

## "GOING FISHING."

Great minds have often found relaxation in the most trifling occupations. It is a rule of some of the old religious orders that severe study must not be pursued more than three hours at a time, and must then give way to recreation. Spinoza took relaxation in watching the movements of spiders, and used to laugh heartily at their antics. Socrates, the wise old philosopher, was fond of playing with little children. "Continuity of labor deadens the soul," says Seneca. Some of the greatest achievements of genius would have been lost to the world if their authors had not been fond of stopping work and "going fishing."

## WORTH REMEMBERING.

In one of his sermons last Sunday Father McKeon directed the attention of his hearers to two facts not generally known. On the 13th of February, 1806, while England and France were at war Napoleon commanded Pope Pius VII. to expel all Englishmen from Rome and to close his harbors against English vessels, threatening, if his wishes were not complied with, to occupy Rome with French troops. Pius VII. refused to obey, saying that Englishmen were just as near and dear to him as were the people of any other nation. Then Napoleon attacked Rome, took the Pope and put him in prison where he remained for several years.

One of the Fenians that invaded Canada in 1866 had been a Catholic in his early days. He was killed at the battle of Ridgeway, and the next day his friends earnestly requested the Catholic clergy of Buffalo to celebrate the rites of the Church over him. The request was refused. Then the Fenians appealed to Bishop Timon. The latter replied that "no man can be a member of the Catholic Church and be at the same time a member of the 'Fenian Brotherhood,' or of any other diabolical, oathbound, secret society." The Fenians were buried in Buffalo, but not in any Catholic cemetery. "The Catholic Church," concluded Father McKeon, "teaches her members to be perfectly loyal to the flag of the country in which they live. All over the British empire Catholics enjoy civil and religious liberty and to day 50 000 Catholics are fighting beneath the cross on a flag that has waved a thousand years in battle and in breeze. Long may that flag continue to wave over Britain and her consorts — The Strathroy Age

## PAID BENHAM'S LIFE INSURANCE.

New York Life Did Not Wait For Him to Die by Electricity, and he is Now Acquired.

New York, June 29 — Rather than carry a risk on a policy holder who had been sentenced to death, the New York Life Insurance Company settled the other day a claim of several thousand dollars, apparently about to become due on the policy of Howard C. Benham, of Batavia, who was convicted of killing his wife and sentenced to die in the electric chair.

The payment of the insurance money to a bank up the state to which Benham had assigned his policy established a precedent, but the most interesting feature of the case for insurance men generally came when Benham got a new trial and was acquitted. Then people in the insurance business began

to wonder what the New York Life Company would do about it.

General Solicitor Hubbell of that company said yesterday that nothing would be done about it.

"The case is closed," he said, "and it was the first of the kind ever heard of in the insurance business. Benham had assigned his policy to some bank, so the payment was not made to him. Inasmuch as he was not actually dead at the time the company settled for a little less than the face value of the policy. But that was immaterial. It was a matter of a sentiment more than one of dollars and cents. The company did not like the idea of carrying a policy on a man convicted of the vilest sort of crime, and actually sentenced to death."

"If he had died in the electric chair, and there had been no previous settlement of the claim, the full amount of his insurance would have belonged to the estate just the same as if he had died a natural death, for our policies are without conditions. Suicide or legal killing does not make them void. If it is proved that the beneficiary murdered the person holding a policy the contract then becomes void, but that is the only condition ever made."

## PREVENTION OF TUBERCULOSIS.

An Interesting Article by Dr. J. J. Cassidy in The Canadian Journal of Medicine and Surgery.

To put it briefly, while the bacillus tuberculosis is the efficient cause of consumption, that pathogenic microbe will not feed on the lungs of a sound person. No more, to speak by analogy, will the streptococcus develop a tonsillitis, unless some intercurrent disorder has lowered the patient's normal power of resistance.

In attempting to arrest the ravages of the microbe of tuberculosis, the two most effective remedies are a constant supply of pure air and a sufficiency of nutritive food. At an earlier period of his life the consumptive has suffered from want of nutritive food, and probably at the same time from a deficiency of oxygen in the air he breathed, this gas being necessary to change ingested food into healthy pabulum for the blood, and also to remove effete matters from the organism. A deficiency in either or both of these principles of healthy living tends to produce a degradation in the quality of the tissues, which renders them an easy prey to the omnipresent bacillus.

Proteid food is given to the consumptive because it stimulates the activity of the organism to carry on digestion, circulation, respiration, nutrition, muscular work, and all the other processes upon which continuance of life depends. Proteid food is essential to the body: without it the powers of life would fail, and the body would perish. Then, proteids are largely digested in the stomach, and, being quickly assimilated, are rapidly changed into tissue, thus repairing body waste without delay and leaving but little refuse to be disposed of by the intestines. The best proteids are meat and eggs. When the appetite is poor and the stomach weak, a teaspoonful of scraped beefsteak, several times a day is beneficial. Eggs, preferably raw or lightly boiled, are very nutritious, and milk taken from non-tubercular cows is the best drink.

Fats promote body heat: one pound of fat burned in the body generates 4,920 calories. A diet rich in fat will moderate the amount of fuel required

to carry on the work of the body, and will, therefore, lessen the activity of the destructive processes of tubercular disease. Cream, in small quantities, so as not to cloy the hungry edge of appetite, is very strengthening in tubercular cases. The carbohydrates, viz., bread, potatoes, rice, etc., may supplement, without displacing the fats, and be used to round out the diet and prevent sameness.

Then, a great requisite is to assist appetite and digestion by gentle exercise in the open air, and by massage, or the rubbing of the body every day with the hand or the flesh brush. Patients should also be instructed to practice exercises, which excite in them efforts at deep breathing, and thus cause expansion of the lungs.

Now, as pure air, exercise and nourishing food are curative of tuberculosis, their absence has much to do with its appearance in the individual. In this province, in 1891, tuberculosis caused the death of 2,117 persons, or a rate of 1.0 per 1,000 per annum. Few, however, would admit that this loss of life, be it great or small, depended on lack of food. Dearth or starvation is rare in Ontario, but relative starvation is common enough. It may be that, owing to the influence of a sedentary life, some people do not eat meat or eggs, or do not drink milk, preferring to use bread, cake and tea. Dr. Bell, in an article entitled "Stamina," published in the June number of The Sanitarian, after stating that consumption among the negroes of the United States is more than twice as great as it used to be before the Civil war, and explaining this untoward condition of affairs by the absence of pork from their present daily ration of food, continues: "Consumption is most prevalent among those who are stinted, or who stint themselves of 'bacon and butter.' I mention these as ideal, and as before remarked, because they are the most digestible of fat foods. Other fat foods are commendable. Everybody has learned, when it is unfortunately too late, in most cases, that cod liver oil is good for consumptives, but few seem to have learned that food of the same character as cod liver oil, suitable for the table, is preventive of consumption."

It may be also that others injure their digestive organs with alcohol, and, though appearing to eat and drink a good deal, really assimilate very little nutritive food, thus starving their tissues, and, in the opinion of experts, such as Rousset, of Geneva and Lancereux of Paris, laying the foundation of that special variety of the disease known as alcoholic tuberculosis.

It is quite true that the systematized life and careful observances of a sanatorium lessen the danger of infection to nurses and doctors. The educative value of such a training to patients and their friends is also considerable, while the fact that a respectable percentage of cures results when the treatment is begun in due time is very encouraging. And yet, the prevention of tuberculosis would be more complete, or to put it differently, a greater number of the population would not become candidates for tuberculosis, if parents would provide suitable nourishment for their children, and if teachers would explain to their pupils the nature of the different foods, and the reasons why some of them are more nourishing than others. Children should be taught to use butter, cream, bacon, eggs and milk, to avoid cakes and soft bread, and to prefer hard

bread and biscuit, the mastication of which helps to keep the teeth in a cleanly and undecayed condition. The necessity of breathing pure air should be constantly placed before them, so that, in after life, they will not tolerate rebreathed air. Boys and girls should be encouraged to continue taking exercise after leaving school. One of the chief advantages of the bicycle is that the rider takes his exercise in the open air. When tuberculosis has once firmly grasped a man's lungs he may breathe pure air from his reclining chair on the veranda of a sanatorium but he need not have visited the sanatorium had he developed his lungs by tramping over the hills or riding over country roads, avoiding crowded assemblies, in well-ventilated rooms and the office or the shop, where the windows are never opened. The air of Canada is as pure as that of any country. We need not, in winter, and shutting ourselves up in unventilated rooms, we enjoy the warm, rebreathed air. It seems rather late in the day for a patient, who is attacked by tuberculosis, to reform his habit in this particular, and yet a change to breathing pure outside air has in numerous instances, accomplished cures of consumption, unattainable by other means. Suitable food is necessary in preventing tuberculosis, but whether it be the cold air of January, or the warm air of July, pure outside air is equally necessary for the patient.

Physicians should be logical, and become teachers of medical science, to their patients, showing the importance of fresh air and nutritious food in preserving health and preventing tuberculosis, instead of merely utilizing these agencies to cure a disease which has already undermined a patient's health. By establishing such a propaganda, fewer prescriptions would be sent to the pharmacists, but the butcher would sell more meat, the grocer more butter and eggs, and perhaps we would not hear so much educated talk about Christian Science and the faith cure.

It honors are to be divided for the prevention of tuberculosis, we would say, give full praise to the sanitarian, who disinfects the nests where "the companions of death" lie in waiting; but be just to the parents who give to the State well-fed boys and girls, to the teachers, who train children to live wisely and well, and to the statesmen, who, by lengthening the era of good times, scatter plenty over a smiling land, and restrain the development of a disease whose taproot is malnutrition.

A woman's responsibility when left alone to support herself and children, often becomes too heavy, and she breaks down. Then the entire family is dependent on charity. A wise husband prevents the possibility of such misfortune by procuring membership in the C. M. B. A.

It is a source of great consolation to me to find this beautiful society, the C. M. B. A., here, united as you are under the protection of your Holy Mother, the Church. There is no fear of going astray, you are sure of that under the direction of your beloved Bishop and priests. I am sure the blessing of God will be upon you. I hope the Association will soon be spread throughout the island. A branch should be established in every parish. I know it will bring blessings on the places where it is established. —Mgr. Falconio.

Present your bride with a Policy in the C. M. B. A.