## THE VICTORIA WEEKLY COLONIST, FRIDAY JANUARY 19 1894.

12

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dulge in fresh meat.

Breeders of Confirmed Dyspepsia.

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Sunga Maing

Y THE abominable buck-

wheat cake I mean to ex-

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think hot griddle cakes

stand in the front rank.

# TEACHERS' INSTITUTE.

The Minister of Education Addresses a Successful Gathering of School Workers.

A Highly Interesting and Practical Address-The Normal School Question.

The World contains the following report of the address delivered by the Minister of Education on Tuesday afternoon to the Teachers' Institute at Vancouver.

Mr. Chairman, Ladies and Gentlemen consider myself fortunate, in that my luties as Minister of Education have affordduties as Minister of Education have afford-ed me the opportunity of meeting so many of the adjutants of my department at this very pleasant social gathering in the fair city of Vancouver. Sociability is an im-portant factor in the conduct of human affairs; from it, indeed, many of the bless-ings of this life take their source, and it is therefore our duty to cultivate sociability as a necessary part of a healthy existence. From an educational point of view, a social gathering of teachers should be productive of much good, because, to use a scientific gathering of teachers should be productive of much good, because, to use a scientific simile, just as in chemistrythere are certain elements which produced that a partial effect when acting alone, but which, brought to-gether in due proportions, become of the greatest service to society, so it is with the instructors of youth. The mingling together of their ideas, their experiences, and, let us hope, their noble aims, must give a har-monious character to their future actions which cannot fail to be beneficial to the leth, but now let us look at the facts. The British workman or peasant is a far greater if slave in reality than was the peasant or serf of the thirteenth century. The serf or vil-lein of the thirteenth century was assured of plenty of good food, good clothing and shel-ter for himself and family all the year round without feer of intermis-sion. If he fell sick he was nursed and tended by either the Dominican or Franciscan societies, and pro-vided by them with medical comfort gratis. He had his twelve acres of good land for which cannot fail to be beneficial to the young people who are placed under their charge. The office of teacher has always appeared to me to be pregnant with awe-inspiring responsibilities, because are they He had his twelve acres of good land for cultivation and commonage for pasturing his cattle, and he had all these privileges by right, and they could not be taken from him provided he complied with the law. The law demanded that he should give a certain, but a yeary mediante events. not sculptors of the human mind, whose high endeavor should be to mould that plastic clay which lies ever ready to their hands into living images of God ? Indeed

THE OFFICE OF TEACHER

is one of the most difficult and delicate pursuits to which either man or woman can be devoted. An Italian proverb compares a teacher to a torch which consumes itself while giving light to others, and when we come to consider and to study the subtle and far-reaching force of example, to mark its effects for good and for evil upon char-acter and its consequent power of acter and its consequent power of trans-mission to generations even yet unborn, we are constrained to acknowledge that it is HE BELONGED TO HIS GUILD,

hardly an exaggeration to assert that the which gave him work and such privileges hardly an exaggeration to assert that the office of teacher may be compared with that of a deity who holds in his hands the destinies of a nation. And I fully believe that when education shall have derived full brilliance from the teach of knowledge the time will come when society will be sufficiently enlightened to consider the office of teacher as one of the true, but is he a free man? Yes, if he chooses to starve. Is he assured of good society will be sufficiently enlightened to consider the office of teacher as one of the highest, the most important, and the mest honorable to which either man or woman can aspire. The objective point in any system of education must greatly depend upon the nature of the circumstances which can aspire. The objective point in any system of education must greatly depend upon the nature of the circumstances which and into starvation. He is far more of a slave to Mammon than was the serf to his surround the young generations which are to benefit by it. For example, a system of education which was admirably adapted to lord in the thirteenth century. But then he has the privilege of calling himself a free man; that is his shibboleth. But on the ancient Greeks, whose ideal was Beauty and Art, would fail to meet the require-ments of a young country such as British Columbia, where nature has to be coerced to provide for the necessities of man. Our system of education

free man; that is his shibboleth. But on the subject of liberty I cannot do better than quote the words—which cannot be too often repeated—of that great seer into the necessities of man's higher nature, Thomas Carlyle: "Liberty is said to be a divine thing, but liberty which gives a man liberty to die of starvation is not so divine." Liberty ! Why true liberty, one would say, consists in a man finding out or being forced to find out, the right path, and then MUST BE EMINENTLY PRATICAL in order to fit our young people for that sunggle for existence which is inseparable from the nature of their surroundings, but we must not stop short at the mere sensual requirements of existence, otherwise we should be cultivating the coarser fibre of man at the expense of his higher aspirations. We must, therefore, endeavor to instil lato the mind of real states and the same. That by permission, persuasion, or even by com-pulsion, to set about doing the same. That would be his true blessedness, honor, lib-erty and maximum of well-being, and if the mind of youth such a thirst for knowl-edge that it shall not be quenched until his last sleep in the arms of his Mother Earth ; edge that it shall not be quenched until his last sleep in the arms of his Mother flarth; we must endeavor to fire his imagination with the obligations of his existence; to teach him that the performance of duty is goal of self-respect is the lifting of humanity goal of self-respect is the lifting of humanity it to a bidra construction of the section of the sectio have no doubt will be placed at my disposal by the good people of Vancouver doing their duty in assisting to return the present into a higher order of being. Now it may means, lay hold of him going well be asked, whether our system of educawrong, and order or tion in British Columbia arrives at this COMPEL HIM TO GO A LITTLE RIGHTER. high standard? I must confess that it falls But the liberty which would give to every far short of it, but the fault does not lie man the right to do any foolish thing he had lection. with British Columbia so much as it does I cannot close my address without awaka mind to, that would be putting chains and with the general system of education shackles upon the evolution of man into a higher order of being. Therefore impress ing the remembrance of teachers to that throughout the civilized world which has beautiful portion of the immortal works of the fashion. We must remember upon your pupils that true liberty consists of the maintenance of just laws for the that general free education is as yet only in that general iree education is as you only its its tentative stage, and that it must take some generations before experience can remedy defects and before results can be acbenefit of society at large, and that the head and front of those laws should be freedom to every man to do useful work at usecurately gauged. It is gradually being realized by students of the educational ques-tion that the system of frequent competitive examinations fails to create a healthy thirst ful wages. There is another important and very necessary factor in any system of education upon which I should like to say a few for knowledge. It crams the student with words, and that is recreation or amusement. a mass of facts upon a great variety of sub-In painting the landscape of life we should introduce amusements as merely the high lights of the picture, which should jects which are so numerous that it is im-possible for his young and unformed brain to be able to digest them or to absorb from them that strength which is necessary for their give greater effect to the more sober shades and we should not attempt to cover the whole canvas with it. There is a wide distheir

There is always a cause to every effect and the cause of the excess of amusement in the present age may be traced, like many another changing factor of our lives, to SCIENTIFIC DISCOVERY.

boorishness is not a sign of manliness, and that the "suaviter in modo" should always over the "fortiter in re." There are some writers on the educational question who consider that the "larrikin" of Austra-lia and his counterpart the "hoodlum" of Canada are the products of the free educational system. If there is any truth in the supposition, there could not be a graver reflection upon the way the systems of education are carried out, because true knowledge should create discipline and not mutiny. If, however, those writers have cause for their assertions, it may possibly be traced to a mistaken idea on the part of some teachers as to the practical interpreta-tion of the terms liberty and freedom which gets reflected in the minds and actions of their pupils. There could not be a greater nor a graver mistake than to suppose that the term "liberty," as applied to a nation, means that the individuals who compose that nation are free to do as they please. If Science, by means of machinery, has enor-mously increased man's power of produc-tion, and consequently his struggle for ex-istence is proportionately mitigated, and he has more time at his disposal. The new order of things has come upon him so rapid-ly that he has quaffed the cup of pleasure too deeply, and is now. let us home are proaching a transition state top of pleasure proaching a transition state towards sobriety. Speaking in a collective sense, it is the duty of a man to expend a certain portion of his daily labor in producing the necessaries of his own avistence and the portion of his daily labor in producing the necessaries of his own existence, and the balance of his daily labor is intended for society at large, of which he forms a part. This is one of the obligations of his exist-ence, therefore, the extra time which science has placed at man's disposal is not intended to be squandered on amusement but squandered on amusement, but upon the betterment of the rather

human race, and when we consider the large portion of that race whose faculties have been stunted and whose senses have BLIND BUT DANGEROUS IGNORANCE; it is a shibboleth with which men too often try to conjure and fail miserably. For ex-ample, you commonly hear people in the present day express indignation at what was called the seridom of the English peasantry in the early feudal times, and they exclaim with uplifted hands, "Thank God, we have no such alavery now !" This is the shibbo-leth, but now let us look at the facts. The British workman or peasant is a far greater been degraded by centuries of neglect and suffering, it should awaken our consciences to the plain duty which lies before us; it should remind us that we are still advancing through the black empire of necessity and night-struggling for the ascendancy of man's higher nature, a goal which we shall never reach by making the world a playround But there is no reason why the fulfillmen

of our obligations should not be accompanied by cheerfulness, and a useful means to that end in the education of our youth is the culend in the education of our youth is the cul-tivation of a taste for sisthetics, or what Herbert Spencer calls the "efflorescence of a civilized life." Nature whispers this advice to us in her beautiful adaptations of color and we must beware lest our studies alienate from nature of which we form an important from nature of which we form so important a part. MUSIC, PAINTING AND ALL THE ARTS

cannot fail to produce a refining effect upon the mind, and to help us to live completely for is not art the mirror of nature. The law demanded that he should give a certain, but a very moderate amount of labor every year to his lord; that he should not leave the precincts of his manor, nor marry outside the manor without per-mission of his lord. He accompanied his lord on military expeditions, but this was voluntary rather than compulsory, as the young men of those days were keen for such service. Then, again, take the artisan of caution teachers to keep a careful watch for the grovelling student, who locks upon the prosperous American farmer or meeducation simply as a means of furthering his money grubbing greed. Turn him, I pray you from his pitiable ways, and endeavor to lift his soul out of the mire of its selfishness by showing him the cleanliness of pure knowledge. I have endeavored to point out the grave

I have endeavored to point out the grave responsibilities which attach to all teachers of the young, and the consequent power which they wield, but the aphorism quis-custodiet ipsos custodes suggests to us that there is a glaring deficiency in the organization of our Educational Department in British Columbia through Department in British Columbia through the absence of a Normal School for teachers. There are many of both sexes who can pass splendid examina-tions, and yet wanting in these faculties, which are absolutely necessary to the ef-ficient teacher, and it will be the object of the Normal school to compare the there being the Normal school to search for those high qualities in the teacher which are likely, through force of example, to raise the pupils in the scale of humanity; qualities which are far more important in the formation of character than mere book learning. I feel that I shall have the sympathy and assist-ance of all the teachers in British Columbia in this effort to raise the standard and in this effort to raise the standard and esprit de corps of their calling. Fortunately we have ready to hand in the splendid build-ing of the High school of Vancouver ample space for the first formation of a Normal school for teachers, and I shall hope soon to have my hand at the plough cultivating this all important field of our educational system. I have said in the early part of my address that it is important to dive address that it is important to give PRACTICAL INSTRUCTION

to our young people, and I hope to be able to establish instruction in domestic economy, cooking and sewing for the girls, and prac-tical mechanics for the boys of the Province. Good and wholesome cooking is not only conducive to health, both of mind and body, tion of a mother of a home. The organiza-

THAT DEADLY ENEMY, makes them want rich food and that in a short time the desire would pass away, and simple food would give as much A FAMOUS AUTHOR SAYS THE BUCK WHEAT CAKE IS ABOMINABLE.

pleasure in the eating and would leave them with honest appetites for every meal. All that you do not assimilate is so much injury to the system, and I defy A Breezy Attack Upon Injudicious Diet. any set of digestive organs to assimilate Did Satan Put the Frying Pan Into hot bread, sirup, pickles, fat pork and Hands of the Young Housekeeper! tough doughnuts at an early morning meal

[Copyright, 1894, by American Press Associa-Those who live through such a diet live in spite of it, not in consequence of it. They must have iron powers within. They would be giants and sons of Hercules if they used a reasonable diet, and would be heads and shoulders above heir brethren both in strength and size. When men are in training for athletic contests, you know the diet they are put apon. Bread and meat, a few vegetales, no sweets, no liquors, no cigars. I really should think it would pay a young fellow to make the best of himself at such a little sacrifice. It must be such a pleasure to be alive when one is in thoroughly fine trim-every wheel and axle of that splendid machine, the human body, in perfect working order.

> AN AMATEUR SAMARITAN. What Her One Visit to a Poor Family

Miriam Coles Harris

Is it not extraordinary how little people ever seem to consider what is best to feed Taught Her their children with, what will make best She was a society girl, frivolous, dainbone and muscle, best blood, produce ty, spoiled. She fell in love with the greatest vitality? The farmer studies new curate, and often as he sipped tea what will produce these results with his in the drowsy, violet scented air of her cattle, but for his family there seems to drawing room he talked to her of her be but one standard-they all eat "what duties to the poor. She was touched.

She began to talk of having a mission, All indigestible things that can be conof feeling herself fitted for higher things cocted-pies, doughnuts, hot breads and than fashion afforded. She began to cakes, pickles, sweetmeats, nuts, strong wear black and walk with her eyes low-

ered. the prosperous American farmer or me-At last she was attracted to help a poor chanic. Sugar, eggs, butter, coffee and family on Avenue A.

tea, luxuries that the prosperous farmer Secretly she set out on a bright De or mechanic of other lands deals out to cember morning, marmalade in a small his household with a sparing hand, or demonogrammed bag, her heart beating nies them altogether, here are no longer fast, but a comfortable feeling surging regarded as luxuries, but as necessities. through her that the world was a little It is entirely a matter of education and better for her having been born. of prejudice, and one is surprised to find

The smells on Avenue A upset her a that the farmers and the mechanics little, and with inward qualms she redraw the line of their economies at fresh gretted that she had forgotten her vinaimeat. There is no rational explanation grette. But she went boldly on, feeling of the fact that, while there is not any more and more noble as she grew ill and limit set to the supply allowed of butter white.

and eggs and sugar and coffee, it is con-At last she reached her destination sidered a distinct extravagance to in-It was a dark, ill smelling tenement. On the doorstep, where she was the cynosure "Millions for defense, but not one cent of a group of hapless youngsters, she for tribute;" millions for dessert, but wavered.

not one cent for beef and mutton. Far What lay beyond that reeking darkbe it from me to counsel any one to exness? And for the first time she began travagance, but I think, if the estimate to wonder what these people were like were made, it would be found that the she was going to visit. She became amount spent for horrid pies and pud- aware that she was about to invade their dings and murderous hot cakes and si- privacy with nothing more material for rups in any ordinary family would sup- their aid than some marmalade. Afterply the same family liberally with meats ward, of course, if she found them "derom the butcher and chickens from the serving," she intended to send provisions farm. Overnutrition is the curse of our and coal. But how would they stand population. They are not underfed, but the ordeal that would test their worthithey are illfed. They want coarser food, ness, without which possession they less salt meat and more fresh meat, fewmight (according to the curate's ethics er sweets and more fruits. Oatmeal, of charity) starve at pleasure? She dashed in wildly, groping her way hominy, wheaten grits and, above all,

"graham" bread, with plenty of milk along by passing her daintily gloved and with good meat, would make the hands over the damp walls. Oh, how children pictures of rosy health and save far away home seemed, the curate, her the tired, sallow mother from the sick blue and white boudoir, her pet dogbed, the lunatic asylum or the grave. everything! She felt in a maze of hor-It is sad that as a nation we don't ror until at last she saw a gleam of light know how to cook. The frying pan and through the transom of a door. the baking powder, Satan has put into Without pausing to question if this

the hands of the young housekeeper. He were her destination, she knocked. The has also made the piano and the sewing door was opened promptly, and before her terrifie Aves stood

#### AMERICAN NEWS.

WALLA WALLA, Jan. 11 .--- Judge Gilbert,

of the United States Circuit court, has rendered a decision for the defence in the case of the First National Bank of Walla Walla vs. H. H. Hungate, treasurer of this county. The case involved the same issue as that of the First National Bank of Aberdeen vs. the First National Bank of Aberteen vs. Chehalis county, which went to the State Su-preme court and was there decided against the plaintiff. Levi Ankeny and Miles C. Moore, of this city, refused to pay the tax of 1891 levied against National Bank stock, and all holders of National Bank stock in. and all holders of National Bank stock in. this dity refused to pay the tax of 1892. They offered to compromise by payment of 60 per cent. of the tax levied, which was refused. Last June the First National Bank brought a test case in the Federal Bank Drought a test case in the Federal court, praying an injunction restraining County Treasurer Hungate from collecting the tax, alleging an inequality in the assess-ment in violation of the National Bank Act, consisting in the fact that at the time the ent was made several million dollars of credits were not assessed. The matter came before the court in the form of a de-murrer to plaintiff's bill, which was sus-tained; practically disposing of the case. Several thousand dollars of taxes are in-

Tom's RIVER, N.Y., Jan. 10.-William Brotherton died here yesterday, aged 82. He claimed to be a spiritualist medium, and He claimed to be a spiritualist medium, and asserted that he was guided in every event of his life by his spirit friends, and although a man possessed of great wealth he lived all alone in his large house, refusing the ser-vice of either servant, nurse and physician, when dying of dropsy and old age. His nearest relative is his niece, wife of Dr. Josenh Bucharan matter of the Banjiet Joseph Buchanan, pastor of the Baptist church at Pemberton, N.J., who will probably inherit his money. MANAGUA, Nicaragua, Jan. 10. - The

volved.

allied forces under Gen. Urrutia have defeated the Hondurans under Gen. Herradoras, near Robertal, twelve leagues from the capital. The Hondurans retreated to Yuscarron, where they are now stationed.

SAN FRANCISCO, Jan. 10. - The convention called by the Wool Growers' and Wool Dealers' Protective Association to protest against the Wilson tariff bill now before Congress, which threatens the very existence of the wool interests on this coast, asembled in Pioneer hall at 10 this morning. Delegates are present from all portions of the state, and Oregon, Arizona and Nevada are also represented.

are also represented. LOUISVILLE, Ky., Jan. 10. — Representa-tive Quigley has introduced a bill in the Kentucky House prohibiting the organiza-tion or continuance of societies, the object-of which is to discriminate between Chris-tians on account of their religion. The penalty is a fine of \$500 to \$1,000, or from six to twelve months' impriment on six to twelve months' imprisonment, or both. The bill is aimed at the A.P.A.

PLEASANTVILLE, N.Y., Jan. 10.-Miss Laura Somers, a young heiress of Bethel, some six miles from here, has disappeared from her boardinghouse in Philadelphia. She became rich by the sudden death of her She became rich by the sudden death of her-parents several years ago in a railroad wreck. Miss Somers has been missing for some time, but her absence has been kept-secret by her Philadelphia relatives. It is thought by friends here that the relatives believe she has been placed in a private asylum to get her money. asylum to get her money.

BALTIMORE, Jan. 11.—A cablegram from. Rome to Cardinal Gibbons, dated to-day, announces the appintment of Rev. P. J. Donahue, rector of the Cathedral, Balti-more, as Bishop of Wheeling, W. V. This vacancy was caused by the appointment of Bishop Kane, the former incumbent, as co-Adjutor Archbishop of St. Louis. The

Bishop elect is 44 years old, and was born in England. WASHINGTON, Jan. 11.-The returns of the condition of savings banks in the State the condition of savings balks in the Source of California, exclusive of San Francisco, show the reserve to be thirty-three per cent., and loans and discounts \$10,486,000; individual deposits, \$8,985,000, and lawful

### "IN STATU Q

Proposal to Organize a C Government for Hav **Upper Chambe** 

What Theophilus Davies **Opposition** if the U.S. for Annexatio

SAN FRANCISCO, Jan. 13 .-SS. Co.'s steamship City of Pe ed from Honolulu with adv instant.

HONOLULU, Jan. 5. --- Minist turns to Washington per s. He has been for two weeks in ence with his Government. last evening expressed himself come much impressed since hi the strength of the evidence November, Minister Willis possess authority to use the n restoring the Queen. While tian of the instructions sent Willis by the Corwin seems fact that after that time he use force, it is still more ce caused it to be understood by a he would use force. Joseph ( Queen's trusted adviser and co he Corwin came gave to his ney L. Carter, private warning on to beware, as the naval forces point of landing to restore Charles had his rifle ready to J. O. Carter unquestionably h he was saying. Much interes about Willis' long letter of 1 which the President withhold gress. It is generally believed the Queen's revelations of her refusing elemency in terms and refusing clemency in terms so ther that its disclosure would cordiality of subsequent relati The recent correspondence Dole and Minister Willis was stance in the United Press d January 1. That corresponde tinued by Mr. Willis demandi ing of the term "menacing something equivalent, which The terms of the answer made Dole have not yet been learned ernment has renewed the serio tion of the often discussed ques ally organizing the Governme permanent constitutional form, possible that parliamentary for dopted at an early date.

The Star yesterday advocate lishment of an Upper House, property interests and posses powers, with a Lower House t with a wider suffrage, all voters write English. This would exc the Asiatics. In the Honolulu Bulletin, or Theo. Davis scores President Do

touching upon the vital p touching upon the vital p by President Cleveland, who "the Provisional Governmen established by the Hawai nor with their consent or acqui has it since existed with their co Davies concludes : "That power States) will never consent to rec States) will never consent to re States) will never consent to reg tates of honor and the laws of n lower earthly authority than th innamed about to what r alone visional Government appeal." The Honolula drug stores he stock of bandages on hand, preq pectation of that fight which Mr met heire of

pectation of that fight which par not bring off. The United Press corresp Honolulu, writing under date of says: "Since our last news Warrimoo on the 1st, all has h The Government has removed bags from the verandahs of the building, whence sharpshooter pick off the attacking naval fore ress order the Que force no resistance would be The sand bag defenses on the left against a possible Royalist in The Government has small fear of attempt, but remain on the alert Theophilus Davies, Kaiulani' writes to the Bulletin of the 3rd solemnity of "the decision of the erament delivered through th Christian gentleman, who declar spoke with a deep and solemn gravity of the situation and in the by the authority of the United America. The President's state with it the stern condemnation and women who have suffered th be led by whatever arguments h fered into an effort to subvert a On the annexation side then prevail a disposition to see f ments in Mr. Willis' demands. yesterday declared his entire that Congress will be subservi President's will, and will restor by force. Mr. Davies' personal of Mr. Cleveland's views entit ons to great weight as experien fully proved. The last edition of one of the Sa papers contains following t Honolulu, Jan. 6. - Ex-queen Honolulu, Jan. 6. — 6x-queen an has entirely abandoned all hope gaining the thrown of Hawaii, perfecting arrangements for brin against the United States for a sum of money. Such is the sta heard here to day shortly before of the steamer Australia comes from a source which mak lutely trustworthy, and it is be before the pert here will for San Francisco will become more or l property on the islands. The the ex-Queen now in the United ed her that American ser erally is against her restoration the annexation of the that all further efforts on to regain her lost pos be utterly useless. Acting information, and in view of the stand taken by the Provisional G Queen Liliuokalani has 'con abandon the struggle to restore 1 on the struggle to restore ditions, and will seek pecunia a suit for heavy damages as American Government. Her act taken upon statements made in h President Cleveland in his messa gress, by Secretary Gressham in President Cleveland, by Co Blount in the report of his inv and upon the further fact cognizing the justice of t and acknowledging that a wron done her, the United States end induce the Provisional Governmender in her favor. The claim f render in her favor. The claim f will also be made upon the grou was deposed solely by an armed United States, acting under the direction of Minister Stevens. known among leading Royalist presentative of the ex-Queen lef ago for San Francisco. He was to open negotiations with the St

FUTURE DEVELOPMENT AND APPLICATION.

tinction between amusement and happiness which may be defined by stating that a man These frequent examinations excite, but they do not nourish, the mind, moreover they tend toward conceit in knowledge in-stead of humility. Socrates, the greatest sage who ever lived, when asked upon his deathbed, to what conclusion big more which may be denned by stating that a man may experience happiness doing his duty in performing disagreeable work, but he could not feel amusement in the performance of the same act. I think it was Tallyrand sage who ever lived, when asked upon his deathbed, to what conclusion his great learning and vast experience has led him, replied, "It has taught me how little I know." Again, these oft-recurring examin-ations have a tendency to induce teachers to measure the amount of their success by the number of marks their pupils may gain, in-stead of by the amount of that kindled light which should never fade in the young and who said that a specific for securing happ ness was "a hard heart and a good dige tion.". But if such a carnal standard o happiness were to be generally adopted I fear the space of the transition state of man between Darwin's ape and an esoteric angel would be prolonged indefinitely. Happiness does not necessarily demand absence from which should never fade in the young and pain, it stands

which should never fade in the young and untrained minds. Under the present system of education, when a student reaches the sge for leaving school his mind is too often exhausted by fre-quent examinations; he feels as though he had already touched the goal of education, and that there is no necessity for further effort. This is altogether an un-healthy symptom, and it should be replaced by a system which would give strength and desire for further explorations along the manifold paths of knowledge. There is a point I should like to impress most strongly upon the teachers, and that is the import-ance of keeping prominently before the minds of their pupils the absolute necessity for discipline, and that it is the aim and object of education to discipline the mind in order that, in its turn, it may be eashled to discipline the body, which is its temporary home. There is a dignity and pride in obedience, which can only be fully appre-ciated by those who have fitted themselves to be worthy of command. ation, and that there is no necessity for to be worthy of command.

DISCIPLINE IS THE FRIEND OF ORDER

Plato, where in his Allegory of the Soul, he divides the passions, which are supposed to draw the human chariot into two classes, heavenward and earthward, typified by the white horse and black horse respectively. He does not re-commend that the black horse shall be discarded, but rather that it, as well as the

white horse, shall be guided and controlled by the charioteer. You, O teachers, are charioteers of human chariots, aud when you sit at your desks and look upon the go any farther; it wants to lie down and young faces before you remember that you rest. Then the driver whips it up, gives held in your hands the reins of all the young it a tonic or more food, and it struggles passions of your pupils, to guide and control them heavenward as well as earthward. It is a very grave responsibility which de-mands on your part many sacrifices, as well as patience, temper, self-denial, earnestness, and your only reward must be the inne usness that a noble crown is, and upon this earth must forever be, a crown o

If anything that I may have said to-night shall help you to wear your crown nobly, then indeed I shall be more than grateful for this, my visit to the fair city of Vancouver Loud and continued applause followed the

. UPON A MUCH HIGHER LEVEL. Witness the happiness of a suffering mother in the welfare of her children. Now thereon In moving a vote of thanks to the Minister of Education for his able and masterly address Mr. H. M. Stramberg, of New Westminster, said that the address was the thought and the accumulated experience of mother in the welfare of her children. Now we descend to a much lower level when we come to define amusement, which is merely a tickling of the senses; it is refreshing, in-vigorating and necessary, but so is a bath, and yet we would not care to dwell perma-partly in the land of Mash a life time. He was specially pleased with its tenor and the excellent matter it con-tained. He was gratified for the remarks nently in the land of Moab. We are all of us familiar since our childmade in reference to the establishment of a Normal school in Vancouver. He had often hans the doughnuts. Now, these things how with the old adage, "all work and no play makes Jack a dull boy," but "all play and no work makes Jack a mere toy." Now and no work makes Jack a mere toy." Now and no work makes Jack a mere toy." Now there must be what Confucius calls the "golden mean" between these two ex-tremes, and it is a problem in education to find it out. That the problem remains un-thered in the present age there is little doubt, as we find amusement carried to such an extreme by the rising generation, male and female, that a strong disinclination is manifested for any steady or systematic work. Football is an admirable game, pro-vided it does not make a boy's head as surely be the result if amusement takes not

happi

ere long in Vancouver, which all now ad-mitted was the proper place for it. Prof. Whittington, of the Methodist college, New Westminster, seconded the motion in a neatly worded speech He had heard much from the lips of the Minister of Education which had pleased as well as in-structed him and the members of the insti-DISCIPLINE IS THE FRIEND OF ORDER and the foe of anarchy, and without it society cannot hope for harmony in all its parts; but the discipline must not b; that of the martinet, it must be firm without being harsh. Hoidenism in boy or girl, in man or woman, is a sign of vulgarity which gives acute pain to a well-balanced mind; it is like an inkling of what the nether world might be; therefore impress upon the young lads that roughness of manner or

machine of more interest to her than the oven and the broking iron. The children sleeved, shock headed individual. wear clothes out of Harper's Bazar and eat food that contributes neither to their Government to power at the next general health nor beauty. Hot breads and sweets actually burn up the stomach. givin, starvation faced lady visitors to

grown it is a confirmed dyspeptic. In no other land are children allowed God fearin—it's food they want and fire, sweets as they are here.

indigestion affects one. It is not neces- Bible, as I thought. Lave thim both be sary to have pain, to feel a weight of hind ye next time, ma'am, for we haven't lead. More often a stomach that refuses to assimilate the food put into it ex- other. Now go-go, I say, before I set presses its revolt by a feeling of excessive the dog on ye!' weakness.' The poor, jaded beast can't And the so

on a little farther, and finally breaks ed man's remarks seriously to heart, de down and goes to the wall. It is foolish to think that that sense of weakness comes from a want of food. It comes from too much food, too rich, too concentrated, too nutritious.

Why, what an outrage we are putting upon nature in giving it such quintessence of nourishment. If the human body yielded to the efforts of man to improve upon nature, it would grow up

into the sky. But instead it has been growing smaller and smaller as the cenchairman, in his words of praise of the had better have been trusted to feed what she had brought forth. At this

moment the healthiest nations of the world, I believe, are those who live the simplest lives and eat the coarsest food under the open dome of heaven.

Horses are foundered by overfeeding. Human beings are as much injured by it. Take an ordinary farmer's break fast-the coffee, the ham and eggs, the

haps the doughnuts. Now, these things are very nourishing, all of them-very stimulating, some of them. There is nothing of the "waste" needed for with the necessary barbarism known as healthy digestion. Everything is con- a "false set" crucifies beauty. Nothing centrated. You are burning your stom- so changes the expression of a face. ach up; you are giving it too much to

do. If you are a strong man and are going out into the cold air to active exercise, you may manage to live through it. but if you are a delicate woman, obliged to work all day in a hot, close room, 10

to 1 you don't get on with it, but find yourself ill with a headache and unable to eat another meal that day.

A simple breakfast of oatmeal and milk, an egg and some graham bread would be a burden that your digestion

could carry, and that could be assimilated by ordinary powers. If people would only be induced to make the experiment, they would realize that habit

rawny, "I want to see Mrs. S.," she faltered.

He eyed her. "I know ye. Yer wan of thim tract

The power to digest decreases as the the poor, ain't ye? Much good ye do years go on, and by the time the child is thim, ma'am. The poor don't want ye,

There are unnumbered ways in which bag? Let me see. Ah, jelly an a heart fer the wan, nor stomach fer the

And the society girl departed. It didn't matter that, as she learned after-Then the driver whips it up, gives ward, she had been interviewed by the wrong person. She took the shock headspite the curate's philosophy, and when she went again to Avenue A she was accompanied by a maid, who carried a hamper of good food to the needy fam-

ly. Moreover, while she talked to poor, hollow cheeked Mrs. S. and held the baby, she heard from below the rasping of the shovels that poured in the coal she had sent.

"You see, Molly," she said to her chum next day, "I think it's better to feed them when they're hungry, whatever their deserts, and rouse them to help themselves afterward. My one visit taught me that." KATE JORDAN.

Points Worth Noting.

Don't fail to move about at an evenng party. Airy commonplaces are in order, and nothing is more hopeless to

a hostess than the woman who settles heavily on one particular seat and waits for others to entertain her.

Don't forget to give a religious attention to the care of your teeth. That woman who from carelessness lets her teeth decay and fills her mouth at last

> Women always show more taste in dorning others than themselves, and the reason is that their persons are like their hearts-they read another's better than they can their own.-Jean Paul.

Woman is like the reed which bends to every breeze, but breaks not in the tempest.-Whately.

Woman's function is a guiding, not determining, one.-Ruskin.

Woman, last at the cross and earliest at the grave.-E. S. Barrett,

money reserves, \$2,186,000.

CHICAGO, Jan. 12 -Ives won to-night's game in the billiard tournament at the Central Music hall, defeating Slosson by a core of 600 to 562.

### CABLE NEWS.

PARIS, Jan. 11.-M. Dupuy, who was elected President of the Chamber of Deputies at the last session in succession to M. Casimir-Perrier, was to-day re-elected President. Out of 357 members, M. Dupuy eceived 290 of the votes cast. ROME, Jan. 11.-If Sicily remains as quiet

as at present, General Morro de Laverino, commander-in-chief of the island, will start Shortly on a tour of the island. During the recent rioting in Misileri, Sicily, the mob drove out the troops, killing six and wounding twenty. The troops then re-entered the town, killing and wounding the rioters by scores. The troops remained torious.

AMSTERDAM, Jan. 11,-The skating tour-

ament at Sewelle was continued to-day. Kingma, the Dutch champion, won the 500-Alligna, one Dutch champion, won the out-metre in 51.1-5 seconds. The ten kilometre race was won easily by Hagan, the Nor-wegian champion, in 18 minutes, 51 seconds. Kingma was second. Hagan has won by his work here the championship of the world. LONDON, Jan. 11 .- The attack of influ-London, san. II. Ine attack of inite enza from which the Earl of Kimberley. Lord President of the Council and Secretary of State for India is suffering, has developed into a serious case of bronchil

ROME, Jan. 9.-Last evening troops were compelled to fire upon a mob gathered about the office of the mayor of Corato-making disorderly demonstrations. Seven rioters were killed and many wounded.

### **Eyesight Saved** After Scarlet Fever, Diphtheria, Pneumonia

and other prostrating diseases, Hood's Sarsaparilla is unequalled to

thoroughly purify the blood and give needed strength. Read this: "My boy had Scarlet 6 Fever when 4 years old, leaving him very weak and with blood poisoned with canker. His eyes became inflamed, his sufferings were intense, and for 7

and.

weeks he could not even Clifford Blackman. chirtord Blackman. open his eyes. I took him to the Eye and Ear Infirmary, but their remedies did him no good. I began giving him Hood's Sarsaparilla

which soon cured him. I know it saved his sight, if not his very life." ABBTE F. BLACK-MAN, 2888 Washington St., Boston, Mass.

HOOD'S PILLS are the best after-dinner Pills, stion, cure headache and biliousuesa.