

However marked may be the activity in **A Son of the Rest.** the mining regions of the Kootenay, the following startling editorial notice in the *Rossland Times* seems to stamp Christmas as a season of absolute freedom from occupation or business in that wonderful country:—

"Next week is Christmas week, and will, I presume, be spent here as it is invariably in the United Kingdom, viz., no business and too much 'lemonade,' and, therefore, we shall not issue until Saturday, the 31st December.

N.B.—There are five Saturdays in this month."

Such cool and deliberate abandonment of business for pleasure will surprise many a tired editor in older communities of this work-weary world. To adjourn from labour to "lemonade" for the closing fortnight of the year suggests a prosperity in British Columbia which has even invaded the newspaper office. We have heard of the Knights of Labour, but, until now, we were ignorant of any association known as the Sons of Rest, although this much too-tired Rosslander evidently belongs to such an order.

Some public-spirited citizens of the **The Land of Evangeline.** "Province by the Sea" have formed what is known as the Nova Scotia Tourist Association, with headquarters at Halifax. From this garrison city we have received an illustrated pamphlet setting forth in capital style the many attractions of the place for summer visitors. One of the several contributors to this extremely pretty advertisement of a charming resort for holiday-makers says of the climate: "The winters are moderate and the summer days are balmy, bright and breezy—every hot hour tempered by refreshing ocean winds, every night cool enough to make a blanket a source of pleasure to the way-farer courting nature's sweet restorer."

An enthusiastic yachtsman thus describes this "Yachting Paradise" as seen from the "modest little clubhouse" of the Royal Nova Scotia Yacht Squadron: "The view from the roomy veranda is superb, the wooded promontories of the Park to the right; in front and to the left the shores of the Dartmouth side and the Eastern Passage; and the lovely woods of McNab's Island with Maugher's Beach and the Lighthouse running far out into the broad channel.

To see the squadron in its glory, however, one should visit it on Saturday afternoon. It is a keen sporting club, and every Saturday during the summer there is a race. If a visitor could drop in about half past one, he would find a scene of utmost activity.

The southwest summer sea breeze is just beginning to pipe up in earnest. Here in the lee of the clubhouse and the land it is comparatively calm, but the dancing whitecaps out in the open, and the fringe of surf along the McNab shore, set the yachtsmen speculating whether or not a reef tied down would be a good thing."

Tired Montrealers, when dreaming of next sum-

mer's vacation, cannot do better than send to this admirable Association for the pamphlet from whence we quote.

#### La Grippe.

The peculiar form of influenza called "La Grippe" is now attacking two continents, much to the embarrassment of business at a season of the year when banks, insurance companies and mercantile firms are preparing balance sheets for 1898, and endeavouring to ascertain the exact condition of their affairs. Neither beauty nor strength seem to furnish any defence against this scourge of all alike, and, in consequence of its ravages, some offices in Montreal are so badly undermined that the messenger boy is representing the business "all by himself." It seems strange that no man has yet been found wise enough to clearly explain "La Grippe" and destroy its epidemic character. Some ten years ago, when, in more severe form than the present, this dread disease attacked all localities, and all classes, among the many remedies recommended by medical men we recall hot drinks. We should be sorry to see our doctors encouraging the use of that which the recent plebiscite asked us to prohibit. At the same time, this outbreak of "La Grippe" is becoming a matter of the most serious nature, and the sooner somebody comes to the rescue of a suffering world with a new remedy the better it will be for all concerned. If in conviviality at the shrine of Bacchus can be found the only immunity from bone-racking pain and a distressing irritation of the inner membrane of the nose, the medicine should not be sneezed at, even by the most devoted followers of Sir Wilfred Lawson. Something must be done to prevent this occasional depopulation of our offices by a malady which suggests a warm bed, quinine and "hot drinks," just at a time of the year when the demands of business are most pressing.

Even journalists are not exempt from this affliction, as, unfortunately, *THE CHRONICLE* can testify, and we have to advance an attack of the common complaint, as the reason for the meagreness of this issue.

During the prevalence of "La Grippe" in 1890, the discoverer of anti-pyrin, it is claimed, made a fortune. Since that time the adverse action of the drug on the heart and nerve centres has been demonstrated, and many of the complications attending and following the disease have been induced by the use of the very remedies to which people resorted. It is in the interest of those who are not yet in the grip of this destroyer of health and energy that we echo the advice given by a celebrated old doctor. Take promptly perfect rest in a warm room, gruel, toddy and quinine.

#### Fireside Reflection.

No competent fire underwriter need be told that hazard legitimately governs the rate charged for insurance on a given risk. But what is the hazard on the particular risk to be rated? The company insuring against the loss of life finds no difficulty in answering that query,

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