

of the world, who rush on early and late in incessant action, must take care that they do not hurry themselves to an untimely end, by letting their brains be in a continuous state of morbid activity. Leisure is essential. How are we to get it, somebody will say; and we answer, it may be very difficult, but have you ever tried method? A little planning out of our days and life, and especially doing everything in the proper time—it is wonderful how it answers. Method is generally abused by people who have never tried it.—*The Hospital*.

MR. PLIMSOLL.—If Mr. Plimsoll succeeds in getting Parliament to amend the Merchant Shipping Acts, he will confer a great boon on English sailors. The following are the sub-sections in the Act of 1876 which the proposed Bill will, if carried, repeal: Section 26, Sub section (2) The centre of this disc shall indicate the maximum load-line in salt water to which the owner intends to load the ship for that voyage. Section 27, Sub-section (2) The centre of this disc shall indicate the maximum load-line in salt water to which the owner intends to load the ship until notice is given of an alteration. The evidence of Mr. Rothery, the Wreck Commissioner, shows that the loss of forty-six per cent. of missing ships is due to overloading—in plain English to reckless greed. The average annual loss of ships is 106; of human lives 944.

THE AUSTRALIAN CONVENTION.—We must express the hope that its members will favour the Constitution of Canada, rather than that of the United States of America. In several very important points the former constitution is the superior. In the first place, the Provinces of the Dominion have no power over any military force, the control of the militia resting solely with the Central Executive, whereas in the Republic each State has its own militia. Still more important is the fact that the Dominion Government has the sole power of legislation in regard to the Criminal law and the procedure of the Criminal Courts, and as to all questions of marriage and divorce. The fact that a man may be guilty of a criminal offence in one State of the Union, and be an innocent man in another, and that a marriage may be valid in one State and invalid over the border is a grave source of difficulty and prevents that national homogeneity which it should be the chief aim of legislation to secure. Again, the Dominion Government appoints and pays the Judges of the Superior, District and County Courts. Lastly, the central government has the power of vetoing provincial laws hostile to the whole community.

WEST LAMBTON TEACHERS INSTITUTE.—The officers elected for the ensuing year are: A. B. Telfer, president; H. Beaton, secretary; J. B. Beveridge, treasurer; J. Brebner, I. P.S., librarian.

GEOGRAPHY.

A DELTA.—Of the formation of a delta an admirable instance is offered to us in the Lake of Geneva. At the upper end of the lake the Rhone enters discoloured by mud; but when it leaves the lake its waters are a transparent

blue—the mud has been deposited in the lake. As this has been going on for centuries we may expect to find some evidence of the work of the river. This is given us in the alluvial tract which stretches from the head of the lake for some six or seven miles.