

exercise of the lungs and muscles, in the open air, should be taken daily, and where this is impossible, it should be taken in a room with the windows wide open. The practice of breathing through the mouth is most injurious to those with naturally weak lungs, as the air is taken to those organs without first having been warmed, as is the case when the lungs are filled with air taken in through the nose. The involuntary use of the lungs by no means expands these organs to their fullest capacity; hence the idea of lung baths, now so popular. These are simply full inspirations of fresh air taken in through the nose, which fill the otherwise unused cells with the life-giving element. The air should be retained in the lungs for a moderate space of time, and then slowly exhaled through the nose. This operation, according to high medical authorities, should be repeated at least fifty times a day. The importance of these lung baths will be understood, when it is remembered that consumption first shows itself in those cells which are not used, excepting in case of deep inspirations. Physical exercise should never be indulged in so as to cause lassitude. Over-exertion is injurious, frequently diminishing, instead of increasing our strength. No person should take more exercise than his strength permits, but each one should, with a due regard to circumstances, take a moderate amount daily. Cleanliness is, above all things, most desirable. If the pores of the skin be not left free, and in their natural condition, grave consequences may result. The victims of hydrophobia far exceed in number those who have been unfortunately bitten by mad dogs. Consumption is on the decrease in Massachusetts, and this is mainly due to the popularizing and dissemination of knowledge respecting the laws of hygiene. If our medical men would use the Press of this Province for a like purpose, they would confer a blessing in their day and generation which could not fail to redound to their credit.

THE MIS-REPRESENTATIONS OF REPORTERS.

The imagination of the American reporter has found its latest field in Canada. The West and the South of the Republic have long furnished him with the material for all kinds of sensational stories about the strange freaks of nature, or the strange doings of the children of nature. He has now turned to the varied sensational resources of Canada, and he seems determined to develop them. The North-West Rebellion is largely responsible for attracting his inventive genius to Canada; if so, Riel has much to answer for. Certain it is, that he has founded a goodly quantity of fiction upon matters connected with Riel. When the action of the Government with regard to the execution was still a matter of doubt, he interviewed Lord Lansdowne and the members of the Cabinet. His report of these interviews, and his description of Ottawa, and of the gentlemen interviewed, derives only too obvious a coloring from his failure to make anyone commit himself. Even such well-known journals as the *New York Times* and *Herald* have found space for the most absurd rumors communicated by their imaginative or credulous reporters. The *Pioneer Press*, of St. Paul, Minn., publishes a story, told by a correspondent at Brandon, to the effect, that after his execution, Riel had been seen walking by the Saskatchewan, with Gabriel Dumont, and that another condemned man had personated Riel on the gallows. The *New York Herald* contained a long and sentimental account of the execution, which the *Reform Press* of Canada eagerly copied, and in which the reporter caps the climax of his efforts to excite sympathy for his hero by even mentioning his *fine features*! What a pity the photographers have never discovered anything fine in them, and that their cameras have persisted in representing him as the coarse grained object whose pictures are so well known!

The race-antipathy, now so strong among the Quebec rabble, is also a fertile theme with reporters for American journals. A despatch appeared in the *New York Herald*, apparently from a reporter of the Canadian Associated Press, to the effect that the whole adult population of St. Marthe, which has a population of 2,000 persons, assembled in church, and pledged themselves to abstain from strong drink for a year. Now, it happens that there is no town of this name in Quebec, the only approach to it being a village with a population of 300. The *New York Times* published a despatch, probably Associated Press, concerning a collision between forty men of a mythical Protective Association, who were attacked by thirteen French policemen, with the rather ludicrous result that "The policemen were totally routed, and the young men, taking their batons from them, led the police about a mile away before they would return them their weapons!" The people of Montreal know nothing about this comical scene, or about such a body as the Protective Association.

It may be that these reporters believe that a large class of their readers are interested in anything unfavorable to Canada. It is certain, that, during the Fenian Raid, people of all social ranks freely expressed sympathy with the invaders; and this feeling may still linger among the ignorant. We are not sure that there are not persons in Canada who would be ungenerous enough not to feel distressed over any difficulty in which our American neighbours might be involved. But if such feelings exist, it is surely not the duty of the Press to pander to them; rather it is the mission of the newspaper to repress evil and encourage good, to broaden the sympathies of its readers, while it heightens their intelligence, and by making them better acquainted with their fellow men of all nationalities to destroy all that is narrow and selfish and exclusive in their feelings.

THE DOMINION FRANCHISE ACT.

The most important features of the new Franchise for the Dominion are, that it gives votes to all that in any way earn \$300.00 a year to the majority of the sons of farmers, to miners, and to fishermen. As the Revising Officers, in whose hands is the preparation of electoral lists to be used at

Dominion elections, will shortly begin work, it may be well to give here an abstract of the Act. The qualifications entitling one to vote under the new Franchise, are:—

1. To be a male person, a British subject, of the full age of twenty-one years; And
2. Owner of real property to the value of \$150.00; Or
3. A tenant of real property under a lease at a monthly rental of at least \$2.00, (or a quarterly of \$6.00, or a half-yearly of \$12, or a yearly of \$20.00), who has been in possession and paid rent for not less than one year; Or
4. The regular occupant for one year of real property of the value of \$150.00; Or
5. THE RECEIVER OF AN ANNUAL INCOME OF \$300.00 WHO HAS BEEN A RESIDENT FOR ONE YEAR; Or
- 6 A farmer's son or sons, in so far as the farm, etc., is of value to enable each one to be assessed for \$150.00; (thus, if a farmer having three adult sons at home is assessed for \$600.00 of real property, himself and his three sons have each a vote;) Or
7. The son or sons of owners of real property other than a farm (under same conditions as sons of farmers); Or
8. A fisherman who is the owner of real property, including boats, nets, fishing gear, &c., of the value of \$150.00.

To qualify under sections 6 and 7, a son must have lived with his father (or with his mother, in case his father is not living) for the period of one year before the 1st of January, 1886. This, of course, is a date that applies only to the electoral lists now about to be prepared.

It is noteworthy that "son" in this Act means not only son in the ordinary use of the word, but also grand-son, step-son, or son-in-law.

CAPE BRETON.

The Island of Cape Breton being a large and important part of this Province, with splendid possibilities of prosperity, if only its great resources were developed, we have been advocating its claims to the generosity of our Federal and Local Governments. For that Island, we merely demand justice. If any man disapprove of that, we are sorry, but the disapprobation of a man that favors the continuation of injustice can affect us but little. We will never ask for Cape Breton, or for any other section of the Province, anything of an unreasonable nature; but when Cape Breton, or any other section of the Province, raises its voice in complaint, and protest against, glaringly unjust treatment, THE CRITIC's voice, too, shall be raised in advocacy of measures calculated to remove the causes of dissatisfaction. And, as before now implied, we ask no Government to make any concessions to Cape Breton which would be unreasonable.

Is it unreasonable to ask that Cape Breton, which has largely contributed to the building of railways in other parts of this Province, should now receive from this Province, in some form, compensation for those contributions?

Is it unreasonable to ask that Cape Breton should receive from Nova Scotia and from the Dominion her due share of public funds, to be spent within her borders in such a way as shall not only place her on a level with other parts of the Dominion, but shall also be afterwards advantageous to the whole country?

Is it unreasonable to ask for Cape Breton Railway subsidies that will enable reputable companies to build, in that Island, Railways which, once opened to traffic, would ensure the rapid expansion of her varied natural resources?

We say, fearlessly, that such demands are entirely within the bounds of reason and justice, and, therefore, ON PRINCIPLE, we support them. If any one of our readers happens to differ from us, we respectfully ask him to ponder the following facts, several of which have been already adverted to in THE CRITIC:—

Railways in Cape Breton, judiciously located, would at once result in the opening and working of several magnificent coal mines. (for instance, those of Inverness Co.,) now useless and unprofitable to that Island and to the Province as well. These mines would annually contribute largely, in the shape of royalties, to the provincial revenue.

Railways in Cape Breton would render saleable at an early date thousands of acres of crown timber lands that we do not need to keep in reserve. This, too, would of course help to fill the provincial treasury.

Railways in Cape Breton would facilitate the making of arrangements to smelt and manufacture the practically unlimited quantities of iron ore and copper deposits that now, like the coal mines of Inverness Co., yield us no revenue, direct or indirect.

Railways in Cape Breton would bring within reach of the people there a ready market for the fresh fish that can in winter be got very cheap in different parts of the Island.

Railways in Cape Breton would render available very extensive deposits of gypsum and limestone, which now can be very economically quarried, but cannot, on account of their distance from a good shipping-place, be sent to market.

Railways in Cape Breton would give a needed stimulus to agriculture in the magnificent Counties of Inverness and Victoria, and also, to some extent, in the other two Counties of the Island. The farmers of many fertile parts of Cape Breton at present suffer from disadvantages which are unknown in the other agricultural counties of the Province.

And, lastly, railways in Cape Breton, with the industrial activity that would follow close upon their construction, would result in keeping at home thousands of young people that now go to the United States to engage in industries that are not, but may be, provided at home.