

Random Notes

For Busy Households.

THE MILK QUESTION.—

What may be termed the cow question is always with us, remarks the Toronto World. If we only ate the cow and did not drink her produce our concern for her health would be lessened by one-half. Recent occurrences at Toronto Exhibition have proved in an alarming way how extremely sensitive and susceptible to ulterior influences the milk of the cow is. Under such circumstances an article on the purity of milk in the September Popular Science Monthly, gathers great and particular importance. One of the surprising conclusions reached by the writer (Prof. W. H. Comu of Harvard), is that the heterogeneous milk supply of large cities is better than the supply that goes direct from the farmers to the smaller towns. Taking New York as an example, he describes the methods of the big milk companies, and in the end concludes that the probability of securing pure milk must be secured through these companies. The larger these concerns are the better provided they can be compelled to take a reasonable amount of interest in the public safety. One of the facts adduced is that all the epidemics of typhoid thus far traced to bad milk have been in small communities, and none have been traced to the big milk dealers.

New York draws its milk supply from a territory with a radius of 200 miles. When the milk reaches the consumers it is perhaps forty-eight hours old. It has come from hundreds of farms and all kinds of cows. It is taken from the cans and put in a big mixer, where it is thoroughly mixed so as to insure general uniformity. All this sounds rather repellent, but Professor Comu holds that this two-day-old mixture is likely to be better than the milk of the average small farm, to the care and at the city milk dealers it has been constantly on ice, which destroys some of the fadder germs in it. Then the mixing distributes the bacteria-infected samples through the whole mass, diluting the bad qualities so that the whole is made. The large companies are able to supervise the dairy farms and guard the sources of supply. Some of the New York companies keep inspectors traveling constantly among the farms, spending \$10,000 or \$15,000 annually in such inspections. They will take no milk from a farm unless it is inspected each month. The appearance of a contagious disease on a farm leads to the immediate rejection of the milk, though it is still paid for. Companies that run their business in this way will soon get a reputation, and the writer believes the next step lies in this direction.

But the fact remains that no amount of inspection can guarantee the absolute safety of the milk, on the European continent this fact has led to a general abandonment of the use of milk in its raw state. There is less disease among the cattle on this continent than in Europe, and Professor Comu says he uses raw milk with perfect freedom, though he would regard it as unwise to give it to young children without sterilizing. This introduces the second step which he believes will be taken to insure a safe supply—the wholesale treatment of it for the destruction of germs.

The ordinary way to sterilize milk is to boil it or heat it with superheated steam. In both cases it gives the taste of cooked milk, which most people dislike. The superheating method, instead of the milk from souring for months or years, but this method in itself is a source of danger. While the heating almost kills every germ, there are cases where certain resistant spores survive and in time multiply rapidly producing pneumoniaeosis. To avoid such danger a new method called pasteurization has been invented and is widely in use in Europe. It consists in heating the milk to only about 165 degrees to 185 degrees and then rapidly cooling it. This kills all the strictly pathogenic bacilli, does not make the milk taste, and is inexpensive. Pasteurized milk will keep only a little longer than raw milk. Professor Comu believes this method will ultimately be applied by the great milk distributing companies themselves, as has been done in Copenhagen, with marked success in the last three years.

In Denmark more than half the cows have tuberculosis, making the use of milk more than usually unsafe. For this reason the Copenhagen Company has found it profitable to devise large machines in which the milk flows through in a constant

stream, is pasteurized, and runs out at the rate of 2000 quarts an hour. The moment city consumers show a sufficient preference for this kind of purified milk the distributing parties will have to install such plants.

SILENCE IS GOLDEN.— Don't talk too much. You were given two ears and only one tongue, that you might hear twice as much as you speak, says the philosopher of the Boston Transcript, who always knows what he is talking about. People will like you all the more the less you have to say, and the more you listen, or seem to listen, to what they say. If you rarely put your lips in company, company may suspect you of being a dillard. This may cause them to pity you, and pity, it is said, is akin to love. Company will certainly be more inclined to love you for keeping your mouth shut than for always having it opened. Many a one has acquired a reputation for superior wisdom simply by flattering another's pride of speech by permitting him to talk on without interruption. Many a one, indeed, has left with the monologist the impression that he is a bright conversationalist, whereas had he attempted to do his share of the talking he might have been declared a bore. Don't talk too much. If you talk too much, you are likely to say things which, though you may forget them as soon as they are spoken, will be remembered against you. If another loses his temper, as the saying is, when one's temper is very much in evidence, don't lose yours. At least, don't talk back. Silence is your most effective weapon. It will tear his very vitals, whereas, if you rave and splutter it will only show that his words have struck home, and so give him pleasure. Don't talk too much. If you are an ignoramus don't give the fact away by airing your limited vocabulary. If you are wise you will always keep a bridle on your tongue, and are, therefore, in no need of admonition. Be cautious about that which is everybody's family subject. Hundreds of things you may say about yourself, and think that they will never be heard from again. But they are almost certain to be repeated, and in such a manner as to make you appear ridiculous or despicable. Don't talk too much. Let others do the talking and be happy. Let others exhibit their work habits. Let others uncover their shady past and their not over-bright present. But you—don't talk too much.

THE WORRY DISEASE.—What is this thing? writes Edward Markham. It is the Worry Disease. It is the result of the nervous strain under which we pursue our enterprises. We live too intensely, we work too feverishly. We lack restraint; we lack repose and repose. In business, in politics, in society, we live at high pressure; we fail to keep the law of tranquillity; and at last the breakdown comes upon us like an avalanche. Then we are hurried away to the hospital, to the Continent, to a "rest cure." Now this catastrophe is more often the result of over-work, than it is of over-worry. We die of over-working, but seldom of over-worry. Work is a taskmaster that may weary the mind, but worry is a highway robber that carries away its most precious treasure. Work can be laid aside, but worry clings to the mind like a ghost in a tower.

We are fooled by our worries. They call down upon us the very things we dread. They lead in the very shapes we have conjured up in our fancies. Fear (which is the parent of worry) breaks down the guards of the body and lets in the disease that we are dreading. We invite what we expect. Our safety lies in a strong, positive, hopeful attitude. It is not rest that is needed so much as serenity. We need the large composure that quiets all our hurries and our worries.

Worry, working through the power of imagination, has killed more people than all the battlefields. And yet strange to say, all worry is utterly illogical. There are (says some) can be helpful and those that cannot. For if they can be helped, go and help them; if they cannot, then worrying over them only makes them worse. But what has brought our national disease into being? Out of what swamp, out of what sewer sprang this deadly miasma? It comes from many sources. One chief source of it is our feverish desire for wealth. We have put aside the large treasures of the mind in our mad scramble for riches. A golden calf instead of the royal eagle would best represent our national idiosyncrasy.

A POINTER FOR COUNTRY PARISHES.

Last week we referred to our country parishes, their institutions, their needs, and the means whereby they could make the great public aware of their requirements. Another phase of the same subject has been suggested to our mind by reading the following account of a very useful scheme that has originated in New York. The details are thus set forth in an American contemporary: "There are thousands of needy, overstrained and overworked people who never touch because they are proud and self-respecting to accept it. They refuse to be 'patronized' by anybody and will go nowhere except they are able to pay their own expenses and maintain their own personal dignity and selfhood. Most conspicuously of this class are working girls, and saleswomen receiving low wages. They cannot afford summer vacation resorts that come up to their stand-

ard of living and refinement, and rather than humiliate themselves by accepting any manner of advertisement and exhibition charity they take no suitable outing and postpone complete recreation from year to year until they are utterly broken down. It is to the solution of this very excusable self-protection, among the middle class of working girls that a new pattern of vacation home has been devised in New York. All traces of charity are to be eliminated, and yet it is to be in every way first class, while prices of board and accommodations are to be fixed within the means of the average working girl, whether she be engaged in a laborious or more polite calling. This utter covering up of the charity feature, although one exists in disguise, is easily accomplished by building a summer hotel out of subscriptions from the benevolent, with the understanding that the food and accommodations shall be furnished at

cost. Not a dollar is to be returned as income beyond what it costs to supply food, service and necessary furnishings. It has been found that in this way a working girls' vacation home and sanitarium can be built, so that for a charge of \$3.50 per week every advantage now found in the best equipped and most respectable hotels can be enjoyed."

In this very city of Montreal, as well as in other Canadian cities, we have no doubt, there are hundreds of young girls situated in exactly the same circumstances as those above described. We do not think that we could succeed in awakening the public sufficiently to sense of the importance of the case to secure the organization of such a body of recreation-givers, as that mentioned in the foregoing item; but, as far as our Catholic young women are concerned, we could suggest something equally as effective. We would advise the cooperation of the city and country pastors. Say, for example, in the country villages where there are convents, if the parish priests would consult with the sisters that have charge of these institutions, and have them communicate, on the subject, with their mother-house in the city, the parish priests of the city—knowing the young girls of their parishes who would like a few weeks in the country, but who cannot afford the expense of hotels or summer

resorts,—might be able to procure for them healthful and pleasant, as well as safe and cheap residences during their vacation time.

Once this system would become known, any young girl, whose employer would grant her a few weeks of holidays, would only have to go to her parish priest and tell him that she was anxious to have a rest and country air. He would go to the mother-house of the Order, and there ascertain in which village or country district they had a mission-convent that would accept such boarders. The result would be that while the young girl would be afforded a cheap and a safe outing during the warm months of summer, the convent to which she would go would reap a certain immediate benefit, and indirectly would have a means of making all its attractions and advantages known to the city people.

We know that there are some institutions in country parishes which prepare regularly every summer to receive and board city people, but these are generally of the wealthier class and they are few in number. We would suggest to the country parish priests, wherever convents exist, to study the subject carefully and to point out to the superiors of these institutions the many benefits to be reaped, as well as the blessings to be conferred, by opening their doors to young girls of this class during the vacation months of summer.

NATURALISTS' OBSERVATIONS.

THE LONG-LIVED ELEPHANT.—According to Aristotle, Buffon, and Cuvier, the elephant may live for two centuries. After his victory over Perseus, Alexander consigned to the sea an elephant, that had fought for the Indian monarch and gave it the name of Ajax. Then, having attached an inscription, he set it at liberty. The animal was found 350 years later, making its age easily somewhere between three and four centuries.

OUTSPEEDED THE SWALLOW.—A swallow is considered one of the swiftest of flying birds, and it was thought until a short time ago that no insect could escape it. A naturalist tells of an exciting chase he saw between a swallow and a dragonfly, which is among the swiftest of insects. The insect flew with incredible speed, and whirled and dodged with such ease that the swallow, despite its utmost efforts, completely failed to overtake and capture it.

THEY WANTED CLEAN STRAW.—When Barnum's Show was at Leeds, the keeper of the tigers boded them with straw, which was left behind when the menagerie went away. An keeper seeing that the straw left behind was fairly clean told Jack, his groom, to bed the horses with it, which he did. No sooner had he finished bedding them than the horses began to tremble, perspire, plunge and kick. Jack went to the master and told him there was something wrong with the horses. The master came and when he saw the horse—the accused Jack of thrashing them, which he, of course denied. He then unloaded the horses, and they ran out of the stable snorting. Jack then said: "Look here, master, I know what it is: it's that straw." The master laughed at him and said: "Don't be simple." "I'll move it and we'll see," said Jack. The bedding was changed and clean straw substituted. The horses were calmer and taken back after some time had been spent coaxing and enticing them. When the horses could smell the clean straw they became calm and allowed Jack to fasten them up without further trouble.

CAMEL'S HAIR BRUSHES.—The camel's hair brush used by artists has nothing of bacteria in it. There was a time when real camel's hair was used for this purpose. The hair of the desert, however, has long been superseded by the comely squirrel. Not only is squirrel's hair very much less costly, but it is better, softer, more pliable, and more durable. At the present day it is doubted if you could find a bushel of camel's hair in all the brush factories in the land. It is the European squirrel that furnishes the hair for the brushes, the covering of the American squirrel being too furry and soft for the purpose. It is somewhat the same way with the coarser brushes. The bristles most prized come from Russia and India, and the wild hogs of Germany furnish their quota. The great American hogrus to fat and puts forth practically no bristles. In the countries above mentioned the collecting of bristles is quite an important industry among the peasantry of certain districts. In comparatively few cases are they stripped from the dead body of the hog. The usual method is to discover the haunts of the animals and to gather the bristles from the trees against which they rub themselves.

venomous reptile invariably possesses a triangular shaped head and a blunt nose, while his tail is correspondingly blunt and stubby. Any snake that tapers smooth from the middle of its body to the tip of its nose and to the tip of its tail as well, growing slender in a gradual and regular manner, is absolutely devoid of venom.

THE CODFISH INDUSTRY.—Lofoten is celebrated the world over as a point from which tourists may witness the midnight sun, and because here also is to be found that wonderful whitepoll which Poulie famous in his "Descent into the Maelstrom." But to the Scandinavians the place is honored chiefly because within a radius of a few miles of the islands are captured all of the codfish from which millions of gallons of cod liver oil are made and sent all over the world to the end of building up innumerable "run down" human constitutions. The codfish arrive on the coast of Norway during January and February, and the run continues till the end of April. Over 10,000,000,000 codfish are estimated to have crowded into one fjord recently. Yet this was only one shoal in hundreds. The average season's catch at Lofoten alone ranges from 10,000,000 to 50,000,000 depending not on the supply of fish, but on the variable weather conditions. It is probably the advantageous formation of the land that causes the fish to come to Lofoten every year. The Lofoten islands extend in a rocky chain along the Northwest coast of Norway. The arm of the sea which divides them from the coast is called the Vestfjord. The islands themselves are separated from one another by narrow channels, through which the surges rush with the force of a torrent every time the tide rises and falls. There are a few islets or small floeys which run inland from the Vestfjord. It is in these waters that codfish come every year to spawn. The fish generally swarm on the banks surrounding the island, but sometimes a shoal will wander into one of the inlets, and then it is that the terrific crowding mentioned above occurs. The Ostroisfjord is an inlet 200 miles in length and one mile in width. The 10,000,000,000 fish mentioned crowded themselves into this narrow strait and because of lack of swimming space were compelled to stay there nearly three weeks. Between the depth of sixteen and forty fathoms the fish were packed together so closely as to leave barely sufficient room to move, and the crews of 2,500 boats were constantly at work



"The child is crying for food." "But," said the mother, "it has all the food it will take." "The question of starvation" replied the doctor, "is not how much food is taken but how much is assimilated and goes to nourish the body." Pain in the body is often only the outcry of starvation. You eat enough but the stomach is not doing its work, and the nervous system is starving. Put the stomach right and the pains will cease, together with the uncomfortable consequences of the condition. There is no medicine made which can equal Doctor Pierce's Golden Medical Discovery in the quickness of its action on the stomach. It cures diseases of the digestive and nutritive system, increases the action of the blood-making glands, and so induces a proper and perfect distribution of the necessary nourishment to blood and bone, nerve and muscle throughout the whole body. There is no alcohol, opium or other narcotic contained in "Golden Medical Discovery."

"I wish to say to the world that Dr. Pierce's Golden Medical Discovery has proved a great blessing to me," writes Mrs. Ellen E. Bacon, of Shutesbury, Franklin Co., Mass., "as I firmly believe I should be in a very bad state of health had not taken it. Prior to September, 1897, I had doctor for my stomach trouble for several years, going through a course of treatment without any real benefit. In September, 1898, I had very sick spells and grew worse; could eat but little. I commenced in September, 1897, to take Dr. Pierce's medicine and in a short time I could eat and work. I have gained twenty pounds in two months."

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hauling fish away. There may have been more than 10,000,000,000 fish present, as this estimate is based on the assumption that each fish would monopolize ten times its bulk in water or in which to swim, although reliable witnesses state that some of the fish could have had this amount at their disposal. Thirteen million fish were captured in the inlet before the school was able to loosen itself from between the wedge formed by the shores of the inlet and scurry off to the deep sea. Meantime, however, hundreds of other fishing boats were at work capturing the cod, which were swimming in numerous schools out by the islands. From this some estimate of the remarkable quantity of fish which come annually to Lofoten may be formed. One of the remarkable features of these fishing operations is that while the cod are running no other fish can be found on the coast. Whether they know enough by instinct to leave before the cod appear or whether the school in its progress devours everything that comes in its way is not easily determined, but it is a fact that even the herring used by the fishermen as bait have to be imported from a distance. The condition, however, is a very fortunate one for the cod oil manufacturers.—Liverpool Catholic Times.

different meaning. It is stated that for this disease the Emperor will have to undergo the operation of trepanning, and that he will immediately hand over the government to the Czarevitch. The Paris "Courrier du Soir," which relates the story, declares that under those circumstances the Czar will not visit the Paris Exhibition next year.

ANOTHER COURT-MARTIAL.

The French Government are now making an effort to capture a band of rebels somewhere in West Africa. Lieutenant Voulet is, or was, the leader of an expedition sent out into those regions by France. The authorities at home heard that he was ill-treating the natives, and they accordingly sent out a colonel named Klobb and another officer to take over command. When Colonel Klobb arrived, Lieutenant Voulet instead of giving over the command fired upon him and his followers, and the Colonel fell.

THE PLAGUE CLOSES MANY FACTORIES.

Reports from Oporto are to the effect that more factories have been closed on account of the prevalence of the plague, and it is estimated that 12,500 persons are out of employment. The military cordon is badly kept. The troops are not properly provided with food and are allowed to communicate with people inside the lines and obtain supplies. The inhabitants are very much amused at the attempts of the authorities to catch a cat which is supposed to have eaten mice that had been inoculated with the plague serum by French savants.

GOOD BLOOD AND SOUND MUSCLES.

Scott's Emulsion is a blood making and strength producing food. It removes that feeling of utter helplessness which takes possession of one when suffering from general debility.

THE CZAR'S ABDICATION.

The rumor of the Czar's intended abdication is again revived, writes a correspondent of an Irish exchange. "This time a circumstantial story is told to the effect that Nicholas II. is suffering from a form of brain disease called amnesia, the characteristics of which are loss of memory, stammering in speech, and the substitution of one word for another of