

THE CAUSES OF SEASICKNESS.

Opinion of an Experienced Physician on the Matter.

Some Good Advice in regard to Treatment Experiences with Patients During an Ocean Voyage.

FROM THE NEW YORK SUN.

As soon as the season for ocean travel opens each spring there is a great deal of talk about seasickness. Somebody bobs up here with a sure cure; somebody there with a preventive that never fails. Yet thousands of persons go on being seasick in spite of both.

Oh, Mr. Captain, please stop the ship. I want to get off and walk. The other half, he says, haven't enough life left in them even to think of walking. Their one ambition is to die.

It is really a reflex action of the pneumo-gastric nerve. The pneumo-gastric nerve is one of the tenth pair of cranial nerves.

It is really a reflex action of the pneumo-gastric nerve. The pneumo-gastric nerve is one of the tenth pair of cranial nerves. The nervous system of the human anatomy becomes accustomed to the stability of objects around us, and consequently, as soon as most people get on the sea, where the only thing in sight is rolling waves and fleeting clouds, the pneumo-gastric nerve rebels.

and a few drops of brandy at short intervals, but to my surprise he did not rally. I soon learned that it was a part of her creed not to eat any meat that had not been blessed by a rabbi, and so she was mainly throwing the beef tea overboard.

NEVER GET IN DEBT TO YOUR STOMACH, is a very good rule to follow when sailing the sea. If well, a person should keep something in the stomach, and if sick, after each spell some food should be taken for two reasons.

"It is wise to stay on deck as much as possible. Usually if a person who is sick can be persuaded to go on deck, and his interest can be aroused, he finds himself well before he knows it.

"In cases of extreme nausea morphine, hypodermically injected, must sometimes be resorted to, but this should be avoided as long as possible, since the secondary effect of morphine is nauseating. Friction of the extremities, general massage, very hot or very cold applications to the stomach, are far more efficacious than medicine.

THE AMERICAN STAGE.

The Low-priced Variety Entertainments and Their Effects on the Rising Generation.

A writer in the New York Times refers to a subject which in some measure, and perhaps in a serious respect, is certainly very applicable to a number of the houses of amusement in Canada.

"One hears a great deal about the comparative cleanliness of the performances given now in your American variety theatres," said a foreigner domiciled here, "and it is undoubtedly true, that one rarely finds in the large music halls any performance that is beyond the limits in effect, whether from the words or the sight. One event this winter gave an impetus to a certain form of veiled impropriety that was brought to an end with the vogue of the entertainment which gave rise to these shows.

"While this is true of the leading music halls, there is no such opinion can be expressed. There are those who are called by the English name of music halls. These are generally visited by the travelling companies which combine burlesque and a variety show, or, as it is technically called by them, an olio.

"Do people often die of seasickness?" asked the reporter. "I can't say that there are many deaths from this disease," answered the authority, "but those who say 'Well, I know I shall be very seasick, but there is a great deal of consolation in knowing that it can't kill me,' don't know what they are talking about. The great depression and the wearing, tearing strain on the nervous system, produced by the convulsive action of the abdominal muscles and the inability of the system to take nourishment, occasionally result in death. A ship's surgeon, if not extremely careful, is liable to have seasick patients, through their own ignorance or religious prejudices, starve to death. What is meant by that? Just this. As a rule children do not get seasick. But I remember, when crossing the ocean one summer, being called to see two children in the steerage who were very ill. They were Polish Jews, and the mother and father were with them. They were all rather emaciated when they came aboard, and in three days the boy was in a comatose condition except when roused by nausea. There is no medicine that would do him any good, and I soon saw that the only thing was to nourish the little fellow. I ordered the mother to give him beef tea.

of expression. Speeches of this sort are not made before the class that might be expected to patronize a variety theatre of the second class, but are made chiefly for the benefit of rather biased and over-experienced people. But the mud of American variety is thrown into the faces of a very simple, rough class of people, who pay the small prices asked at these theatres. Barring the rather smaller proportion of women present, the audiences are of the same type as those attracted by one of the crude melodramas at the second-class theatres.

BELGIUM CATHOLICS.

A Proposal to Increase Ecclesiastical Stipends.

Organized Movement in Religious and Secular Circles for the Betterment of Their Condition.

The Belgium correspondent of the Liverpool Catholic Times writes that:—Proposals will shortly be submitted to both Chambers of the Belgian Legislature for an increase in the scale of remuneration allowed to the parochial clergy. M. Woeste, the well known Catholic leader, drew attention some time ago to the urgency of this question, and recently the Abbé Keensens, a member of the Senate, pointed out in a letter to the press that whilst successive Governments have been enhancing the salaries of the State employes, no addition whatever has been made during more than thirty years to the miserable pittance granted to the ministers of the Church. Goldsmith's village pastor was passing rich on forty pounds a year; there are hundreds of Belgian priests who have to content themselves with such luxuries as an annual stipend of even less than thirty pounds can afford them. It is true they have the usual offerings for marriages, baptisms, burials, etc., but as the vast majority of the parishes are small and the population far from wealthy, what the clergy derive from this source forms a very slight addition to their but too modest income. A clergyman cannot be said to live in affluence on less than the average laboring man's wages. The stipend of a vicar or curate is 600 fr., or 224 a year, which the State, with lavish generosity, raises to 700 fr. when he reaches the age of sixty, and to 800 fr. at the age of seventy.

THE ANNUAL STIPEND OF CURÉS

or parish priests of the second class is but 950 fr.; the amount is increased to 1,100 fr. when they reach the age of sixty, and to 1,200 fr. at the age of seventy, but, as statistics show that only about one-fourth of the Belgian parish priests reach sixty years of age, there are few to benefit by the higher emoluments. The Abbé Keensens urges that the time has come when Government should do something to improve the material condition of the parochial clergy. If in other departments of the administration the salaries of its servants are increased every three years until a maximum pay is reached, it is but simple justice that the clergy should receive a somewhat similar treatment. His proposal, in brief, is that the annual allowance of curés should commence with 700 fr., with an increase of 100 fr. after three years, and of 200 fr. after six years; the initial stipends of parish priests of the second class to be 1,100 fr., which will be increased to 1,200 fr. after three years, and to 1,300 fr. after six years. And for parish priests of the first class, he asks that they start with 1,500 fr., to be increased to 1,600 fr. after three years' service, and to 1,700 fr. after six years. It can hardly be objected that the suggested increases to the appointments of the clergy are excessive—they rather err on the side of modesty—and now that living has become more expensive than formerly it is difficult to see how a priest, unless he has private means, can make both ends meet even with the enhanced stipend. The claim of the Catholic clergy to more equitable treatment is all the stronger when it is remembered that the allowances they receive are, strictly speaking, not salaries, but a partial restitution of the property stolen from the Church during the French Revolution. The priests are not the functionaries or servants of the State; they are its creditors, and by the terms of the Concordat of 1801 the State recognized its indebtedness to the Church and its obligation to provide a suitable maintenance for the clergy.

CATHOLIC ACTIVITY.

It is not alone in the cities and large towns of Belgium we find Catholics banded together and actively engaged.

We tell your doctor all there is in Scott's Emulsion, just how much cod liver oil, hypophosphites, glycerine. But we do not tell him how these are combined. You have your secrets; this is ours. This knack of making the very best thing has come to us from years of experience with just one thing. We make only Scott's Emulsion—all our energy is bent on making that better than any other emulsion in the world. We have no other business thought. Is it any wonder that it is the standard?

LUBBY'S PARISIAN HAIR RENEWER. RESTORES GRAY HAIR TO ITS NATURAL COLOR. STRENGTHENS AND BEAUTIFYS THE HAIR. CURES DANDRUFF AND ITCHING OF THE SCALP. KEEPS THE HAIR MOIST AND THE HEAD COOL. IS NOT A DYE, BUT RESTORES THE HAIR NATURALLY. FOR THE HAIR. IS A DELIGHTFUL DRESSING FOR LADIES' HAIR. RECOMMENDS ITSELF, ONE TRIAL IS CONVINCING. IS THE BEST HAIR PREPARATION IN THE MARKET. IMMEDIATELY ARRESTS THE FALLING OF HAIR. DOES NOT SOIL THE PILLOWSLIPS OR HEAD-DRESS. Sold by all Chemists and Perfumers, 50 cents a Bottle. R. J. Devins, GENERAL AGENT, MONTREAL. PRINCIPAL LABORATORY, RUE VINHONGE, ROUEN, FRANCE.

in works for the promotion of religious interests and for the moral and social amelioration of the poorer classes; in many of the small communes, also, flourishing associations are to be seen steadily and successfully labouring for the same laudable objects.

There are some pictures too sad almost to look upon, and one of these is to see a wife and mother who has laid her life down for her family, when slowly fading out of sight receiving at last the tenderness—the softened love tones of those most dear to her, for which she had hungered for many a long year. Still, better even so late than not at all, but do you not think with me, it is better to recognize our angels now? Will you not act on this suggestion? I met a beautiful woman the other day who reminded me of a time when at a seaside resort I gave a talk to young girls—this beautiful girl had just come to remain a week. I talked that day about our mothers, how much they were to us, and how much we would miss them when they left us, for, of course, they could not always be with us, and how we should regret the little attentions we had missed giving them. This beautiful girl, an only child, took it all in; she said she could hardly wait for me to get through. She left on the next train for home, and started her mother by her sudden return. Her mother exclaimed, "What is the matter?" "Oh, mamma," she said, "I have come back to be attentive to you. You won't die, will you, till I am a perfect daughter?" Long after that I met that mother on a train and she said to me, "I always thought L— was about as good as she could be, but from the day she returned from the sea that summer she was absolutely perfect." That mother has gone on and that daughter is now a mother herself, and she has not to regret that she was not she to a daughter could be to a mother. There are too many daughters who act as if their mothers were their servants. I am not talking to mothers just now, or I should say, be careful! What some might call your unselfishness may ruin your daughter, and she, in turn, ruin others. Let your children have the benefit of the thought that they are to care for you, instead of you being made to care for them. You did care for them when they could not care for themselves, now let them care for you, and you be the strong angel mother to your children; and I hope your children will be the angels of your life, but angels down here need training. The angels in Heaven are represented as doing the will of the Father—let us be as like them as possible, living glad, obedient happy lives, and so make this earth more angelic!

DUTY TOWARDS A MOTHER.

[Ladies' Home Journal.]

At Wilberforce, Ohio, three miles north of Xenia and near Dayton and Springfield, is located Wilberforce University and Payne Theological Seminary. These two institutions of learning have educated many ministers and teachers. In this somewhat noted educational centre, resides Bishop Benjamin W. Arnett, D.D., a divine who is of especial prominence because of his thrilling eloquence with which he has awayed many audiences. Among the high officials of the church, no one is more distinguished than he.

SCOTTISH UNION AND NATIONAL INSURANCE CO. OF EDINBURGH, SCOTLAND. Assets Exceed . . . Investments in Canada: Forty Million Dollars. . . \$1,783,487.83. MONTREAL OFFICE, 117 St. Francois Xavier St. WALTER KAVANAGH, Chief Agent. Losses Settled and Paid Without Reference to Home Office.

he said to Indolent Ike, "that you really work harder trying to do nothing than I have to do anything." Indolent Ike struggled with the problem for a minute. Then he screwed up one eye and tried to look wise. "You're pretty clever, boss," he said, "but you can't work me up to tradin' jobs that way."—Chicago Post.

BISHOP B. W. ARNETT

SWAYS AUDIENCES WITH HIS MASTERLY ELOQUENCE.

HE WRITES A LETTER OF MORE THAN USUAL INTEREST TO SUFFERING HUMANITY.

Before being elected bishop he was a leading minister in his church and also a very prominent Republican. He represented his county in the Ohio Legislature for several years. Having given this sketch of the bishop, the following testimonial from him will be found very interesting reading and fully explains itself.



BISHOP B. W. ARNETT.

To whom it may concern: "In April, 1894, while on my way home from Philadelphia I caught a very severe cold, which soon developed into rheumatism. It was impossible for me to rest by day or sleep by night. About the first of June I was compelled to take to my bed, where I remained for some time. When I was able to get up, I could only get about by the use of crutches.

"The fall came on and the rheumatism grew worse, lasting all through the winter of '94 and '95. I suffered as I never suffered before. I thought that it did spring would bring me relief, but it did not, consequently I was forced to cancel a number of engagements to speak. "One day in June, 1895, my wife said, 'Bishop, I read so much about Dr. Williams' Pink Pills, suppose you try them and see if they will not help you?' "I said, 'No, there is no use of getting them for we have tried almost everything that has been recommended to us, and none of the remedies suggested seem to help my case. "She said no more, but went to Xenia, Ohio, and bought a box of the pills. On her return she gave me a dose at noon and another at night. She was only called one time to attend to me during that night. "For months previous she had been called three to four times during the night. The next day I took three doses of the pills, and the second night I was not disturbed. My wife, for the first time in more than ten months, had a good night's sleep. "I have not lost a night's sleep since that time on account of the rheumatism. I carry a box of Dr. Williams' Pink Pills in my pocket wherever I go. "I cheerfully bear testimony and hope that others may find relief as I did. I have recommended Dr. Williams' Pink Pills to several people. "Yours for God and Man. "BENJAMIN W. ARNETT."

HOW IT HAPPENED.

"And so you are engaged to Cholly Chubbins," said one girl. "Yes," was the reply. "How did he ever persuade you to marry him?" "On, he hasn't persuaded me to marry him. You know that lovely solitaire ring he had?" "Yes." "Well, I wanted it to wear to a progressive euchre party."—Indianapolis Sentinel.

Wilkins—Some idioms, as "Between the devil and the deep sea," though very expressive, are not exactly up to date. Simpson—They're not? Well, how would you improve on the one you quoted, for instance? Wilkins—Well, I think a more modern plan would be to say, "Between the trolley car and the scorching."—Puck.

With the assistance of the latest machines, a piece of leather can be transformed into a pair of boots in 34 minutes, in which time it passes through the hands of 68 people—and through 35 machines. The reformer thought he understood traps and could rouse them to endeavor in the right direction. "Do you know,"

DEVLIN & BRISSET, ADVOCATES, "New-York Life" Building, 11 PLACE D'ARMES. 3000 806 & 807. TELEPHONE 3279.

JUDAH, BRANCHAUD & KAVANAGH, ADVOCATES, 3 PLACE D'ARMES HILL. F. T. UDAN, O.C. A. BRANCHAUD, O.C. H. J. KAVANAGH, O.C.

A SESSION OF THE COURT OF QUEEN'S BENCH (Crown Side) holding criminal jurisdiction in and for the DISTRICT OF MONTREAL, will be held in the COURT HOUSE, in the CITY OF MONTREAL, on TUESDAY, the FIRST DAY OF JUNE NEXT, at TEN o'clock in the forenoon. In consequence, I give

PUBLIC NOTICE

to all who intend to proceed against any prisoners now in the Common Gaol of the said District, and all others, that they must be present then and there; and I also give notice to all Justices of the Peace, Coroners and Peace Officers, in and for the said District, that they must be present, then and there, with their Records, Rolls, Indictments and other documents, in order to do those things which belong to them in their respective capacities. J. R. TRIBAUDEAU, Sheriff. Montreal, 14th May, 1897.

FAVORABLY KNOWN SINCE 1826 BELLS. THE CHURCHES OF MONTREAL AND OTHER PARISHES. G. MENELY & CO. WEST-TROY, N.Y. BELL-METAL CHIMES, ETC. CATALOGUE & PRICES FREE.

SPECIALTIES OF GRAY'S PHARMACY. FOR THE HAIR: CASTOR FLUID. . . . . 25 cents. FOR THE TEETH: SAPONACEOUS DENTIFRICE. . . . . 25 cents. FOR THE SKIN: WHITE ROSE LANOLIN CREAM, 25 cts. HENRY R. GRAY, Pharmaceutical Chemist, 124 St. Lawrence Main Street. N.B.—Physicians' Prescriptions prepared with care and promptly forwarded to all parts of the city.

Education. THE MONTREAL CONSERVATORY OF MUSIC. 938 DORCHESTER ST., near Mountain, Montreal, P.Q. Development in all branches of music. Pupils may enter at any time. For prospectus, apply to 11-G MR. C. E. SEIFFERT, DIRECTOR.

Accountants. M. J. DOHERTY, Accountant and Commissioner INSURANCE AND GENERAL AGENT. Money to Lend! No. 8, FOURTH FLOOR. SAVINGS BANK CHAMBERS.

C. A. McDONNELL, Accountant and Trustee, 180 ST. JAMES STREET, MONTREAL. Telephone 1182. Personal attention given to all business. Rents collected, Estates administered and books audited.

GREAT SALES prove the great merit of Hood's Sarsaparilla. Hood's Sarsaparilla sells because it accomplishes GREAT CURES.