

SUBSCRIBERS TO "MESSENGER,"
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It is more blessed to give than to receive. This does not mean that you are to give scraps, for which you have no use, while you take comfort out of precious things which you are unwilling to believe your friends have a right to.

The Bazaar in aid of the Montreal Homoeopathic Hospital, held at the Victoria Armory on Friday and Saturday, was a well-merited success, thanks to the untiring efforts of the Ladies' Committee. Much taste and ingenuity had been exercised in the distinctive decorations of each table. The five o'clock tea table, with its pretty arrangement of palms and colored lights, was liberally patronized. It was under the management of Mrs. Hector Mackenzie, Mrs. Richard Evans and Miss Smith, assisted by Miss Buchanan, the Misses Evans, and Miss Stanley; adjoining it was the Home-made Candy table, presided over by Miss Adeline Van Horne, Miss Gillespie and Miss Louisa Archibald. Santa Claus presided over his own table, laden with Christmas wares of every description, wherewith to delight his youthful following. Mrs. Van Rappard, President of the Bazaar Committee, assisted by Miss Van Horne, President of the Hospital Committee, were in charge of the fancy work table, with its many attractions, suitable for Christmas presents. The curio table, with its effective drappings of Bagdad curtains, contained many interesting objects, such as the bonnet worn by "Sitting Bull" in the battle where General Custer was killed, contributed by Sir William Van Horne; a bunch of Arctic flowers, brought home by the Greeley Expedition; Japanese armour, and many other curios.

DIET HABITS OF NATIONS.

Dr. A. Thurman in the Anthropological Review, published at Milan, gives an interesting summary of the dietic habits of the rural population, the healthiest portion, of several European countries as follows:—

BELGIUM.—Coffee, black bread, potatoes, vegetables, chicory, and sometimes sabions.

ENGLAND.—Beef, pork, potatoes, vegetables, tea, cheese, beer, cider.

IRELAND.—Oatmeal bread, potatoes, beans, milk, butter, vegetables.

SCOTLAND.—Oatmeal-bread, potatoes, milk, butter, coffee, tea, very rarely flesh.

RHENISH PRUSSIA.—Milk, soup, dried fish, grapes, potatoes, flesh only for the feast days.

SAXONY.—Bread, butter, cheese, soup, vegetables, coffee, flesh only on feast days.

BAVARIA.—Porridge, butter, milk, cabbage, potatoes.

ITALY.—Macaroni, Bread, fruits, beans, peas, and lentils, wheat, rice, grapes, wine, a very little flesh on feast days, but only in certain regions.

SPAIN.—Bread, vegetables, fish, fruits, flesh only occasionally.

RUSSIA.—Rye bread, cabbage, mushroom soup, wheat cooked with milk and oil.

SWEDEN.—Potatoes, rye, oatmeal, barley, milk, salt herring, beer, no flesh food.

SWITZERLAND.—Cheese, milk, coffee, vegetables, soup, wine, very rarely flesh.

FRANCE.—In the neighbourhood of Bourgogne meat is eaten but once a year. The peasants of Morvan eat meat twice a year. The peasants of Sardinia once a year; the peasants of Auvergne very seldom; the Bretons never, except rich farmers, who eat flesh on feast days.

We see from this table that European peasants, the hard workers, subsist almost wholly upon fruits, grains and vegetable food, a regimen which is highly economical, and by which they are sustained in good health. The peasants live to be much older than aristocrats, and crowned heads who feast upon meats and the luxuries of courts.