# NOTES AND REFLECTIONS.

THE Connecticut woman, Mrs. Phœbe Crabbe, who last weeck celebrated her one hundred and first birthday in good health and lively spirits, able, not alone in all that concerns dress, gave to The World correspondent her but also in the method of house furnishideas and rules for living long.

"Choose your ancestors wisely," as a wit | the fairly well to do and the million Meredity she very naturally put first. put it. Mrs. Crabbe's ancestors were longlived, and she was one of seven chil- says:ren, all of whom except one lived to be ninety. 'I have never taken strong drink, she said, 'except, perhaps, a sip of hot toddy on a cold night.' There is sometimes much virtue in an excep-

Furthermore, she has 'never used tobacco or snuff,' has 'always eaten sparingly'-adding parenthetically that people eat so much nowadays that they die shamefully young'-has 'always been fond of fresh air and exercise,' and has practised the old rule 'early to bed and early to rise,' though naively admitting that 'it hasn't made me very wealthy and wise.' A timely hint for mothers and for young couples is contained in her sage reminiscence that when her husband 'was a young spark, courting me, my mother made him leave the house at 9 o clock, so as I could go to bed. This late courting is killing to young people.' And still it is safe to say that a majority of 'engaged' young people would rather lose a few years after seventy than to cut short their ccurting time now!

Continuing, the centenarian remarked: 'I've never worried much about anything. Worry makes you look at trouble through a magnifying glass. Take things as they come.' Of all the rules for happy living and long lasting this is perhaps the wisest; and yet, as some people are born to worry, some achieve worriment and some have worry thrust upon them, it is a hard one for all to follow. Temperament is a tyrant. Environment is a jailer. You might as well tell some people not to breathe as

not to worry.

And after all the question remains: Is it worth while to live to be a hundred, or even to exceed the fourscore which some attain 'by reason of strength?' Is it?

The following story is told of one of the many, cool, calculating, women of business who now and again bob up serenely to show the sterner sex how many sides there are to a bargain. It is tiken from an American Journal:-

A Liverpool steam packet company many years ago wanted to extend its premises, and resolved to buy a piece of land belonging to a maiden lady of uncertain age. The spinster sold her land at a very low price, says Tit Bits, and as a set off requested that a clause should be put in the agreement to the effect that during her whole life she and a companion should at any time travel free in the company's vessels.

On the day after the agreement was signed she sold her furniture, let her house, and went on board the first outward bound yessel belonging to the company, without troubling herself about the destination.

For many years the lady lived on one ship or another, accompanied by some lady traveller, for whom she advertised and whose passage money she pocketed. She was reckoned at her death to have made over two thousand pounds by the transaction.

A case of interest to dressmakers and dry goods merchants is the following, reported by the Paris correspondent of the New York Herald:

Quite a curions decision was given on Thursday in the Third Chamber of the Civil Tribunal. A dressmaker brought suit against the Prince and Princess de Lucinge Faucigry for the recovery of 49,2271. This was the amount of a bill tor costumes supplied the Princess. It appeared that the Prince de Lucinge had fused to meet it, hence the suit. The judgment, although going against him, also gave a little check to the conturière by reducing the bill to 30,000f., the reason being that in the opinion of the Court the sum of 49,229%, was excessive expenditure for one year in view of the Princess' income. The Court also expressed the opinion that the dresumaker was at fault in not finding out whether such lavish expenditure did not exceed the resources of her client. This opens up a new prospect. Certainly it would seem to be both sound sense and sound law to make a merchant use ordinary prudence before allowing customers to run into debt to such an enormous ex-

'It is usually ignorance,' says an American authority, which makes we the same way. enen invalids. American women begin life with a good constitution and ruin it cal toy. They pull themselves to pieces. If lace or chiffon. A cape or coat without be comfortable their happy owners enter a broken down woman came to me to be a very high collar is the exception, and the floating palaces, which are drawn by put into good condition I would, first of Section to lack that chie which the high heavy weights down into the transall, throw away all of her medicines and collar gives so the wrap. nerve tonics. Then I'd turn her out of

tent. :

A n interesting theme for women is the ever-changing moods of the manipulators of things fashioning. Fashion's whims form a subject at once interesting to the poor as well as to aire's wife and daughters. An authority upon the vagaries of the Old Dame

Woman's fondness for fashion is not to be treated lightly, Fashion is a fact, and a philosopher has told us that to make a sact the subject of thought raises it. Woman undeniably meditates much concerning how she shall be clothed, so the subject is raised to one of scientific and artistic seriousness. Fashionable feminine attire in this day and generation is nothing short of the product of genius. The same philosopher taught that to genius must always go two gifts, the thought and the publication, and so if woman thinks out all her pretty frills and furbelows why should she not talk about and show them to the world?

Fashions are even more than thoughts; they are a revelation and go to make history. As soon as energy is directed on something outward, be it nothing more than a shirt waist or a last season? kirt remodelled, it becomes a thought. The relation between that made over skirt, say, and its owner makes her value apparent to the balance of womankind, and, judging by the past, its influence will be felt on into the ages to come.

Clothes may not proclaim the man, but appreval certainly goes a long way toward making the modern up to date woman and telling who she is and what

There will be dismay in the ranks of women who follow the changes of fashion, especially amongst those who invested in capes and coats last autumn, when they learn that there are many radical changes in the autumn capes and coats. The cape comes in for first consideration, since it is the etyle of wrap pre-eminently suited to the first crisp days. Women who are stout and short of stature will undoubtedly feel a pang when they learn that the short, chic cape is a tning of the past. Even the dressy little wraps designed for immediate use are either long in the back or long in front. A buyer who has just returned from Paris and London with a consignment of wraps said, when questioned about the styles, says the Fashion authority of the New York Sun :-

"Tellall womankind to get rid of the short coat and cape. The new capes have rounded fronts sloping gradually off to some depth at the back, according, o' course, to the wearer's height. A short woman will find a comparatively short cape more becoming, while tall, graceful figures affect the style that sweeps down almost to the hem of the skirt behind.

"Coats are to be worn very long also, and are cut away in front after the fashion of the new capes. Fine cloth is the favorite material for wraps this year, and in point of color tan and all of the mode shades take the lead. Most of the coats and capes are fashioned with an attached flounce of the goods, and many of tepid water. Few people can stand of the former have as many as three flounces. Plain satin and plain and figured silk in all of the beautiful bright | should not be indulged in unless a new shades are used as linings, and some | thorough rubbing be taken afterward. of the very dressy capes are lined from To speak plainly, it must be re-top to bottom with tiny frills of silk. The membered, that while a cold bath attached flources on the capes look may be more or less invigorating very smart lined with silk, but this it s no not cleansing. I can easily is a matter of choice, as thick, firm cloth

"Long coats are very much used now, not only for driving and travelling, as they always are, but also for general wear. When of fine material and well made the long coat is a stunning garment. Several years ago when it was the wrap of the season many women complained of its great weight when the thermomefer was elsewhere than at zero, but this se son finds the long coat light and comfortable in every particular."

A very few smart models in capes are tried to get his father in-law to pay the shown, says this writer. The first is of bill, and when he did not succeed repale gray cloth lined with turquoise pale gray cloth lined with turquoise blue taffets shot with white and with a frill round it set with passementerie in which the cabachon turquoise is a feature. A lovely cloak is shown in the second picture. The material is very pale good condition internally, you will be fawn cloth lined with shot glace silk anything but a pleasant object to look in fawn and rose pink and trimmed with passementerie in tones of golden brown, gold and rose. The frill is cut on the bise and is unlined.

Many of the swellest designs for dressy wear are finished with plaitings of silk and chiffon, and both coarse and fine little wrap so suited for general wear with any and every gown is trimmed with little pleated frills of the silk. A feature of this cape is the leaf trimming of fawn and golden brown velvet, sewed on a scroll design. Alternate motifs of coru and black lace are much used in

Shirred yokes are noted on some very magnificent capes, which are also drap-ed on the shoulders and finished with because they don't know how to preserve two flounces, one an attached flounce of it. They are like a child with a mechani- the material and the other a full frill of

nerve tonics. Then I'd turn her out of doors. I'd keep her in the fresh sir and sunshine. I would give her simple and easily digested food and plenty of it. You poor women have such trouble with poor stomachs. I would see that with gramment, as the wind has a chapter much at the first and the shed exercise. I little at first and this by means of arm aling, which are such at the shed when the was and clock makers are obviating this by means of arm aling, which are on the shed with the by means of arm aling, which are said are of the cape and in the shade must be difficult to please.

Independ a populo of air rech are for a waving attendants, the Persian million-waving attendants, the Persian million-waving attendants, the Persian million-waving attendants, the waving attendants, the Persian million-waving attendants, the The cape is more useful and adaptable

NE is never," says a physician, "far from a pretty good medicine chest with hot water at hand. It is a most useful assistant to the mother of a family of small children, who is frightened often to find herself, in the summer wandering, confronted by a sudden illness of one of her flock, without her usual dependence—the family doctor. If the baby has croup, fold a strip of flannel or a soft napkin lengthwise, dip into very hot water, and apply to the child's throat. Repeat and continue the application till relief is had. which will be almost at once. For toothache, or colic, or a threatened lung congestion, the hot-water treatment will be found promptly efficacious if rescried to. Nature needs only a little assistance at the first sign of trouble to rally quickly in the average healthy child, and often hot water is all that is

Those who study carefully food values say that to retain the useful element of spinach, which is the salt, it should be cocked in very little water, only so much, indeed, as will cling to the leaves after washing. Where this vegetable is served with several others, however, its cleansing property is not so much needed, and it may then be boiled in more water, which adds to its delicacy of flavor. Spinach is one of the most healthful vegetables on the list, though it is scant in nutritive qualities.

In the trying heat of midsummer s cup of hot tea is recommended as of value as a preventive against heat apoplexy. It is much better to take at luncheon on a hot day than the same drink iced. It opens the pores quickly and thus relieves any tendency to congestion. In particular, if the skin is seen suddenly to be growing dry, is this counteracting remedy of value. The old woman's notion that a cup of scalding tea was the coolest drink she knew has really a foundation in therapeutic fact. Travellers in India learn this by oftrepeated experience.

It is becoming more and more common to line the staircase wall with pic tures. On consideration, the idea is a good one from other points of view than the artistic. The climb, particularly of a long unbroken staircase, is to many persons an affair of minutes, and it is not at all unpleasant to be cheered its length by some attractive pictures. In some houses there are series of photographs along the stair, those of celebrities being more often selected than the pictures of the friands of the family.

Ruth Ashmore, a regular contributor to the Ladies' Home Journal, in referring to the benefits to be derived from the bath-tub, says :--I have said a number of times that the

most helpful and agreeable bath is that absolutely cold baths, and no matter how strong one may be such a bath understand the desire of every woman to appliqué lace or other trimming, but the coats, which vary in length from just above the knee to the ground are finished with several rows of stitching or some fancy design in stitching. once a week. The condition of the skin depends almost entirely upon the care. given to the general health. The girl who is up late at night, gives no care to her diet, indulges in various stimulants, bathes but seldom, and exercises less, is certain to have either a dull, muddy-looking skin, or one covered with disagreeable looking black and red spots. Find out exactly what suits you as to the kind and num ber of baths each week, the amount of exercise and the choice of food. Avoid many sweets and much pastry, and do not allow yourself to become a slave either to tea or coffee any more than you would to some vicious drug or stimulant,

The test of a tree Persian carpet—that used by the natives themselves—is to drop a piece of red hot charcoal upon it, which leaves a singed round spot. If the carpet is one of the first quality, the laces of good quality are employed. The singed wool can be brushed off with the hand without the least trace of the burn being afterwards discernible,

upon externally.

Of all delightful methods for ke-ping cool in hot weather the 'sinking rooms' of Persia commend themselves most to one's conceptions of the luxurious and delightful. When not required, these gilded, glass walled palaces float gracefully on the bine waters of Lake Niris, the most lovely of Persian lakes. When the heat ceases to the floating palaces, which are drawn by heavy weights down into the trans-parent depths of the lake, and with an ample supply of air from above, luxur-

Dr. Leyden, of the University of Berlin, Offers Advice.

The Result of an Interview with the Celebrated German Practitioner -- The Tactics of War Against the Dread Enemy.

THERE are scores of men and women. young and old, in this city who are suffering untold tortures from the dread and gnawing pange of rheumatism. A was recently interviewed by an American, and the result of the interview is given in an American journal. It is as i

" By hygienic living you cannot eradicate your rheumatism, but you can most assuredly so control it that your existence will be almost free from its torturing pains." That is what Dr. Leyden, of the University of Berlin, said to an American recently. To Dr. Leyden he had gone as the leading authority on rheumatism in Europe, and after having been told by many physicians that he must grin and bear his affliction with all the philosophy he might, when hope and the efficacy of drugs ebbed low, the German's opinion seemed almost too good to be true.

"We don't give any medicine in such cases as yours," said the doctor. "What you need is diet and exercise, and plenty of both. The rheumatic who lives a sedentary life and feasts daintily is bound to come to a very bad end. Hearty, frequent, well-chosen meals and much tustling about in the open air are absolute essentials to a cure. The prime cause for rheumatism is indigestion, and, though you may not eat prodigious meals, if your stomach does not assimilate what is given it you are quite as poorly nourished as the man who gets but a crust a day. As to what you can and cannot eat here is the rule: Of meats you must deny yourself heavy, dark flesh. Under this head is itemized mutton, venison, goose, and anything that is cut off a pig. Devote yourself to chicken, lamb, game, sweetbreads, brains and the more delicate fish, when simply cooked and served without rich sauces. Avoid lobster and crabs and every fried dish, but enjoy oysters and

"Of vegetables never touch tomatoes, cucumbers and all salads that have a vinegar dressing, for an inadequate stomach is busy manufacturing more powerful soid than the system can endure. Eat lightly of potatoes, dried bears or pess, and raw onions, but let yourself indulge freely in green beans and peas, carrots, turnips and well cooked greens. For all the starch your body needs rice is the proper source of supply. An abundance of well-cooked rice is worth all the bread and beans and pots toes put together.

"Strawberries, raw pears and raw apples are cut off from the rheumatic, however wholesome they may be for lothers, and strangely enough, where grape and orange juice will set a man's joints to throbing, he can help himself safely and freely to lemon and lime juice. A divine healing quality is found in the scid of both these fruits. There is but one sentence to cover the use of sugar: Don't est it in any form whatsoever. Americans make the best sweetmests in the world and suffer most cruelly from their use of them.

"Almost as sweeping a denunciation may be made of all liquids save water and milk. Beer, claret, port, and cham-pagne act as a sort of poison on the rheumatic system, and though whiskey, and brandy, gin and rum are not so injurious, if taken sparingly and at long in tervals, they are best abjured and water and milk substituted. In the past ten years mineral waters have been consum ed in enormous quantities by rheumatics in the belief that they afforded especial aid, and they are efficacious, chiefly, though, from the fact that they are very pure, and that the use of them induces a patient to imbibe an unusual quantity of sweet cleansing liquid.

"I am willing to say that where mineral waters are not easily obtained any pure water, taken at the rate of two or three quarte a day, has an equally salutary effect on the system. It must be pure, however, and filtered, it there are are any doubts about its cleanliness. This liquid, taken slowly, in small tumbleriuls, and for the most part between meals, will largely serve the purpose of mineral water. Not more than a tumblerful is wholesome at each meal, and it is best not to take the water just before or after eating or on getting into bed.

"A rheumatic must be neurished, and most especially one who has a languid appetite. Three meals a day are not enough for such a patient. Between breakfast and lunch and between lunch and dinner a fresh egg, beaten up in aweet, fresh milk, is an excellent stimulant, more valuable than all the milk punches ever devised. All these reasonable courses do not lead to a cure, though unless exercise that is regular and never stinted is taken every day. First of all, don't pretend to try for athletics or violent motion of any kind, since it is just as injurious to strain the aching limbs as to let them lie inert.

"For example, when rheumatism at tacks the knees, to swim, to bicycle or to play golf simply overtaxes the tortured nerves and muscles, but if you will take a cane and walk quietly for a mile or two, or if the weather is dry take your gun and go prowling through fields and woods in search of game, or, lacking in-terest in that, try to cultivate a taste for hunting botanical or entomological specimens, the exercise then serves as a tonic. The main point is to use the muscles regularly. In wet weather bedroom gymbatics serve; an excellent substitute for the more intellent outdoor pleasures but only in wet weather. Care must be taken never to exercise so violently that any danger is incurred from cooling off too suddenly.

"The average American puts consider able faith in baths, and naturally prefers the stimulating cold water. This is well' enough when the twinges are not severe and the joints swollen. In violent attacks of rheumatism it is most essential to. avoid cold water and substitute a hot daily bath, dissolving in the water a piece of sulphur as big as a hen's egg duch a bath may not seem so invigor ating as the cold water, but if taken rapidly, followed by brisk towelling, with no sudden after exposure for an hour to any cold air or draughts, the hot dip is as bracing as the cold.

Last on the list of aids to the rheu

matic is massage It is one of the few real side to relief in severe attacks. celebrated German medical practitioner | Amateur rubbing is often of as great in jury as genuine help, but a good Swedish masseure can belp an invalid over the hardest places, and really help to tone up the system. A rheumatic must moreover, submit to the unpleasant bondage of flanels—not the thick swath ings that the patient American, in his steam-heated house, dutifully puts on in October and wears until the 1st of June. but close, lightweight flannels, and in so changing a climate as that of the northern States every rheumatie should own several sets of flannels of various degrees of weight. These must be shitted off and on as the thermometer rises and falls so that at no time need the body be expresed or overclothed, but invariably carefully protected. This is the whole tactics of war against rheumatism, and it is the only way that modern science can assume to battle such a dire enemy to human well being.'

### MUSIC.

Music has an important influence on the whole of our emotional nature, and indirectly upon expressions of all kinds. He who has once learned the self control of the musician, the use of "piano" and "forte," each in its right place, when to be lightly swift or majestically slow, and especially how to keep to the key once chosen till the tight time has come for changing it, he who has once learnt this knows the secret of the art. No painter, writer, orator, who had the power and judgment of a thoroughly cultivated musician could sin against the broad principles of taste.

True it is, music gives us a new life, and to be without that life is the same as to be blind, etc. Music is the language of the soul, but it defies interpretation. It means something, but that something belongs not to this world of sense and logic, but to another world quite real. though beyond all definition. How different music is from all the other arts! They all have something to imitate which is brought to us by the sender. But what does music imitate? Not the notes of the lark, nor the roar of the sea; they cannot be imitated, and if they are it is but a caricature.—Professor Max

The wailing of the wind at night, the hum of insect like, the nightingale's note. the scream of the eagle, the cries of animals, and above all, the natural inflection of the human voice : such are the rough elements of music, multitudinous, incoherent, and formless. Earth and sea and air are full of these inarticulate voices; sound floats upward from populous cities to the cloudland, and thunder rolls down its monotonous reply. Alone by the sea we may listen and hear a distinct and different tone each time that the swelling wavelet breaks crisply at our feet, and when the wind with fitful and angry howl drives inland the foam of the breakers the shrick of the retiring surge upon the shingles will often run through several descending semitones.

Let those who have a devotion to the Immaculate Conception put themselves in a special way under St. Anne. It was St. Anne who opened, in the secret solemnities of that ever blessed mystery, the everlasting jubilee of Jesus and it was within her womb that God granted the first and completest plenary indulgence in the world.—Father Faber.

Even immoral people have an innate respect for real piety; they detest only sham religion. The modest and unob-trusive piety which fills the heart with all human charities and makes a man gentle to others and severe to himself is an object of universal love and veneraticn. But mankind hate show, pretence, selfishness, when they are veiled under the garb of piety; they hate cant and hypocrisy; they hate quacks in piety; they love to tear folly and impudence from the altar, which should be a sanctu. ary only for the wretched and the good

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