

despised." If an A.D.C. is horsey, none can enter the charmed circle of the first set unless those who smell of the stable. What is the prime object of vice-regal balls nobody has, perhaps, even stopped to enquire, and the good they do eludes analysis. It may be they are as useful when they give offence to politicians and a sense of importance to small people, as when they evoke a chorus of irrational eulogy, taken by which, Parliament relaxes its hold on the purse strings, and allows for the court extras from \$30,000 to \$50,000 a year more than is necessary or right.

Ottawa is not as gay as it was in Mr. Mackenzie's time and the earlier days of the present Government. Several families are in mourning. In the days of Reform rule the wife of the Prime Minister entertained Tories as well as Grits, and other ladies followed her example. There are a few houses in which members of the opposing factions still meet under the same roof, and at the dinners at Rideau Hall, and at those given by the Speaker of each branch of the Legislature the wolf lies down with the lamb. But, as a rule, the cleavage of politics regulates the social cleavage.

At all gatherings above the size of a family party there is sure to be some distinguished-looking man who turns out to be a member of the Civil Service. His wife is equally distinguished-looking, and always pretty. There are several such interesting pairs, and if you enquire through whose influence the capital has been thus enriched, the name of some Minister is the answer. There is hardly a Department where some promotions have not taken place, dictated by the social rather than administrative qualities of a Minister. Nor is it easy to condemn him. When he is seated at dinner near a pretty woman, and whispers a compliment, she smiles bewitchingly and requests a place for her husband, or another step. What is he to do—especially if he be a gallant Anthony from whom a woman never had the word of nay? More embarrassing still—suppose one day he finds her in his office, and in tears, what reply is possible but that the dull officer for whom she pleads, with wifely devotion, shall be pushed on? It is not every statesman can behave as President Lincoln did on a like occasion. At Ottawa a fond wife with a pretty face and an enterprising disposition can accomplish great things for her husband, and sometimes for her friends. People of this class become most devoted politicians. If the Grits are in power, who so thoroughly hate the Tories? If, on the other hand, the upper dog is Tory, how eloquently they vituperate the Grits? In the midst of their philippics one hears "dear Sir this," or "dear Mr. that," uttered like pious ejaculations.

Lady Mary Wortly Montagu embodies in a vigorous epigram the idea that whereas our fathers, born slaves, bought freedom with their blood, their offspring, inheriting freedom, vote for bondage. In the face of what we know of the past and present it requires no small amount of optimism to entertain sanguine hopes for the future. Wherever we look on politics, and in whatever shape, there we behold men courting slavery. For a member of a party to show more regard for the public interest than for the nod and wink of his chief is a deadly crime, and whoso has the courage and patriotism to take the upright course, finds he has to endure more than the "short-lived fury" of his leader, or that leader's underhand resentment; his fellow-slaves on the plantation, to a man, turn on him for daring to resent the whip under which they complaisantly cringe. There is, indeed, no crime like this, while abject subjection covers a multitude of sins. The very decalogue has to give way to the interest of party, and if a prominent party man breaks a commandment or two the rank and file are expected to wink hard. Even at a scandalous dish of tea, should anything having a political bearing arise, an aberration towards an honest opinion is marked by bated breath. Yet there have recently been symptoms which seem to indicate weariness of the complete distrust of generous motives, of a system, in a word, in which treachery is a cardinal virtue, lying an accomplishment, and truth a jest. HENRY MILWARD.

HOW TO CURE A COLD.

How to cure a cold is a question that interests most people, especially in our changeful and uncertain winters. And the amount of work-producing power drained from human systems through perpetual colds and catarrhs, as well as the quantum of discomforts and lassitude, must be something considerable in the course of a winter. To all sufferers in this way, Dr. Page, in the *Popular Science Monthly*, brings a welcome message. They need not suffer for a day, or at any rate for more than a day, if they will but follow his advice; and his remedy, or rather remedies, are so simple as to be within every one's power. They are just starvation and fresh air.

Dr. Page's theory of a cold is that it is either caused by improper food, resulting in some degree of indigestion, or by some shortcoming in the

matter of fresh air, accompanied by a similar disturbance of the digestive functions. To prove this, he has tried a course of the most severe experiments on himself—*suicidal*, most people would call them—and has found that when living on one simple meal per day, or at most two, and supplied with abundance of pure air, he can bear with impunity an amount of exposure to cold and wet, and even to the influence of damp garments which, by all ordinary rules, should have "given him his death of cold." His experience is certainly corroborated by that of most "campers out," and others who, while living an absolutely open-air life, have been able to brave all kinds of exposure with impunity, whereas, when they returned to the "snug" in-door life of the city, a very slight cause is sufficient to bring on a severe cold. In the former case Dr. Page would attribute the immunity not merely to the open-air life, but also to the amount of exercise taken in such circumstances, rendering it probable that the quantity of food will not be in excess of the power to digest it. For he contends that people in general, whether the absolute quantity of food be much or little, are apt to eat relatively more than they are able to digest, or eat food of an unwholesome quality. His own professional experience is, "I have rarely known a person to become sick except as the direct result of some degree of fear of pure air and fearlessness respecting the influence of impure food. Whatever else may have contributed to the production of his disease, it is seldom, indeed, that these may not truly be regarded as the principal causes." If the draught of cold air brings quickly on the several symptoms of a cold, it is probably only bringing out the internal derangement produced by previous over-heating or injurious diet. According to him, "high living" is one of the chief cold-producing agents. He cites the case of a family who invariably had colds when they dined on roast goose! He himself used a diet "mainly of fruit and cereals" while practising on himself the "heroic treatment" referred to. His prescription for prevention and cure is simple enough. For prevention, abstain from wrapping up, from "sweltering clothes," from living in an over-heated atmosphere, secure plenty of fresh air, and partake *moderately* of a simple and nourishing diet, not going farther in this respect than *relish* or appetite indicates as safe, for he regards as most injurious all devices to "tempt the appetite." For cure, when the first familiar symptoms of a "cold" appear, "skip a meal" altogether, if necessary two or more, and by thus giving the digestive system a rest, enable it to turn off the disturbing cause. To "stuff a cold" he says, is simply, to make it necessary ultimately to "starve a fever," because, far from increasing the physical power of resistance, it is simply adding fuel to a fire already kindled which is consuming the vital forces; and if the process is only carried far enough, the patient will die. Of course his system implies disapproval of alcoholic remedies, *a fortiori*.

Like all general principles, the principle on which Dr. Page bases his treatment must be modified by circumstances. What may be salutary in the latitude of Boston may not be safe in the latitude of Quebec. In some of our Canadian winter days, with the thermometer from seven to seventeen below zero, not to speak of Manitoba, the exposure of delicate beings to the outer air may be, and often is, death. And if rich and wholesome diet invariably produced colds, we ought to have a general epidemic just about Christmas or New Year. Possibly we have, if we noticed closely enough. However, nature always has a certain resisting power, stronger or weaker, according to the strength of the constitution; and it is impossible, in any individual case, to say when the limit is over-stepped. Enough there certainly is in the principle to make it important for all to pay greater attention to diet and fresh air, especially in our long, comparatively shut up and physically inactive winters, when the temptation is often so great to "hug the fire-side" or, still worse, the *stove*! As much open air as can be taken with safety; as well-ventilated rooms as can be secured; a temperate, not over-heated atmosphere within; and a simple and wholesome diet, would, if general, undoubtedly secure very great immunity from colds and make cough-mixtures a drug in the market. Above all, let us attend to the ventilation of our churches and school-rooms. On Dr. Page's principle, we can easily see why so many colds are caught in going to church where the "sextant" is so often deaf to the appeal for "purer air;" and our close, over-heated school-rooms must be very hot-beds of colds and their resulting maladies. As an "ounce of prevention is better than a pound of cure," it is worth while to pay some attention to this. And the cure is easily tried, and can certainly do little harm, at all events, if pursued in the first stages of a cold. If you have resolution enough to skip your breakfast, and possibly your luncheon, when you wake with a cold, Dr. Page gives you reason to expect that by dinner-time, with ordinary precaution and fresh air, it will have disappeared. Whether you are to take a walk fasting, he does not say, but it is hardly probable that he would encourage anything likely to exhaust the strength and so prevent