

three months at farthest—the citizens will hear the snort of the iron horse entering their village. The railway is to be furnished with steel rails, and will be in every respect a first-class road.—*Napanee Beaver.*

THE TREATMENT OF SEA SICKNESS.

The *Tribune* has been making inquiries among prominent physicians touching the cause and cure of sea sickness:

"What advice in regard to sea sickness would you give a patient going to sea?" was asked of Dr. Alonzo Clark.

"I should tell him to take a wash basin into his stateroom," responded Dr. Clark, cheerfully. "Then there is no remedy?"

"One remedy, yes—to stay ashore." Dr. Clark continued: "I think people will be sea sick until the millennium comes. The disorder is in a way a puzzle to doctors. It is caused by a disordered action in the brain and nervous system, and the stomach feels it as a part supplied with nerves. There is no perceptible change in the nerve tissue, but a nerve disturbance, and probably all the brain is affected. It is unaccountable that the practice of going to sea cures the disorder, although this may be owing to a circulatory accommodation. I have never made use of the various remedies suggested. Sea-sickness is modified by a low diet, and if health is much depressed the patient should keep his bed. Food should be taken as constantly as possible, and the best form is soup with toasted crackers. Any alcoholic drink will soothe some stomachs. The supposed benefit to be derived from sea-sickness amounts to very little, except, perhaps, in the case of large feeders. Of course, land sickness, caused by riding backward and in railway cars, is practically the same as sea-sickness. An instance has been related of a woman cured by wearing a sheet of paper over her chest, which illustrates the power of faith."

Dr. Geo. M. Beard said: "A year ago there was no disease of which so little was known and which was so incurable as sea-sickness; now there is no disease of which so much is known and which is so perfectly curable. It is a functional disease of the central nervous system, mainly of the brain, but sometimes also of the spinal cord, and comes from purely mechanical and physical causes, being a result of a series of mild concussions. No more benefit can be derived from it than from an attack of typhoid fever. Infancy and old age are least affected by it, and it is most frequent and severe with the nervous and sensitive. In some cases there is simply congestion of the brain. The chief symptoms are headache, backache, nausea, vomiting, pain in the eyes, mental depression, neuralgic pains, sleeplessness, and nervous exhaustion. Dr. F. D. Lento, of Florida, first suggested the use of bromide of potassium as a preventive of sea-sickness in voyages between the North and South, and it was used with good results. This had also been recommended by Dr. Parker, who carefully studied the subject. My experience had led to my developing this treatment for long voyages and suggesting bromide of sodium in large doses instead of bromide of potassium. The former is less irritating to the stomach and contains more bromine than the latter, but when not procurable bromide of potassium may be used. The patient should take thirty, sixty, or ninety grain doses of bromide of sodium three times a day a few days before embarking and keep it up at sea until the danger seems to be past. The result aimed at is a mild bromization of the central nervous system, rendering it less susceptible to the disturbances caused by the movements of the ship. There is a great difference in people about the effect, and the great point is to know when to stop taking it, avoiding an excess, and not to take too little. A few people have an idiosyncrasy against bromide, but there is little or no danger from its use if patients will carefully watch for the sleepiness and indisposition for exercise which are the symptoms of mild bromization. I have known of but one failure from the proper use of bromides, and I have here several letters from persons who have crossed safely by their use, although always sick before. Of course the drug should be taken intelligently and under competent directions, as there is a great difference in different people, and every

case ought to be studied separately so far as possible."

"What is sea-sickness?" was asked of Dr. Wm. A. Hammond.

"Well, I should call it a disorder of the nervous system."

"Is there any remedy?"

"I can't lay down rules for other people, but I can tell what I have found beneficial in my own case, and that is ten or fifteen drops of chloroform on lump sugar, and the use of bromide of potassium."

Overworking the Undeveloped Brain.

"Overwork," properly so-called, can only occur when the organ upon which the stress of the labor falls is as yet immature, and, therefore, in process of development. When an organ has reached the maturity of its growth in can only work up to the level of its capacity or faculty for work. Fatigue may produce exhaustion, but that exhaustion will come soon enough to save the organ. Repeated "efforts" may, under abnormal conditions, follow each other too rapidly to allow of recuperation in the intervals of actual exertion, and as the starting point will, in each successive instance, be lower than the previous state, there may be a gradual abatement; but even this process should not seriously injure a healthy and well developed organ. In short, a great deal of nonsense has been said and written about the "overwork" of mature brains, and there are grounds for believing that an excuse has been sought for idleness, or indulgence in a dissipated habit, in the popular outcry on this subject, which awhile ago attracted much attention. Nevertheless there can be no room to question the extreme peril of "overwork" to growing children and youths with undeveloped brains.

The excessive use of an immature organ arrests its development by diverting the energy which should be appropriated to its growth, and consuming it in work. What happens to horses which are allowed to run races too early, happens to boys and girls who are overworked at school. The competitive system as applied to youths has produced a most ruinous effect on the mental constitution which this generation has to hand down to the next, and particularly the next but one ensuing. School work should be purely and exclusively directed to development. "Cramming" the young for examination purposes [colledge students at this time of year take heed.—Ed.] is like compelling an infant in arms to sit up before the muscles of its back are strong enough to support it in the upright position, or to sustain the weight of its body on its legs by standing while as yet the limbs are unable to bear the burden imposed upon them. A crooked spine or weak or contorted legs is the inevitable penalty of such folly. Another blunder is committed when one of the organs of the body—to wit, the brain—is worked at the expense of the other parts of the organism, in face of the fact that the measure of general health is proportioned to the integrity of development, and the functional activity of the body as a whole in the harmony of its component systems. No one organ can be developed at the expense of the rest without a corresponding weakening of the whole.—*Lancet.*

A Wood-Splitting Machine.

A novelty in mechanics is a wood-splitting machine, which E. W. Peck has used near Cambridgeburgh, Vt. It acts exactly upon the guillotine principle. An enormous axe, weighing with its fixtures 200 pounds, runs up and down between two uprights, and is controlled by a pair of levers. As the section of a log drops from the buzz saw, it rolls down an incline to the splitter. Here a workman places it under the axe, which, descending, splits it with incredible ease and despatch. The toughest and knottiest "old settlers," which it would take a man half a week to split with an ordinary axe, are disposed of in a second. The rapidity with which it works may be imagined from the fact that it can split wood as fast as it can be sawed in a mill. It does as much work in a given time as twenty men can accomplish.

According to the *Louisville Courier-Journal*, a good deal of the black walnut in Kentucky is utilized in fence rails.



Department of the Interior,

OTTAWA, 25th May, 1881.

WHEREAS circumstances have rendered it expedient to effect certain changes in the policy of the Government respecting the administration of Dominion lands, public notice is hereby given:—

1. The Regulations of the 14th October, 1879, were rescinded by order of His Excellency the Governor General in Council, on the 20th day of May instant, and the following Regulations for the disposal of agricultural lands substituted therefor:

2. The even-numbered sections within the Canadian Pacific Railway Belt—that is to say, lying within 24 miles on each side of the line of the said Railway, excepting those which may be required for wood lots in connection with settlers on prairie lands within the said belt, or which may be otherwise specially dealt with by the Governor in Council, shall be held exclusively for homesteads and pre-emptions. The odd-numbered sections within the said belt are Canadian Pacific Railway Lands, and can only be acquired from the Company.

3. The pre-emptions entered within the said belt of 24 miles on each side of the Canadian Pacific Railway, up to and including the 31st day of December next, shall be disposed of at the rate of \$2.50 per acre; four-tenths of the purchase money, with interest on the latter at the rate of six per cent. per annum, to be paid at the end of three years from the date of entry, the remainder to be paid in six equal instalments annually from and after the said date, with interest at the rate above mentioned on such portions of the purchase money as may from time to time remain unpaid, to be paid with each instalment.

4. From and after the 31st day of December next, the price shall remain the same—that is \$2.50 per acre—for pre-emptions within the said belt, or within the corresponding belt of any branch line of the said Railway, but shall be paid in one sum at the end of three years, or at such earlier period as the claimant may have acquired a title to his homestead quarter-section.

5. Dominion Lands, the property of the Government, within 24 miles of any projected line of railway recognized by the Minister of Railways, and of which he has given notice in the *Official Gazette* as being a projected line of railway, shall be dealt with as to price and terms, as follows:—The pre-emptions shall be sold at the same price and on the same terms as fixed in the next preceding paragraph, and the odd-numbered sections shall be sold at \$2.50 per acre, payable in cash.

6. In all townships open for sale and settlement within Manitoba or the North-West Territories, outside of the said Canadian Pacific Railway Belt, the even-numbered sections, except in the cases provided for in clause two of these Regulations, shall be held exclusively for homestead and pre-emption, and the odd-numbered sections for sale as public lands.

7. The lands described as public lands shall be sold at the uniform price of \$2 per acre, excepting in special cases where the Minister of the Interior, under the provisions of section 4 of the Amendment to the Dominion Lands Act passed at the last Session of Parliament, may deem it expedient to withdraw certain farming lands from ordinary sale and settlement, and sell them up for sale at public auction to the highest bidder, in which event such lands shall be put up at a special price of \$2 per acre.

8. Pre-emptions outside of the Canadian Pacific Railway Belt shall be sold at the uniform price of \$2 per acre, to be paid in one sum at the end of three years from the date of entry, or at such earlier period as the claimant may acquire a title to his homestead quarter-section.

9. Exceptions shall be made to the provisions of clause 7, in so far as relates to lands in the Province of Manitoba or the North-West Territories, lying to the north of the belt containing the Pacific Railway lands, wherein a person being an actual settler on an odd-numbered section shall have the privilege of purchasing to the extent of 320 acres of such section, but no more, at the price of \$1.25 per acre, cash; but no Patent shall be issued for such land until after three years of actual residence upon the same.

10. The price and terms of payment of odd-numbered sections and pre-emptions, above set forth, shall not apply to persons who have settled in any one of the several belts described in the said Regulations of the 14th October, 1879, hereby rescinded, but who have obtained entries for their lands, and who may establish a right to purchase such odd-numbered sections or pre-emptions, as the case may be, at the price and on the terms respectively fixed for the same by the said Regulations.

Timber for Settlers.

11. The system of wood lots in prairie townships shall be continued—that is to say, homestead settlers having no timber on their own lands, shall be permitted to purchase wood lots in areas not exceeding 20 acres each, at a uniform rate of \$5 per acre, to be paid in cash.

12. The provision in the next preceding paragraph shall apply also to settlers on prairie sections bought from the Canadian Pacific Railway Company, in cases where the only wood lands available have been laid out on even-numbered sections, provided the Railway Company agrees to reciprocate where the only timber in the locality may be found on their lands.

13. With a view to encouraging settlement by cheapening the cost of building material, the Government reserves the right to grant licenses from time to time, under and in accordance with the provisions of the "Dominion Lands Act" to cut merchantable timber on any lands owned by it within surveyed townships, and settlement upon, or sale of any lands covered by such license, shall, for the time being, be subject to the operation of the same.

Sales of lands to Individuals or Corporations for Colonization.

14. In any case where a company or individual applies for lands to colonize, and is willing to expend capital to contribute towards the construction of facilities for communication between such lands and existing settlements, and the Government is satisfied of the good faith and ability of such company or individual to carry out such undertaking, the odd-numbered sections in the case of lands outside of the Canadian Pacific Railway Belt, or of the Belt of any branch line or lines of the same, may be sold to such company or individual at half price, or \$1 per acre, in cash. In case the lands applied for be situated within the Canadian Pacific Railway Belt, the same principle shall apply so far as one half of each even-numbered section is concerned—that is to say, the one-half of each even-numbered section may be sold to the

company or individual at the price of \$1.25 per acre to be paid in cash. The company or individual will further be protected up to the extent of \$500, with six per cent. interest thereon till paid, in the case of advances made to place families on homesteads, under the provisions of section 10 of the amendments to the Dominion Lands Act heretofore mentioned.

15. In every such transaction, it shall be absolutely conditional:—

(a.) That the company or individual, as the case may be, shall, in case of lands outside of the said Canadian Pacific Railway Belt, within three years of the date of the agreement with the Government, place two settlers on each of the odd-numbered sections, and also two on homesteads on each of the even-numbered sections embraced in the scheme of colonization.

(b.) That should the land applied for be situated within the Canadian Pacific Railway Belt, the company or individual shall, within three years of the date of the agreement with the Government, place two settlers on the half of each even-numbered section purchased under the provision contained in paragraph 14, above, and also one settler upon each of the two quarter sections remaining available for homesteads in such section.

(c.) That on the promoters failing within the period fixed, to place the prescribed number of settlers, the Governor in Council may cancel the sale and the privilege of colonization, and resume possession of the lands not settled, or charge the full price of \$2 per acre, or \$2.50 per acre, as the case may be, for such lands, as may be deemed expedient.

(d.) That it be distinctly understood that this policy shall not only apply to schemes for colonization of the public lands by Emigrants from Great Britain or the European Continent.

Pasture Lands.

16. The policy set forth as follows shall govern applications for lands for grazing purposes, and previous to entertaining any application, the Minister of the Interior shall satisfy himself of the good faith and ability of the applicant to carry out the undertaking involved in such application.

17. From time to time, as may be deemed expedient, leases of such Townships, or portions of Townships, as may be available for grazing purposes, shall be put up at auction at an upset price to be fixed by the Minister of the Interior, and sold to the highest bidder—the premium for such leases to be paid in cash at the time of the sale.

18. Such leases shall be for a period of twenty-one years, and in accordance otherwise with the provisions of section eight of the Amendment to the Dominion Lands Act passed at the last Session of Parliament, heretofore mentioned.

19. In all cases the area included in a lease shall be in proportion to the quantity of the live stock kept thereon, at the rate of ten acres of land to one head of stock, and the failure in any case of the lessee to place the requisite stock upon the land within three years from the granting of the lease, or in subsequently maintaining the proper ratio of stock to the area of the leasehold, shall justify the Governor in Council in cancelling such lease, or in diminishing proportionately the area contained therein.

20. On placing the required proportion of stock within the limits of the leasehold, the lessee shall have the privilege of purchasing, and receiving a patent for, a quantity of land covered by such lease, on which to construct the buildings necessary in connection therewith, not to exceed five per cent. of the area of the leasehold, which latter shall in no single case exceed 100,000 acres.

21. The rental for a leasehold shall in all cases be at the rate of \$10 per annum for each thousand acres included therein, and the price of the land which may be purchased for the cattle station referred to in the next preceding paragraph, shall be \$1.25 per acre, payable in cash.

Payments for Lands.

22. Payments for public lands and also for pre-emptions made in cash, or in scrip, or in police or military bounty warrants, at the option of the purchaser.

23. The above provisions shall not apply to lands valuable for town plots, or to coal or other mineral lands, or to stone or marble quarries, or to lands having water power thereon; and further shall not, of course, affect Sections 11 and 29 in each Township, which are public school lands, or sections 8 and 26, which are Hudson's Bay Company's lands.

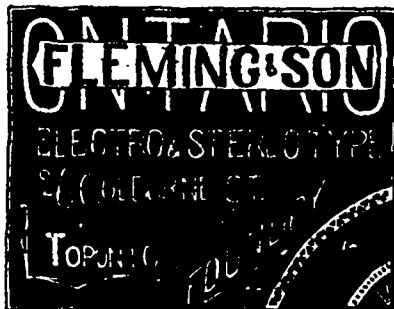
J. S. DENNIS,

Deputy Minister of the Interior.

LINDSAY RUSSELL,

Surveyor-General.

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