Spinion 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. A surgeon on one of the big ocean liners says that fully one half of the persons who cross the seas are in the state of mind of the man who sings:

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. This may be a slight exaggeration, for many persons never suffer from this most disagreeable disease, while it lasts known to man. The poet who wrote "The Sea Has No Terrors For Me" must have been one of them. He certainly could not have belonged to the vast majority who fall victims.

Sessickness," said a physician who has served as a ship surgeon several seasons, "is one of the

ODDEST THINGS THAT HUMAN FLESH IS HEIR TO.

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. Seasickness might as well be called land sickness or sky sickness or mountain sickness so far as the name itself goes, because a person who has never seen a body of water bigger than the sprine branch on the farm where he was rear d some times experiences what is known as eeasickness in riding on a pond or lake. Riding in a train, swinging, see sawing, and riding in an elevator produce it, and persons looking at the pickets on a fence in driving by rapidly have been known to become very ill. Nearly every one has seen children fall out of a swing or from a seesaw all in a heap and too prortrated, physically and mentally, to speak. That is the result of seasickness. Of course it is not so severe or lasting as a case which occurs, say, when one is a day out at sea, but it is just as disagreeable for a few minutes. Be that as it may, it is called seasick ness, because most persons are reared on land, and when travelling on water the abrupt change from their usual surroundings gives rise to this reflex.

THE SEVERITY OF THE DISEASE VARIES among individuals according to the condition of the nervous system. Some persons are much more impressionable than others, and they are the ones who uffer most. A high strung, nervous, hysterical person is the one most apt to suffer, and yet this is not invariably so. Often a great, strong man, bragging every faw minutes about being a high

"Hypnotism and acasickness are pretty close cousins. A person's mertality has a great deal to do with the degree of his suffering and ve one condition itself when wallzed is most horrible. The depression is fearful and the physical discomfort just as great. A popular idea exists that if you have seasickness once it gives immunity from a second attack. The man who sets his hopes on this belief is to be pitied. A person might cross the ocean twenty times a year and be seasick every time. Again, he might cross ninety-nine times without missing a meal and die of nausea on his hundredth voyage. Sea voyages are like children-you never know how they are going to turn out. as far as your pneumo-gastric nerve is concerned.

"The conditions of seasickness is greatly aggravated by surroundings, particularly bad odors. Steerage passengers are much more apt to suffer than are those in the first and second cabins. Their close confinement between decks, the narrow stifling quarters and unapnetizing food are often such as would make a seasoned sailor succumb. It is in this class that the ship's surgeon has his most aggravated and dangerous cases of seasickness. The patients will not assist themselves, and their general stupidity makes it very hard for a doctor to do anything more than to hope that kind nature or a rapid voyage will do what he has failed to accomplish."

" 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, sea, But I remember, when crossing the ocean one summer, being called to see two children in the steerage who were veryill. They were Polish Jews, and the mother and father were with them. They were all rather emciated when they came aboard, and in three days the how were in a compared condidays 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.

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

and a few drope 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 calmly throwing the beef tes overboard. We put the child in the hospital, the attendant fed him every two hours, and before we landed he was better than he was before he sailed. Twenty-four hours more without nutrition would have killed him.

NEVER GET IN DEBT TO YOUR STOMACH, is a very good rule to follow when sailing the seas. If well, a person should keep something in the stomach, and if sick, after each spell some food should be taken for two reasons. First, there should be something there to give up, and then the system is bound to absorb some of it, and in this way the strength is kept up. There is absolutely no medicine on the face of the earth that will stave off a case of seasickness or make it lighter. Any doctor will give reams of testimony concerning the trouble he has had in fighting the numerous concoctions recommended for this disease. Some people begin to dose for days before starting on a voyage. The only thing that is advisable is to give the liver a thorough overhauling and then make up the mind that no such thing as sea-sickness can come to you.

"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. It's a first-class remedy to get a sick person right down angry. Again, if the sufferer can be engaged in a race around the leck, he gets his sea legs and forgets all bout being sick. If a person is too ill for this, the best thing to do is to stretch out on deck with the feet higher than the head, and to eat cracked ice, drink carbonated water or a little vicby and whiskey or champagne, and, above everything, get out of sight of every one else who is sick.

"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. A favorite remedy with women is the lemon or the orange. The least acid that one puts into the stomach at such a time the better it is for that organ. It is well to eat plenty of fruit when on a voyage, and a gener ous diet of cereals and nutritious soups should also be taken. It is useless to tell people inclined to nausea to beware of greasy foods. The very sight of grease maker them feel as if their stomachs were on springs. Sailors often take their seasick comrades on deck, turn the hose on them, and that cures them in a hurry. The remedy may not be exactly elegant, but it is effectual."

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 benefit by the higher emoluments. The very applicable to a number of the houses of amusement in Canada. The class sailor, is seized and brought so low manna, in which children of tender years that all he can do is want to die. are allowed to frequent these establishments is simply incredible:

"Ore 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, halls any performance that is beyond the limits in effect, whether from the words or the eight 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. The continuous performance theatres are clean because the managers cater to spectators that would not patronize or enjoy the other kind of entertainment so the general stage performance in the New York music hall is practically free from all offence—a condition of affairs that is proved by the change in the public attitude toward these places. Now they are visited by persons who would never have thought of going near them ten years ago, and some of them have almost become family resorts. "While this is true of the leading mu-

sic halls, there is unfortunately a class of which no such opinion can be ex pressed. There are the smaller variety heatres, that have come to be 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. In the smaller cities of the country, those large nough to support only one variety theatre, these companies give the only kind of vaudeville show that these towns ever see. But here they never get any nearer to the better parts of the city than the cheaper neighborhoods, so what they do is practically unknown to the majority of theatregoers. It is a lucky thing, too. The Paris stage in its most extreme form knows no more daring language than the comedians in these companies Most of the jokes are not open to two interpretations, but only to one, and that of the lowest character. This perverted humor makes its appeal to audiences of the simplest class, so it is crude and rough without the least attempt at concealment. Half the jokes told at the performances could not be printed in any newspaper, and throughout the whole performance there is a constant stream of coarseness undis guised. The most astonishing thing about these companies is that the audiences, trained to expect this sort of thing, enjoy only this style. Buffalo, Troy, and towns of the same character all over the country still tolerate proscribed entertainments in a way that

was stopped here four years ago. "It is in seeing such performances as this that one is compelled to deny the universal purity! of American stage en-tertainments. In France, what is daring on the stage derives some piquancy from tho subtlety, satire, or delicate manner.

The sublicty salire, or delicate manner

of expression. Speeches of this sort are not made before the class that might be expected to patronise a variety theatre of the second class, but are made chiefly for the benefit of rather blaze and overexperienced 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. They have learned to look upon one of thesevariety shows as the occasion for the coarsest sort of fun. They go to the theatres to find this, and they invariably get it. The New York theatres that supply this sort of thing rarely come under the notice of the newspapers and the public, and for that reas n little is known of the character of the shows. Nevertheless, the same indecency that these organizations carry over the country is distributed here in New York."

BELGIUM CATHOLICS.

A Proposal to Increase Ecclesiastical Stipends.

Organised Movement In Religious and Secular Circles for the Betterment of Their Coudition.

The Belgium correspondent of the Liverpool Catholic Times writes that :-Proposals will shortly be submitted to both Chambers of the Belgian Legisla ture 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 Keesens, a member of the Senate, pointed out in a letter to the press that whilst successive Gov ernments have been enhancing the salaries of the State employés, 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 labor ing man's wages. The stipend of a vicaire or curate is 600 fr., or £24 a year, which the State, with lavish generosity, raises to 700fr. when he reaches the age of sixty, and to 800fr. at the age of seventy.

THE ANNUAL STIPEND OF CURÉS or parish priests of the second class is but 950fr.; the amount is increased to 1,100fr. when they reach the age of sixty, and to 1,200fr. at the age of seventy, but, as statistics show that only about one fourth of the Belgian parish pricets reach sixty years of age, there are few to Abbé Keesens urges that the time has come when Government should do some giving them. This beautiful girl, an thing to improve the material condition only child, took it all it; sue said she of the parochial clergy. If in other decleould hardly wait for the to get through. partments of the administration the salaries of its servants are increased every startled her mother by her sudden rethree years until a maximum pay is turn. Her mother exclaimed, "What is reached, it is but simple justice that the the the tree "Oh, mamma," she said, clergy should receive a somewhat similar treatment. His perposal in head?" I have come back to be attentive to lar treatment. His proposal, in brief, is that the annual allowance of curater should commence with 700fr., with that one rarely finds in the large music an increase of 100fr. after three halls any performance that is beyond the years, and of 200fr. after six years; the initial stipends of parish priests of the second class to be 1,100ir... which will be increased to 1,200fr. after three years, and to 1,300fr. after six years. And for parish priests of the first class, he asks that they start with 1,500 fr, to be increased to 1,600fr. after three years' service, and to 1,700fr. after six years. It can hardly be objected that the suggested increases to the appoint ments 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 difficu t 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 1601 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

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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. A typical instance may be cited. Hannut is a

comparatively insignificant commune in

the province of Liege, with a population

not exceeding a few thousand, and yet it

possesses its Cercle Catholique, installed

in fine premises ; a workingmen's circle,

with the Curé as president; a patronage ter boys, under the direction of the Vi-

caire, and a patronage for girls, tempor

arily attached to the pensionnat of the

Sisters of Sainte Marie, but which will

Vestiaire Catholique, the latter the work

of a number of zealous ladies who de-

vote a part of their leisure to the making

and preparation of clothes for the poor

visited by the members of the confer

ence. Finally, there is what is called

the "Œuvre de la bonne presse," for the

spread of Catholic literature among the

DUTY TOWARDS A MOTHER,

[Ladies' Home Journal.]

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 tender-

ness—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 sugg stion? I met a beauti-

ful woman the other day who reminded

me of a time when at a sesside resort I

gave a talk to young girls-this beauti-

ful 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 al-

ways be with us, and how we should re-

gret the little attentions we had missed

She left on the Bext train for home, and

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 the 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

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

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

HOW IT HAPPENED.

Chubbins," said one girl.
'Yes," was the reply.

quoted, for instance?

"And so you are engaged to Cholly

"How did he ever persuade you to

"On, he nasn't persuaded me to marr;

"Well, I wanted it to wear to a pro-

gressive euchre party."—Indianapolis

Wilkins-Some idioms, as "Between

the devil and the deep sea," though

very expressive, are not exactly up to

Simpson-They're not? Well, how

would you improve on the one you

Wilkins—Well, I think a more modern

With the assistance of the latest ma

chines, a piece of leatner can be trans

him. You know that lovely solitaire

angelic!

marry him?"

ring he had?"

Sentinel.

t hardly wait for me t

There are some pictures too sad almost

working classes.

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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 shortly have suitable quarters of its own. In addition, there is a conference of the Society of St. Vincent de Paul, and the work me up to tradin' jobs that way."—

BISHOP B. W. ARNETT

SWAYS AUDIENCES WITH HIS MAS-TERLY ELOQUENCE.

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

At Wilberforce, Ohio. three miles north 3 PLACE D'ARMES HILL 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

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BISHOP B. W. ARNETT.

Before being elected bishop he was a leading minister in his church and also a very prominent Republican. He represented his county in the Obio 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.

she has not to regret that she was not everything a daughter could be to a mother. There are too many daughters 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 the 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 plan would be to say, "Between the trolley car and the scorcher."—Puck.

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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 capaci-

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tramps and could rouse them to endeavor by Williams' Pink Pills for Pale Rents collected, Estates administered and Books in the right direction. Do you know," People."