

theirs. And for their own sake, and the credit of Ontario bee-culture, I hope and trust they will do so. I beg to specially direct the attention of the readers of the C.B.J. to the advice and suggestions given by friend Corneil in last issue (August 15th) on this subject. Both are timely and valuable, I had intended to refer to some of them in this letter, but am very glad that Mr. Corneil is already before you with them.

BEE JOURNALS.

These seem to be coming and going—being born and dying, same as all other mundane things. But it cannot be said that the shuffled-off ones die hard. In Canada, however, we have had no birth or death lately (though signs of the former are not wanting while), and as the

Hold the fort and walks the course alone,
'Midst births and deaths its place is fairly won.

In the Rural Californian I find a merited word of approbation. Mr. C. N. Wilson, the editor of the apiarian department of that paper, while noting the fact that of the "issuing of apiarian papers, there is and will be no end," says:—"THE CANADIAN BEE JOURNAL has improved in every way during the past year, and is a useful and consistent paper." Well spoken, Mr. Wilson. We would lend our influence and support to none other than a useful and consistent paper.

FATHER LANGSTROTH.

No one can read this worthy old man's touching account (which has appeared in the JOURNAL lately) of his afflictions and sufferings during many long years without feeling his sympathies (if he have any) deeply moved. If our venerable apiarian friend could be induced to carry out non-professional advice, and follow an unorthodox prescription, I am thoroughly convinced that relief, or comparative immunity from his affliction in the future, is possible and within his reach. But advice is cheap—opinions plenty. There is a maxim that advice, and salt at table, are two things which should never be offered without the asking. But I pay no attention to maxims unless they are good. In this case I am bound to give our old friend my advice whether followed or not. My duty will then be done. True, I have no "parochment," but the parchment I could have had in a six or nine months more study, as I was so assured by the president of the best medical school which modern enlightenment has produced, viz., the "Hygieo-Therapeutic" or Hygienic. I was then 35; am now over 50, and

have learned a great deal since. Thus the presumption of egotism in advising may not be quite so real as apparent.

Now, my respected old friend, the time to begin to ward off future attacks of your sore affliction is when you are well and in your lucid and happy intervals. Bring all your habits every day of your life into as close accord with the laws of physiology and hygiene as it is possible to do. One of the most false and fatal doctrines in the public mind is this: that the laws of health may be constantly violated in our every-day lives, and then, when the accumulated consequences come, they may be escaped or done away with by swallowing drugs and doing sundry other things. The answer to this is—never—never!

The consequences of violated law in the human organism can never be escaped. The victim can only make the best use of the constitution or vitality he has left. Let every mortal remember that. But I need not remind our intelligent old friend of that great truth, only to state, what he also knows, that but few of those who do realize it act upon it, for here is where the greatest wisdom, the highest life comes in—self-denial, self-discipline, self-command—sacrificing a little and reaping a great deal in return. This, then, my friend, is the first thing to do; now, while you are in health of body and strength of mind, bring the whole life into harmony with the inexorable laws which govern it. Then let any special treatment you may take be hygienic instead of drugopathic. Depend not on drugs, or even prayers. Depend on what (you are an educated man) we will call the *vis medicatrix naturae*. You evidently have by nature an unusually strong constitution upon which you can confidently rely in following out the remedial course indicated, even at your advanced age. Your rectal difficulty to which you refer, and which is, no doubt, the chief cause of the mental troubles, can be quite overcome, unless there are chronic mechanical displacements, which the surgeon might correct.

The Dr. Hall remedy, so much talked about, and now an open secret, of "flushing" the bowels and kidneys, and cleansing the whole alimentary canal, would, without doubt, come in in your case as a powerful auxiliary in the hygienic and physiological regimen prescribed. But do not, like many others, depend too much on that. The trouble with that remedy is that too much is claimed for it and expected from it. Let all those concerned remember that no one remedy or process is a cure-all in restoring the sick to health. While the