

# Halifax Hotel,

HALIFAX, N. S.

THE LARGEST & MOST COMPLETE HOTEL  
IN THE LOWER PROVINCES.

Has been lately fitted with all modern  
improvements, making it one of the  
Leading Hotels in Canada.

H. HESSLEIN & SONS, PROPS.

## ALBION HOTEL,

22 SACKVILLE ST., HALIFAX, N. S.

P. P. ARCHIBALD, Prop'r.

This is one of the most quiet, orderly, and well-  
conducted Hotels in the city. Table always well  
supplied with the best the market will afford.  
Clean, well-ventilated Rooms and Beds, and no  
pains spared for the comfort of guests in every  
way, and will commend itself to all who wish a  
quiet home while in the city.

CHARGES MODERATE.

## LYONS' HOTEL,

Opp. Railway Depot.

KENTVILLE, N. S.

DANIEL McLEOD, - Prop'r.

## CONTINENTAL HOTEL,

100 and 102 Granville St.,  
(OPPOSITE PROVINCIAL BUILDING.)

The nicest place in the City to get a lunch, dinner,  
or supper. Private Dining Room for Ladies.  
Oysters in every style. Lunches, 12 to 2.30.

W. H. MURRAY, Prop.,

Late Halifax Hotel

## BRITISH AMERICAN HOTEL.

OPPOSITE JOHN TOBIN & CO.'S.

HALIFAX.

Terms, \$1.00 per Day.

CHAS. AUGOIN, Proprietor.

## Halifax Steam Coffee and Spice Mills.

Established A. D. 1841.

## W. H. SCHWARTZ & SONS,

Wholesale Dealers in

## Finest Coffees & Spices.

204 UPPER WATER ST.

HALIFAX.

E. SCHWARTZ.

FRED. SCHWARTZ

## The Yarmouth Steamship Co.

(LIMITED)

The Shortest and Best Route between  
Nova Scotia and Boston.

The new steel steamer YARMOUTH will leave  
Yarmouth for Boston every WEDNESDAY and  
SATURDAY EVENINGS after arrival of the  
train of the Western Counties Railway, commencing  
March 17th.

Returning, will leave Lewis' Wharf, Boston, at  
10 a. m., every Tuesday and Friday, connecting at  
Yarmouth with train for Halifax and Intermediate  
station.

The YARMOUTH is the fastest steamer plying  
between Nova Scotia and the United States, being  
fitted with Triple Expansion Engines, Electric  
Lights, Steel Steering Gear, Big Keels, etc., etc.  
S.S. CITY OF ST. JOHN leaves Halifax every  
MONDAY EVENING, and Yarmouth every  
THURSDAY.

For Tickets, Staterooms, and all other information,  
apply to any Ticket Agent on the Windsor  
and Annapolis or Western Counties Railways.  
W. A. CHASE, L. E. BAKER,  
Agent, President and Manager.

# Wm. Stairs, Son & Morrow

HALIFAX, N. S.

CARRY THE LARGEST STOCK

—OR—

## Heavy Hardware

In the Maritime Provinces.

Pig Iron  
Bar Iron  
Lead  
Tin

Iron Boiler Plates  
Steel " "  
Boiler Tubes  
Boiler Rivets  
Steam Tubes

—ALSO—

Portland Cement, Fire Brick and Clay,  
Moulders' Sand,

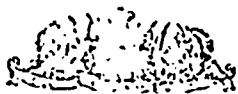
## FOUNDRY SUPPLIES,

Linseed Oil, White Leads, Cordage,  
Oakums, and a full assortment of

## SHIP CHANDLERY

—AND—

## SHELF HARDWARE.



## ST. LAWRENCE CANALS.

### GALOPS DIVISION.

## NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the  
undersigned and endorsed "Tender for St.  
Lawrence Canals," will be received at this  
office until the arrival of the eastern and  
western mails on Tuesday, the 30th day of  
October instant, for the construction of two  
locks and the deepening and enlargement of  
the upper entrance of the Galops Canal.

A map of the locality, together with plans  
and specifications, will be ready for exami-  
nation at this office and at the Lock-Keepers  
house, Galops, on and after Tuesday, the 16th  
day of October instant, where forms of tender  
may be obtained by Contractors on personal  
application.

In the case of firms there must be attached  
the actual signatures of the full name, the  
nature of the occupation and residence of  
each member of the same, and further, a  
bank deposit receipt for the sum of \$6,000  
must accompany the tender for the works.

The respective deposit receipts—cheques  
will not be accepted—must be endorsed over  
to the Minister of Railways and Canals, and  
will be forfeited if the party tendering  
declines entering into contract for the works  
at the rates and on the terms stated in the  
offer submitted. The deposit receipts thus  
sent in will be returned to the respective  
parties whose tenders are not accepted.

This Department does not, however, bind  
itself to accept the lowest or any tender.

By order,

A. P. BRADLEY,  
Secretary.

Department of Railways and Canals,  
Ottawa, 11th October, 1888.



## SAULT STE. MARIE CANAL.

## NOTICE TO CONTRACTORS.

The works for the construction of the canal,  
above mentioned, advertised to be let on the  
23rd of October next, are unavoidably postponed to the following dates.

Tenders will be received until

Wednesday, the 7th day of November next.

Plans and specifications will be ready for  
examination at this office and at Sault Ste.  
Marie on and after

Wednesday, the 24th day of October next.

By order,

A. P. BRADLEY,  
Secretary.

Department of Railways and Canals,  
Ottawa, 27th September, 1888.

[FOR THE CRITIC.]

## FIRST SNOW.

The snow falls through the velvet dark,  
Yet spite of snow the night is soft,  
And he whose ears are keen may hark  
Elf-voices singing far aloft;  
The snow-flakes singing as they drift  
That summer's reign is over-past;  
Through leafless boughs they softly sift,  
And cover poor cold earth at last.

The winter comes, the summer goes,  
And nature shifts her livery,  
Takes snow-bloom in the place of rose,  
And winds for thrushes' minstrelsy.  
Grey snow-birds gather round the door  
And twitter, grateful for the crumbs;  
"King cold is conqueror once more,  
But only, dear—till summer comes."

J. ELIZABETH GOSTWICK ROBERTS.

[FOR THE CRITIC.]

## REPOSE.

(Continued.)

A writer, considering "The Relations of Insanity to Modern Civilization," speaks of the loss of sleep as a prominent cause of it. He says:—"During every moment of consciousness the brain is in activity. The peculiar processes of cerebration, whatever they may be, is taking place; and thought after thought comes forth; nor can we help it. It is only when the peculiar connection or chain of connections of one brain cell with another is broken, and consciousness fades away into the dreamless land of perfect sleep, that the brain is at rest. In this state it recuperates its exhausted energy and power, and stores them up for future need. The period of wakefulness is one of constant wear. Every thought is generated at the expense of brain cells, which can be fully replaced only by periods of properly regulated repose. If, therefore, these are not secured by sleep; if the brain, through over-stimulation, is not left to recuperate, its energy becomes exhausted,—debility, disease, and finally, disintegration supervene. Hence, the story is almost always the same; for weeks and months before the indications of active insanity appear, the patient has been anxious, worried, and wakeful, not sleeping more than four or five hours out of the twenty-four. The poor brain, unable to do its constant work, begins to waver, to show signs of weakness or aberration; hallucinations or delusions hover around like floating shadows in the air." Dr. J. G. Holland observes:—"Sleep is a thing that bells have no more business to interfere with than with prayers and sermons; God is recreating us. We are as unconscious as we were before we were born; and while He holds us there, feeding anew the springs of life, infusing fresh fire into our brains, and preparing us for the work of another day, the pillow is as sacred as the sanctuary."

The desire for action may become as morbid a passion of the soul as that which most degrades and demoralizes mankind. A woman who cannot take a minute's repose is to be pitied as much as condemned. She interferes with the health, happiness, and prosperity of all around her. Her children are ceaselessly worried, and her husband eventually succumbs to the inevitable. Such unfortunates do not know repose, and, what is more, they dread it. They are immense workers, not that they do any more than other people, or work harder, but they make a great fuss about it, and are always at it. They rise early and sit up late, whether they do anything or not. For the life of them they cannot sit still. Nothing makes them so uncomfortable and so restless as leisure. They cannot visit a friend for an hour or two but they must be doing something. If a woman, she must be at her knitting, darning, or sewing. If a man, he must be moving his legs or his feet, or laying his hands upon whatever is within his reach. Don't do any of these things. Cultivate a calm, quiet manner. Better be a statue than a jumping-jack. There are much worse habits than these to be sure, and we are speaking only about little things, but they are annoying when persisted in. As a writer says:—"There should be cultivated such habits as tend to quiet and calm the over-excited nerves. The tension must be diminished all along the line of life; haste and hurry and worry abandoned, and repose of mind cultivated." Who sedulously attends, pointedly asks, calmly speaks, coolly answers, and ceases where he has no more to say, possesses some of the best requisites of man; and is the one

"Who, when great trials come,  
Nor seeks, nor shuns them; but doth calmly stay,  
Till he the thing and the example weigh."

Persons who have influence upon the minds of others, maintain constantly a degree of repose. We repeat that a certain degree of mutual repose is necessary to influence. One person always talks in a hurry, of a thousand things, and is easily excited. Another, carefully avoiding the causes which ruffle him, and preserving the poise of his faculties, insists on his point quietly, and carries it.

"But hills of every shape and every name,  
Transformed to blessings, miss their cruel aim,  
And every moment's calm that soothes the breast,  
Is given in earnest of eternal rest."

The repose of equanimity is a charm which dissolves all opposition. The mind which shows itself open to influence from every quarter, and is swayed by them, is not its own master. The mind that never rests is invariably full of freaks and caprices. The mind that has no repose shows its dependence, and its lack of self-control. If a man wishes to have influence of a powerful character upon the minds about him, he must have repose. "Unstable as water thou shalt not excel." If a captain, engineer, minister, physician, lawyer, teacher, or orator, as well as those who are in