

Shawnee warrior, Tecumseh; who fell, among his
braves, in the battle of Moraviantown, under the
British flag. Our heroes of war lie quietly in many
spots. Wolfe, Montcalm, Brock—these are some
of the best known, but what myriads of others
there are whose names will never adorn the page
of history, but whose precious blood has helped to
lay its foundations!

"But the future spreads before us,
Glorious in that sunset land—
Nerving every heart and hand,
Comes a brightness none can shed
But the dead, the glorious dead!"

And our boys who have recently so distinguished
themselves in the Transvaal—they have shown and
are showing what sort of material Young Canada
is made of. There were other great men, too, in
the past, who fought their political battles and
helped to make us what we are. And we must not
forget our pioneers, the first settlers, who tramped
the forest path that we have derived the blessing
from, who endured hardships and privations, who
were healthy and happy, and thanked God for
their blessings, and handed down to their descend-
ants a rich inheritance of hardiness and noble
character.

And, lastly, we love our country because she is
our home land. Perhaps that is the greatest
reason of all. "In all the world over there's no
place like home," and if, in this dear land, in our
childhood days, we made "snow men" in winter,
picked violets in spring, caught "minnies" in

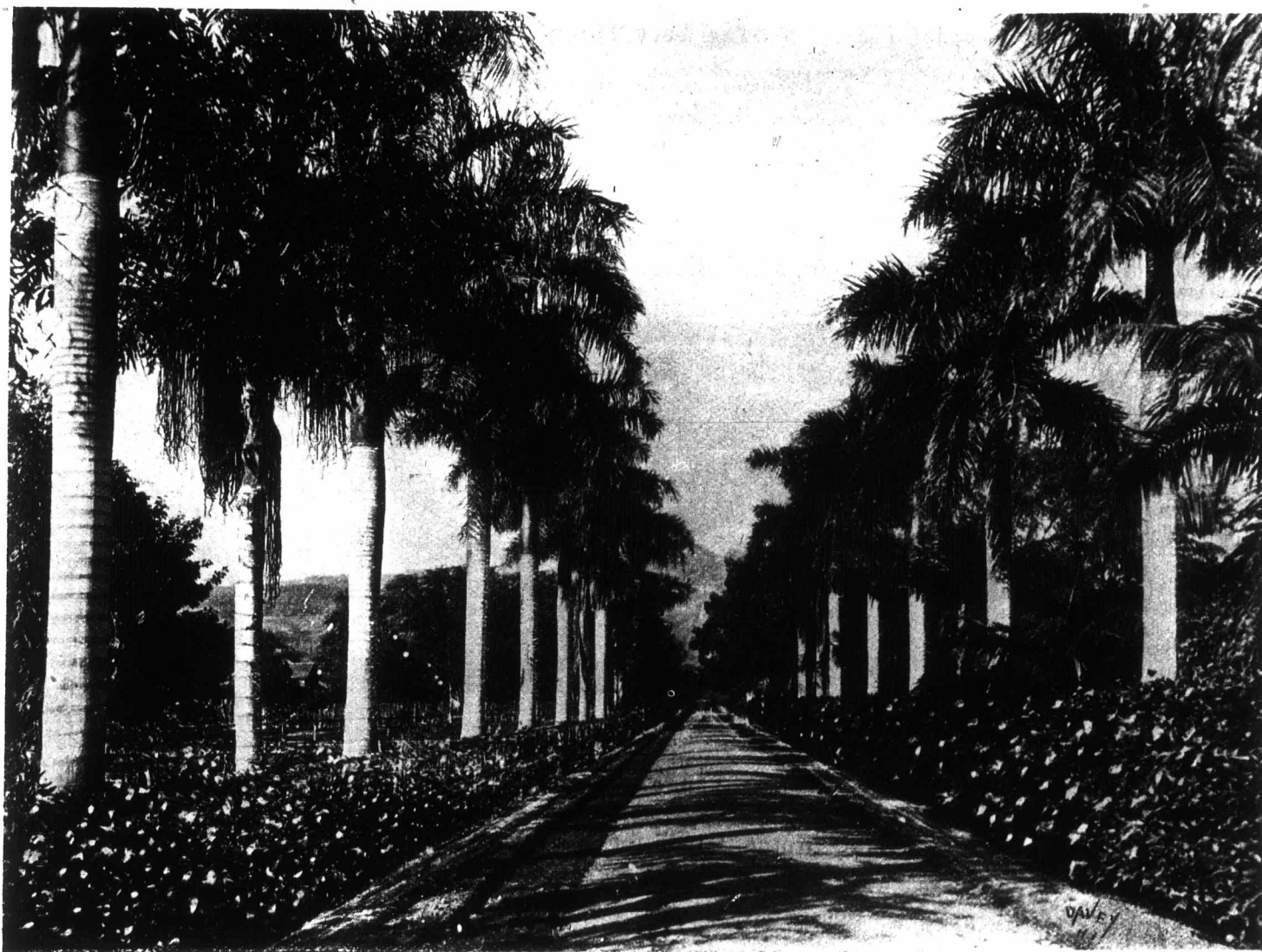
carpet the ground about them, without depriving
them of the free air and sunshine, upon which they
depend for life and beauty, and without which
they would, even in Hawaii, droop and die. These
lordly palms stand as giant sentinels along the
walks and avenues, through which the patients can
walk or rest at leisure. Surely amidst such lovely
surroundings, no patient could long be sick, sad, or
sorry; and so, perchance, to beauteous flower and
shrub, as well as to kingly palm, may alike be com-
mitted its own especial message of health and heal-
ing.

H. A. B.

Good Health.

"The last quart of the milking, or the 'strippings,'
taken immediately after milking, before it has
parted with any of the animal heat, is," writes Dr.
B. J. Kendall in *American Agriculturist*, "the most
valuable thing known to build up a person who is
thin and emaciated from any disease. I directed my
patients to begin with a half pint and gradually
increase the quantity until at the end of a week
they are taking a quart at a time, or as much as
they can possibly drink without causing too much
discomfort. This should be followed up regularly
twice every day. In consumption, it is no uncom-
mon thing for my patients who have followed my
instructions to gain five pounds a week in weight.
No other plan I have heard of has proved so
successful. It should be remembered that it is
very important to select a cow that is healthy, and

Nourishment is also very important. Eat liber-
ally of all nutritious and easily-digested foods.
Forced feeding, or "stuffing," as it is commonly
called, will produce marvellous results in conjunc-
tion with fresh air. It is better not to drink tea,
coffee, or any stimulant, but take as much milk as
possible. A large glassful should be taken every
two hours during the day, and with meals, and one
or two also during the night, if possible. Always
make a point of taking a glass or two every night
and morning, warm, just after it has been taken
from the cow. Strippings are, of course, the best,
as they are the richest; but to take as much as
a quart at a time, as recommended by Dr. Kendall,
might not agree with everyone. Some people say
that they cannot take milk, and especially three
quarts a day, but this is a mistake. When the
machinery of the stomach becomes accustomed to
taking the quantity mentioned, at intervals of
every two hours, it will dispose of it without
discomfort to the patient. Raw, fresh-laid eggs
are also most valuable, and half a dozen and up-
wards should be taken each day. The 'very best'
indication of an improved condition is a gain in
weight. Do not be disappointed if you do not gain
much at first. Half a pound a week is doing very
well, but if you persistently follow this treatment,
you may gain five pounds a week and more. Some
of my friends did not expect me to live, I was
so much reduced in flesh and had such a bad cough.
Four months and a half ago I weighed 138 pounds;
I now weigh within a pound or two of 180, and am



THE ROYAL PALMS, HONOLULU, H. I.

summer, and made nutting raids in autumn if
these are some of our memories, what other land
could inspire in us the same feelings! Never was
there a time in Canada's history when she was
brought so prominently before the world as at the
present time, and we believe that one day she will
be a great and powerful nation. By our aid, be it
small or great, let us help to make her so.

"True to her high traditions, to Britain's ancient glory
Of patient saint and martyr, alive in deathless story.
Strong, in their liberty and truth, to shed from shore to shore
A light among the nations, till nations are no more."

The Royal Palms, Honolulu, H. I.

In a former issue, our picture of that wonder-
ful field of luscious-looking pineapples served to
show with what bounty generous nature rewards
a comparatively small amount of toil in a tropical
clime, giving to the laborer the varied fruits of the
earth, each in its season. So, our picture to-day
serves to mark the regal magnificence with which
she crowns the wealth of floral splendor, covering
almost without stint the favored Islands of the
Hawaiian group. The Royal Palms of Honolulu
are more especially remarkable in the beautiful
grounds of its Queen's Hospital, built by the joint
efforts of Kamehameha IV. and his queen, Emma.
Those in our picture are, as shown by the rings
which mark their growth, at least fifty years old,
and forty feet high. Planted at a distance of
fifteen feet apart, they rear their stately heads
above the many-tinted flowers and shrubs which

one that gives very rich milk. Then it is also of
very great importance that the very last of the
milking, or 'strippings,' should be taken, and of
equal importance that it should be taken immedi-
ately after milking, while it contains all the ani-
mal heat. No other food is so natural, and none
has ever proved so successful."

The cure of consumption is so little known that
the writer feels himself compelled to add to the
above article a few words on a subject in which he
has had personal experience, for the encourage-
ment, benefit and guidance of those who are
afflicted with this terribly stubborn disease.

The sheet anchor of treatment and cure is com-
plete rest, fresh air and abundance of nourishment.
The patient should never exert himself, and take
but little exercise. A drive for an hour or two each
day would be sufficient until he feels that he is
better and stronger. He should sleep ten or twelve
hours out of every twenty-four, if possible, and live
out of doors (in a tent would be the best). In the
summer, he should sit or lie out of doors all day
long (in the sun, if possible), and during the winter,
in cold climates, at least six hours every day,
warmly wrapped up, of course, in furs and rugs.
Keep warm, but live in the fresh air. Then at night
the window should be kept open at all seasons.
The writer of this article made a frame and covered
it with cotton, which he fastened in the open
window to prevent the wind and storm from beat-
ing into the room, and yet would permit a free
circulation of fresh air.

well. It is a slow process, and may take six, nine
or twelve months. This depends upon your consti-
tution, condition, and yourself.

This is practically the treatment prescribed by
the highest medical authorities—those who have
made a profound study of pulmonary tuberculosis
throughout the whole world.

A great deal might also be said regarding
climates. A dry, invigorating climate, in a fairly
high altitude, say about 4,000 feet above sea level,
is the best, and Alberta, in our own Northwest
Territories, offers, I believe, as good a climate for
the cure of consumption as can be found in the
world.

Large Families.

There seems to be a desire just now to find out
who has the largest family in the world. The
latest claimant to the honor is a Frenchman called
Bresson, who has just celebrated the birthday of
his forty-first child. It was born to his third wife,
who is the mother of fourteen. His first wife bore
him fifteen children, and his second wife twelve.
Thirty-two of the children are still living, or were
up to a few months ago, when the father last heard
from them. Most of them are married and raising
families of their own, and they have become so
scattered that he can scarcely keep track of them.
He kept the names of his grandchildren until they
numbered over one hundred, and then gave up the
record.