

flirting in these days that is disgraceful to both sides of the house. Do not contound the passing admiration a pretty face may awaken with the grand, pure, lofty, endearing emotion which always is worthy the name of love, and which only can endure and live in the stress of life. If you find the ardor of your flame is not worthy the name of young lady in the morning and find her engaged in household avocations, and her hair still in curl, then look no more in that direction. If you love, will not endure curl papers and the dusting brush, it will not last. Only when calm, earnest thought decides that the one loved is absolutely essential to life's completeness, is it safe to wed. Men may fancy a hundred times, but no man or woman ever loved in the highest sense more than once. Set before yourself a lofty ideal of womanhood, and as lofty an ideal of manhood. Keep both before you. No man has the right to demand in woman higher moral qualities than he aims to reach himself. Remember, "You needs must love the highest when you see it." If your love be based upon principle and not passion; if reason, not impulse, guides you, then it will find in self-sacrifice its highest joy. To find that other's weal will be more joyous than rest. Selfishness, with its kindred evils, and jealousy with its kindred evils, will vanish away. You will find that the words of England's most philosophic bard in one of his most philosophic poems:

"Love took up the harp of life, smote on all its chords with mild, which trembling passed in the Sonnet the chord of self, which trembling passed in the Pif, when hand claps hand, each finds the pure chords of the heart vibrate to love's holy melody, then let the one ask the question, and the other answer "yes," and get a mutual friend to improve the price of orange blossoms, for there will then be

"Two souls with but a single thought,
Two hearts that beat as one."

I am honoured by the hour to bring this address to a close. But I have saying a few things relative to the crises; for such will come to you all. But I have time only for a closing word. There will be periods in your life when the interests of two worlds, this and the next, will seem to come into collision. Grand questions which in their issue and solutions stretch out into the ages of an unwavering deity, will press upon your higher self, the bearing of present decisions and conduct upon future destiny; and these kindred questions will have to be met by you. Principle and policy or even passion will wage war upon your spirit's battle-field. I am not here to plead for any specific form of faith; still less do I urge you to solve these questions upon the basis of church or creed. There are great principles which are as old as the ages, universal as the race, and which have been recognized by the noblest men in connection with all forms of faith; principles which so far as they are permitted to operate ennobled the pagan mind and gave to Greece and Rome such men as Plato and Socrates, Pliny and Marcus Aurelius; principles which were wrought into the lives of the old Hebrew heroes and enabled Moses to fling away the dildren of Egypt and embrace the lot of the slave; and the principle which dignified Daniel with dauntless courage to kneel with face toward Jerusalem, though watched by leopards, knowing that faith could muzzle the hound-griest lion waiting for his prey. Principles which woven into the souls of Christian heroes have given to the world a Paul, a Luther, a Savonarola. These principles are loyalty to God as supreme in authority and convictions of right in the order and government of life. These will enable you, if followed, to win the highest of all names of the fiercest most conflict unharmed by fire. Young men, if you would have life crowned with success,

"Be good, and let who will be the thief,
This make the present and the best forever
One great sweet song."

Be good, be true. Be knightly in your defence of the right and hatred of the wrong. Be manly and outspoken for truth and right. Be honest, stern in your detestation of all that is false and base, kindly and tender toward

the weak and the erring. Thus build up your lives heroically, holding this firmly, that success gained at the expense of principle is in reality failure, and failure while maintaining the right is in every deed success. Your life path may be toilsome and thorny, but it will grow brighter at every step you take. The road that leads to the Infinite's abode may be steep, but it is stary too. Climb the steep bravely and the stars shall yet flash upon your brow. Urge on your way with hearts that falter not, because faith in the right upholds and cheers you.

"Keep pushing. The wisest than standing aside,
And dreaming and waiting and watching the tide.
In life's earnest battle they will prevail
Who bravely press onward, and never say fail."

The people of the County of York should give their patronage to the Advertising Merchants and the Manufacturers in the Shire Town who advertise in this sheet. They all stand at the head of their various businesses—in experience, honorable dealing, and determination to sell as low as any houses in the Province. Fredericks offers inducements to wholesale buyers in this County as to his goods. Save time, hotel bills, and enable Fredericks people to more liberally buy your country produce and you thereby get most of your money back again.

We have been informed that the County has been over-run lately with Commercial Travellers from the Upper Provinces. These men are generally glib-tongued, and succeed in taking orders from traders who are not up to "ways that are dark." As the wise, successful trader buys near home. When Fredericks is a deprived even a portion of the County of York, the surrounding country suffers as well as the City, as the capacity of its people to buy country produce is thereby lessened. The interests of the City of Fredericks and the Metropolitan County of York are identical.

BUSINESS LAWS IN DAILY USE.

If a Note is lost or stolen, it does not release the maker; he must pay it, if the consideration for it was given, and the amount, can be proven. Notes bear interest only when so stated. Principals are responsible for the acts of their agents.

Each individual in a partnership is responsible for the whole amount of the debts of the firm, except in cases of special partnership. Ignorance of the law excuses no one.

An agreement without a consideration is void. A note made on Sunday is void. Contracts made on Sunday cannot be enforced.

A note made by a minor is void. A contract made with a minor is void. A note obtained by fraud, or from a person in a state of intoxication, cannot be collected. It is a fraud to conceal a fraud.

Signatures made with a lead pencil are good in law. A receipt for money is not always conclusive.

The acts of one partner bind all the rest. "Value received" should always be written in a note, but is not necessary. No consideration is efficient in law if it be illegal in its nature.

Checks or drafts must be presented for payment without unreasonable delay, and during business hours. A note endorsed in blank is transferable, by delivery, the same as if made payable to bearer.

If the time of payment of a note is not inserted, it is held payable on demand.

If a letter containing a protest of non-payment be put in the post-office, any miscarriage does not affect the party giving notice.

Notice of protest may be sent, either to the place of business, or to the residence of the party notified.

The loss of a bill or note is not sufficient excuse for not giving notice of protest.

If two or more partners are jointly liable on a note or bill, due notice to one of them is sufficient.

An endorsement may be written on the face or back. An endorser may prevent his own liability to be sued by writing "without recourse," or similar words.

All claims that do not rest upon a judgment must be sued within six years from the time when they arise. An oral agreement must be proved by evidence; a written one proves itself. Joint payees of a bill or note, who are not partners, must join in an endorsement. "Acceptance" applies to bills and not to notes.

THE PRINCIPLES OF DIET IN HEALTH AND DISEASE.

Extracts from a reprint of the article "Dietetics" in the new edition of the *Encyclopædia Britannica*.

The application of science to the regulation of the continuous demands of the body for nutriment aims mainly at securing the best means of securing Economy. They are rarely inextricably mixed, and another, but yet require separate consideration, as, under varying circumstances, some may claim the most prominent place in our thoughts.

INFLUENCE OF DIET UPON HEALTH.

The influence of diet upon the health of a man begins at the earliest stage of his life, and, indeed, is then greater than at any other period. It is varied by the several phases of internal growth and of external relations, and in old age is still important in prolonging life and making it agreeable and useful.

Diet is Injurious.—No food has yet been found so suitable for the young of all animals as the milk of their mothers, but they should communicate intelligence to their children, lest they should communicate immorality and disease! A still more determined pessimist was the famous chemist, Van Helmont, who thought life was sustained by the presence of shortness by our inborn propensities, and proposed to substitute bread milk in the breast and honey for milk, which latter he calls "the best food for infants." Liebig has followed the lead with a "food for infants," in the preparation of which he has used quarter-grains figure flour, and which may be prepared on a slow fire for after a few minutes and kept warm. And after all, the only cause of the diminution of human milk is made up by the addition to fresh cow's milk of half its bulk of soft water, in each pint of which has been mixed a teaspoonful of powdered "sugar of milk" and a pinch of phosphate of lime. Indeed, in default of these cheap chemicals, the milk and water alone, when fresh and pure, are safer than an artificial preparation, and requires cooking. And experience throughout warm-blooded nature—namely, among the birds, and among the mammals—shows that the best mode of administering food to the young is also that which is most widely adopted throughout warm-blooded nature—namely, in a fresh, tepid, liquid state, and in small quantities at a time.

Empirical observation is fully supported in these deductions by physiological and chemical science. Milk contains of Water, 88 per cent.; Oligonutrient matter (cream), 10 per cent.; Fat, 4 per cent.; matter (cheese and albumen) 4 per cent.; Hydrocarbon (sugar), 41 per cent.; Saline matter (phosphate to lime, chloride of sodium, and chloride of potassium). These are at once the constituents and the proper food of the young of all animals. The large quantity of water makes it pass easily through the soft, absorbent walls of the digestive tract, and the complete suspension, in an alkaline fluid, and the complete and nitrogenous matter introduces more of them than is usually the case. The fat is the germ of new cellular growth, and the nitrogenous matter is by the new cells formed into flesh, which is doubling its bulk monthly. Milk may be said to be still alive as it leaves the breast fresh and warm, and quickly becomes living tissue. A very slight chemical change is requisite. Its frequent administration is demanded by the rapid absorption, and the absence of regular meals prevents the overfilling of the delicate stomach with more than it can hold at once.

The wholesome nutriment for the fragile babe is milk. A vigorous baby can bear with impunity much rough usage, and often appears one day to be a creature of iron and of farinaceous food; but the majority do not get habituated to it without an exhibition of dislike, which indicates the exhaustion of the system.

To give julleons diet its fair chance, the frame must be protected from the cold; and just in proportion as the normal temperature of the body is maintained, so does growth prosper, as is satisfactorily proved by experiments on the young of the lower animals.

It is only when the teeth are on their way to the front as shown by dentition, that the salivary glands secrete an active saliva capable of digesting bread-stuffs. Till then, anything but milk must be given tentatively, and consumed in the form of a liquid of education for its future mode of nutrition. Among the varieties of such meals, the most generally applicable are those of the cereals, and these thickened with tapioca and arrow-root. Chicken-soup, made with a little cream and sugar, serves as a change. The tops and bottoms, should all have their turn, and success is necessary to interpret dietary which supplies, and for changing the stomach should be prepared by habit.

The consequence of premature weaning are insidious. The external aspect of the child is that of health; its muscles are strong, but the bones do not harden, the chest is flat, and the child is of its limbs give way, and it is said to be suffering from rachitis, or "rickets."

The consequences follow in other animals as surely