

lose themselves, in their diversions. They want to loosen the tension of the stretched bow, but not to lose their command of the purposes for which they stretched it—rather, indeed, to improve and strengthen that command. That is the difference between a distraction and a diversion. In a true distraction you lose yourself, you give yourself up to a giddy whirl of sensuous experiences. In a true diversion you remind yourself of what you really are, of what you really care for outside the sphere of your professional work, of the ideal aims you have in life, of the softer sounds to which the din of the world usually deafens you, of the brighter visions to which the lust of the eye blinds you, of the course you wish to steer, of the nature into which you desire to grow. Distractions exhaust, while true diversions nourish, the soul. Matthew Arnold says of us Englishmen:—

"In cities should we English lie,  
Where cries are rising ever new,  
And man's incessant stream goes by,  
—We who pursue  
Our business with unslackening stride,  
Traverse in troops, with care-filled breast,  
The soft Mediterranean side,  
The Nile, the East,  
And see all sights from pole to pole,  
And glance, and nod, and bustle by,  
And never once possess our soul  
Before we die."

And certainly the spectacle of a Bank-holiday is a spectacle which confirms Matthew Arnold's picture of our restless life, for it shows that an impatient restlessness is even our best loved rest. Even when the choice of possessing our soul is offered to us, we prefer to drown it in a clash of drums or a shout of laughter. The only way in which we possess our souls is by pursuing the same unchanging occupations from day to day. And we desert from them only to give them new zest, not to give them new meaning. Now zest is merely the sense of fresh appetite with which we return to a meal after a certain interval of fasting; and, so far as we can see, it is only to seek a new zest, not a new ideal, that the great majority of Englishmen put their work behind them, and seek what they are pleased to call "recreation." They do not want to find a fresh clue to life as a whole, but only a revived energy for their ordinary work, and they think that they shall find that best by plunging into a life in every way as different as possible from that which they ordinarily lead, into a life which dissipates, instead of a life which restores, the energies within them. But that is assuredly not to possess their soul, but to find the means of drowning it the more effectually in amusements than they have ever been able to drown it in work. In order truly to possess your soul, you must study a "wise passiveness." You must learn to know whether the magnetic needle by which you guide your course really points. You must learn what desires come uppermost in your mind when there is no urgent call upon your attention; and for that purpose you must provide for a certain interval of serenity, for an arrest of the hurry of life, or a lull in the rapids, for a cessation of distractions. Diversion should be the very opposite of distraction. It should make one feel that there is a real and permanent self behind all the urgency of practical occupations and engagements, a self which will persist after all these occupations and engagements have disappeared. A diversion is a turning away from the main current of business; but the object of that turning away is not to turn away from yourself, but, on the contrary, to turn towards your truest self, to find the permanent interests for which usually you have no adequate leisure, to recover the aims which the multitude of needless details has obscured or obliterated. No diversion is worth the name which leaves no scope for this recovery of the mind from the stress of the prevailing preoccupations of life, which does not admit of what Wordsworth meant by a "wise passiveness."—The Spectator.

## PUBLIC OPINION.

St. John Globe: There are many political rumours afloat. For example, it is reported that Sir Leonard Tilley is to go to England as High Commissioner for Canada. This, of course, presupposes that Sir Charles Tupper will stay in Canada and enter the Cabinet.

Hamilton Herald: There need be no doubts as to what the pastoral drawn up by Bishop Carman, to be read in the Methodist churches, will say in regard to the prohibition plebiscite. If all the other denominations were as much in earnest in dealing with the liquor traffic as are the Methodists there would soon be an end of it. Even the Baptists do not take more kindly to cold water than do the disciples of Wesley.

Calgary Tribune: Supposing the Supreme Court of Canada were to order Manitoba to provide "remedial legislation," what then? Manitoba would not obey, what then? What power has the Supreme Court of Canada over the Provincial Legislature backed by a great majority of the people? In the last resort physical force would have to be resorted to, what then?

London Advertiser: D'Alton McCarthy and Col. O'Brien, in their speeches at Listowel, both said the endeavour had been made to read them out of the Conservative party because they had the courage to protest against what they regarded as the wrong-doing of a few men in authority at Ottawa. They took strong ground in favour of the local control of education in Manitoba and the Northwest, and they denounced "protection" as a bonus to a few men already rich.

Vancouver World: The timely words of the Hon. Mr. Davie and his colleagues are very pleasing to the people who now see for themselves how they were duped by the barn-storming harangues who have been preaching blue ruin, sedition and hopelessness. Would that the press of British Columbia generally would assume a more jaunty air, in keeping with our illimitable possibilities, and assist the Executive in its endeavour to raise this Province to the proud position it is destined to occupy in the seven-starred sisterhood!

Montreal Witness: Although business here is quiet in nearly every department the approaching close of navigation will, no doubt, lead to greater activity in the export trade during the current month. The handling of the crops in the North-West is now going on, but the rates for money are higher than usual, and this has had a somewhat retarding influence. It is also to be noted that apparently the prices for wheat are somewhat lower than last year, but this is attributed largely to the sliding scale method of grading adopted.

Ottawa Citizen: The Reform press are publishing for the benefit of their readers, striking and suggestive cartoons in which the Canadian farmer is represented as a poor, scrawny individual, clad in rags, and evidently suffering from a hard fate. No doubt the farmer might enjoy a greater degree of prosperity than is his portion at present, and yet what we know of his affairs leads us to believe that his lot is rather enviable than otherwise. Thus, the Ontario Bureau of Industries published figures which show that the total value of farm buildings, farm implements and live stock in this province has risen from \$350,000,000 in 1891 to \$364,000,000 in 1892. This certainly does not look as if the farmer were losing ground.

Prof. George C. Chase, of Bates College, Lewiston, Me., has been advanced to the presidency. He is a graduate of the college, forty-nine years old. During the past ten years he has raised about \$140,000 for the institution.

## Dyspepsia

Makes the lives of many people miserable, causing distress after eating, sour stomach, sick headache, heartburn, loss of appetite, a faint, "all gone" feeling, bad taste, coated tongue, and irregularity of the bowels. Dyspepsia does not get well of itself. It requires careful attention, and a remedy like Hood's Sarsaparilla, which acts gently, yet efficiently. It tones the stomach, regulates the digestion, creates a good appetite, banishes headache, and refreshes the mind.

## Distress

## After

## Eating

Sarsaparilla, which acts gently, yet efficiently. It tones the stomach, regulates the digestion, creates a good appetite, banishes headache, and refreshes the mind.

## Sick

## Headache

"I have been troubled with dyspepsia. I had but little appetite, and what I did eat distressed me, or did me little good. After eating I would have a faint or tired, all-gone feeling, as though I had not eaten anything. My trouble was aggravated by my business, painting. Last spring I took Hood's Sarsaparilla, which did me an immense amount of good. It gave me an appetite, and my food relished and satisfied the craving I had previously experienced."

## Heart-

## burn

GEORGE A. PAGE, Watertown, Mass.

## Sour

## Stomach

## Hood's Sarsaparilla

Sold by all druggists. \$1; six for \$5. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

100 Doses One Dollar

## MICROBES AND THEIR ENVIRONMENT.

The power of gradually adapting themselves to their surroundings possessed in such a remarkable degree by many micro-organisms, has been studied as regards their susceptibility to various strengths of disinfectants by Kossiakoff, and still more recently by Trambusti (Lo Sperimentale, 1892, fasc. 1.) Kossiakoff showed that a larger dose of particular disinfectant was necessary to destroy an organism which had been trained by being subjected to gradually increasing doses of the disinfectant than was required when the organism was subjected to it without any such preparation. Trambusti examined the behaviour of various bacteria in the presence of corrosive sublimate, and found that they exhibited striking differences in their ability to withstand this material. Thus whereas the pneumococcus of Friedlander was trained to survive an addition of 1:2,000 parts of the sublimate to the culture media, the bacillus of fowl cholera was not able to withstand more than 1:30,000. If, however, the pneumococcus were taken straight from a fresh culture without any previous experience of the disinfectant, it succumbed in a solution containing 1:15,000 parts. The bacillus of swine plague (Rouget des Pores) was induced to resist an addition of 1:8,000 parts, whereas without training 1:15,000 points infallibly destroyed it. As regards the retention of their pathogenic properties amongst those organisms investigated, the bacillus of swine plague was the only instance in which the virulence was diminished during its treatment, an addition of 1:20,000 parts of corrosive sublimate rendering it innocuous, although its vitality was not destroyed in the presence of 1:8,000 parts.—Nature.

The twentieth annual report of the London and Canadian Loan and Agency Company (Ltd.) is a most creditable and satisfactory showing of business done during the past year. After deducting two half-yearly dividends from the Revenue Account, which had already been reduced by interest, charges and losses, there remained a balance of over \$20,000, of which \$15,000 was added to the Reserve Fund, and \$5,870.24 was carried to credit of Revenue Account. The debentures and certificates also show an increase of \$181,045.93 over last year's report.