alter our engagements for the evening, we were unable to be present. The building was handsomely decorated with bunting and plants, and the band of the West Riding Regiment rendered a choice programme of dance music. The military and naval element was present in force, but our own citizens were few and far between. Two or three young ladies "came out" at this dance, and the verdict of those who were present is that it was a very pleasant ball.