

taken by means of out-door exercise: the curling rink, bowls, boating; or of indoor exercise, such as billiards, fencing and the gymnasium, to rest the mind, recreate the body, and so relieve the mental pressure and give the over-wrought human system a chance to recover its tone.

An American writer, heading his subject "Slaves to Business," says "A man crowds his powers through a series of years of excessive labor, and, some day, he drops with paralysis, and from that day forward he becomes a powerless child, to be led kindly and carefully to the grave. The increase of disease is undoubtedly the result of the increase of unwisely-conducted labor. Money can do nothing for disease when it befalls a man, but can do everything to prevent it. 'Nervous Prostration' has become a too familiar phrase in these latter years. Money cannot restore a shattered nervous system, but, properly expended at the proper time, will prevent it, which is a great deal better."

Diligence in business, properly understood, does not mean that a merchant shall exhaust his vital force and render himself prematurely old in the struggle after success or wealth. "What is all the world to a man if his wife is a widow;" was the quaint way in which a friend of ours, himself a victim to excessive labor in the fields of commerce, used to put it. It was very properly urged, last Sunday night, by the Rev. P. McF. MacLeod (from the text Phillipians 1st and 20th) that to wreck one's physical life in endeavors after mercantile success, was not only poor economy and bad business policy, but a sin against the body and a clear transgression of the commands of Holy Writ.

It is a hallucination, cherished by a great multitude, that they must be constantly in their own business, or it cannot go on prosperously. Some of these men are so unfortunately organized that they will not believe that anybody living can do their work as well as they can. It takes an enormous amount of self-conceit to come to such a conclusion as this, and there is a great misfortune in it. Of course, these men are never able to leave their work for a moment in other hands, and so they become the bond-slaves of their own mistake. Now there is nothing in which a great business man shows his greatness so signally as in his ability to find men to do his work—to find competent instruments to execute his purposes. The greatest business man is always a man of comparative leisure. His own work is always deliberately done. It is, as a rule, the small man who never gets a moment, and who never can find a pair of hands as good as his own. If a man cannot leave his business, or thinks he cannot, said an eminent merchant, he shows that he lacks the highest grade of business capacity.

In one of his clever novels, "The Rise of Silas Lapham," Mr. Howells uses the following illustration of the method used by a Boston man to get his mind off mercantile affairs: "There's one thing I always make it a rule to do," said the manufacturer, "and that is to give my mind a complete rest from business while I am going home on the boat. I like to get the fresh

air all through me, soul and body. I believe a man can give his mind a rest just the same as he can give his legs a rest, or his back. All he has to do is to use his will power. That's the reason I like a horse, you've got to give your mind to the horse you drive; you can't help it, unless you want to break your neck."

True, Silas did not manage, even with the aid of his fast horse, to escape mercantile failure. But he must have failed anyhow, with or without this recreation. Ambition, speculation, a dogged resolve to do all the trade in his line, brought disaster to him as to thousands more. But there are higher things than mere mercantile success. Health, peace of mind, growth in mental and spiritual things form a better plan of life than increased worldly influence and the acquisition of wealth. It ought not to be impossible to combine the two schemes; to have a sound mind in a healthy body, and still make a competency and have some comfort and pleasure in the making of it. Yet this will rarely be attained if men go on, as too many are doing, burning the candle at both ends, destroying the balance of body, mind and spirit in an unthinking race after the mighty dollar.

SEWAGE AND DRAINAGE.

The authorities of the city of Chicago, no longer content to see the sewers of their city pouring filth into Lake Michigan around their wharves and elevators and floating craft, have determined to alter the system of drainage. Accordingly, a clever engineer, Mr. Herring, is now at work changing the direction of the main sewers of that city from the shore of the lake to run towards a stream to the westward, which, being dredged, will suffice to carry the liquid refuse into a larger river beyond. We, in Toronto, are scarcely even yet properly roused to the dangerous inconsistency of our sewage and water supply systems. The mouths of the sewers on Toronto Bay are little better than cess-pools; and, as Mr. Shuttleworth has shown, the bottom of the Bay along the city front is lined with excrementitious deposit.

That the whole sewage of this large city should be oozing out at the foot of our principal streets, in solid or liquid form, containing as it must do, not only the ordinary filth of the city, but also the foecal matter of patients suffering from infectious diseases, such as typhoid fever, diphtheria, scarlet fever, and the like, is a revolting and alarming consideration. Such a state of things, although long and emphatically denounced by medical authorities, and other scientific men of high reputation, is still in existence at our very doors. That it can be radically improved by simply running the mouths of the sewers a little further out into the sluggish waters of the Bay, is surely very doubtful. Is there not, rather, reason to believe that matters would be made worse by such a change? Some means should be found as soon as practicable to put an entire stop to the discharging of the sewage of the city into the Bay. There can hardly be a doubt that the present condition of affairs is a

menace to health, if not to life; and this being the case it is high time to find out a remedy and apply it as expeditiously as possible. Unless this be done there is reason to fear the city will, sooner or later, suffer from epidemics of a fatal character, as a direct result of the continuance of the present system.

A gentleman who was placed upon the citizens committee, which some months ago was requested to investigate the subject, in a letter to Alderman Turner stated, with reference to the construction of trunk sewers such as has been proposed, or any other system which may be devised, "to suggest any plan to meet the requirements of the occasion would need the careful consideration of the present and prospective area of the city, the present and prospective population, amount of rain-fall, character of sub-soil, grades, levels, &c., &c., the question of the outlet or disposal of the sewage, the intimate relation between the drainage of the city and our system of water-works, and many other matters with which only the best professional skill would be competent to deal, and in regard to which it would seem unwise to rely upon any other. I am of the opinion," continues Mr. Dwight, "that the proper plan is that which has been suggested by Col. Gzowski, namely, to find an engineer of the highest reputation, wherever he may be found, who has made the subject of sewage and sanitary engineering a special if not a life study, who has had practical as well as theoretical knowledge of the subject, and to procure and follow such advice as he may give. Whatever is done should certainly be done in accordance with a comprehensive system, to be devised and adopted by the best skill that can be procured."

The intimate relation between the city water-works and the city drainage is a subject which needs even more emphasis than Mr. Dwight places upon it. As the city continues to grow and more houses are erected having water closets of the modern style, the quantity of water consumed and the quantity thus thrown into our drains and sewers will increase, thereby augmenting the sources of pollution. The subject must be handled with breadth of view by one having special experience of large cities' drainage, such as Bazalgette or Hawkshaw, in England; Robertson Copland, of Glasgow Scotland, or some one similarly eminent in the United States. Any other method of dealing with the matter would probably end in disappointment and disaster. Let enquiry be made at once, as to the highest authority to be consulted in the matter, and when this person is found, let steps be taken to get such a report, concerning both water supply and sewage treatment, as can be confidently recommended to our citizens for adoption. Means should then be found to push forward the work under such advice, with the least possible delay.

Forty-four print-cloth manufacturing establishments, embracing one-seventh of all the spindles in the United States, and representing \$30,000,000 in capital, manufacturing one-half of all the print cloths in the United States, line the course of Fall River.