

LITERARY LABOR AND HEALTH.

To make literary work healthy is a simple process, depending on the mode in which each day is allotted to it, and also on the mode in which the body is physically trained and disposed to carry it out. The first grand point is to begin the day well by rising early. The universal experience of the wisest men of all ages is in favor of the habit of getting up early in the morning. The practice is closely connected with length of life. It is also closely connected with happiness and activity of life. The physiological facts on this subject are striking. Those who rise early in the morning are, without any doubt, able to work during the succeeding hours for a longer time than those who habitually rise late. Confirmed early risers usually wake at their ordinary time even when they have gone late to bed, and during the day feel less fatigue than do persons who from habit linger long in bed. There is something in the act of breathing the early morning air which invigorates for the whole day, seems to remove oppressive vapors from the body, and renders all the active organs of the body—the brain, the nerves, the organs of the senses, the muscles, the lungs and the heart—freer to act. The mental health is also invigorated and refreshed. In the country no part of the day is so beautiful as the early morning, and in large towns even the same is true. There is another advantage. The practice begets the habit of regularity and punctuality.

When once awake it is good practice to turn out straight away. The mind is then bright for the day. Second naps in the morning breed heavy, leaden days, in which the head feels bound or compressed, and as if another necessary nap were always coming on. To read in bed in the morning is very bad. To get up briskly is to be sharp and sure till it is time to turn in for another night. With the early hours of the morning literary work is always most fruitfully associated when the habit of early work is once acquired. Thoughts are freshest then; the arrangement of thoughts is cleared then; memory is keenest then. Thus thought, method and memory conspire together, and labour becomes pleasure. In the literary life nothing is so wholesome as to carry out the work without strain. There is always some little difficulty in getting into harness, but this mastered, work becomes easy enough. Samuel Johnson records that he could always work when he was forced to it; and Miss Martineau tells us that after the first quarter of an hour she found everything easy. With healthy minds this experience is common.

There is, however, a danger connected with it that must not be forgotten; that danger is the too long continuance of the labour after it has become easy. With some this danger is serious. The work is so fascinating, the time goes as if hours were minutes, and the physical powers are, as it were, stolen upon and robbed outrageously. It causes feebleness of the senses, irregular nervous distribution, uncertain play of the circulation, and bad sleep. In working it is wise to have the knowledge of time always in view, to break it in intervals of an hour or so regularly, and to limit it altogether as to duration. I have come to the conclusion that no profitable work can be carried out after six hours of daily steady labour, and I would recommend every student to keep that period in mind as the full period for good and rich mental activity. I need not say that quietude is an essential part of the literary life, and that the man devoted to the exercise of literary pursuits should have and seek as few distractions of worry and outside tumult as he possibly can. In his leisure he may occupy himself as much as he pleases in other works that do not produce actual weariness, provided that they cease with the performance of them, and interfere nothing with his life labour when that is in progress.—*Sir B. W. Richardson, in the Asclepiad.*

Thin and impure blood is made rich and healthful by taking Hood's Sarsaparilla. It braces up the nerves and gives renewed strength.

PUBLIC OPINION.

Manitoba Free Press: Conservative leaders predict that a general election will be held in Great Britain in February and they advance reasons, satisfactory to themselves at least, for holding such an opinion. The Liberal electoral executive, however, is in a state of comparative inaction, which leads to the inevitable conclusion that their opponents are a little out in their calculations.

Ottawa Free Press: If the customs duties imposed upon goods imported into Canada are paid by the foreign producers and do not increase the cost of imported goods to Canadian consumers, why not collect duties on the raw material of Canadian manufacturers? Why exempt the monopolist from the operation of the policy by which they swear? Why not make the foreign producers of cotton, wool, unrefined sugar, and other raw materials imported by protected combiners, contribute something to the Dominion treasury.

Kingston News: The difference between contagious pleuro-pneumonia and transit pneumonia is not yet known to British medical science, though it is clearly understood both in Canada and the United States. Under these circumstances, it is perhaps premature to assume that the embargo upon Canadian cattle is due to a desire on the part of the British authorities to extend to British farmers anything like veiled commercial protection. It may still be hoped that they have sinned ignorantly, and that they will retrace their steps whenever they can be brought to see the truth.

St. John Telegraph: The Hawaiian people are incomparably more civilized and better educated than the southern negroes, and yet the Republicans appear to be unwilling that they should have any share in the government of their own country, and desire to hand it over to a band of Americans who are mere interlopers, and who from their small numbers could exercise no control over the government unless with the good will of the Hawaiian people. This Hawaiian business has put the United States on its trial before the civilized world, and it remains to be seen how it will stand the test.

Montreal Star: By "Scientific Protection" is doubtless meant, as the despatches briefly indicate, an arrangement of the tariff so as to protect legitimate infant industries, without fostering monopolies or "combiners." The divergence of such a policy from that of the Opposition is plain. They do not propose to protect infant industries at all—that is, if they adhere to the teaching of the Ottawa platform. Their position is that all protection is improper, while the claim of the Government and of the tariff reform contingent is that there is such a thing as proper and wholesome protection.

Vancouver Daily News-Advertiser: A perusal of the Australian newspapers shows that in the general accuracy and interest of the news which they receive from Great Britain they are ahead of their Canadian contemporaries, which, on account of their comparatively small number and limited resources, are compelled to be content almost entirely with sharing in the cable news with the newspapers of the United States. To suit the larger patronage which the latter enjoy, the British news is flavoured and distorted, so that if not actually inaccurate, it is so colored that it gives an entirely erroneous idea of the facts or circumstances which are the subject of the despatch. It behoves the Canadian newspapers to determine at the earliest possible time they will establish a cable service for themselves which shall be distinctively British and absolutely impartial and accurate.

B. B. B. CURES SICK HEADACHE.

GENTLEMEN.—Having suffered for a number of years with sick headache I concluded to try B.B.B., and by the time I had used two bottles I was cured, and have not had any symptoms of it since. I can safely recommend B.B.B. for sick headache.

MRS. A. A. GAMSBY, Orono, Ont.

Dyspepsia

Makes the lives of many people miserable, causing distress after eating, sour stomach, sick headache, heartburn, loss of appetite, a faint, "all gone" feeling, bad taste, coated

Distress After Eating tongue, and irregularity of the bowels. Dyspepsia does not get well of itself. It requires careful attention, and a remedy like Hood's

Sarsaparilla, which acts gently, yet efficiently. It tones the stomach, regulates the digestion, creates a good appetite, banishes headache, and refreshes the mind. **Sick Headache**

"I have been troubled with dyspepsia. I had but little appetite, and what I did eat distressed me, or did me little good. After eating I would have a faint or tired,

all-gone feeling, as though I had not eaten anything. My trouble was aggravated by my business, painting. Last spring I took Hood's Sarsaparilla, which did me an immense amount of good. It gave me an appetite, and my food relished and satisfied the craving I had previously experienced."

GEORGE A. PAGE, Watertown, Mass.

Hood's Sarsaparilla

Sold by all druggists, \$1; six for \$5. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar



A Common Error.

Chocolate & Cocoa are by many supposed to be one and the same, only that one

is a powder, (hence more easily cooked,) and the other is not.

This is wrong—
TAKE the Yolk from the Egg,
TAKE the Oil from the Olive,
What is left?

A Residue. So with COCOA.

In comparison,
COCOA is Skimmed Milk,
CHOCOLATE, Pure Cream.

ASK YOUR GROCER FOR

CHOCOLAT MENIER

ANNUAL SALES EXCEED 88 MILLION POUNDS.

If he hasn't it on sale, send his name and your address to

Menier,
Canadian Branch,
12 & 14 St. John Street, Montreal.

More than 58,000 Mohammedans made the pilgrimage to Mecca in the year 1892. The performance of this religious duty entitles every one of the faithful who accomplishes it to be dignified by the title of "hadji," and the wearer of this title is thereafter a person of much consequence in his own neighborhood and among his friends.—Chicago Standard.

C. C. RICHARDS & Co.

I have used your MINARD'S LINIMENT successfully in a serious case of croup in my family. I consider it a remedy no home should be without.

Cape Island.

J. F. CUNNINGHAM.

That string on my finger means "Bring home a bottle of MINARD'S LINIMENT."