

twenty four. Whatever may be his reason for it, if he does not give himself that, he will snuff sometime just when you want him to be strong. You cannot cheat nature out of that which rightfully belongs to her. Do so, and she will some time revenge herself on you.

"Night is the time for rest;
How sweet, when labors close,
To gather round an aching breast
The curtain of repose;
Stretch the tired limbs and lay the head
Upon our delightful bed!"

I believe in the general law of compensation, but it is impossible not to recognise that the pleasures of life are not equally divided. Too many make their lives all pleasure; every day is a holiday with them; their whole life seems a sort of vacation, and they spend it accordingly. On the other hand, multitudes are burdened by overwork, aggravated by care, anxiety, grief, and trouble. They toil like slaves in a galley. There seems no respite for them. To every man or woman whose nervous system is threatened with prostration from worry, we would therefore say, let everything be done in its season. Practice order, regularity, system, economy, neatness, in everything you undertake. Whatever you do, let it be done thoroughly. Have a place for everything, and everything in its place. Be punctual in all your engagements. Transact the business of life in a business-like manner. Be cheerful, for everyday cheerfulness is both a virtue and a health-preserver. The chief secret of comfort lies in not suffering trifles to vex us, and in prudently cultivating our undergrowth of small pleasures, since very few great ones, alas! are let on long leases. But above all, cultivate repose. Take your regular eight hours of sound, refreshing sleep, and a few minutes of repose if possible during the heat and burthen of the day. Do so, and your life will be one of comparative pleasure and profit to yourself and those around you, and mind and body being stimulated and refreshed, you will be able to accomplish a maximum of work, and exert a maximum of influence.

"Day is for mortal care,
Eve for glad meetings round the joyous hearth,
Night for the dreams of sleep."

Restlessness of mind disqualifies us, both for the enjoyment of peace and for the performance of duty. Cultivate repose. Work will go much smoother; while the hands and the head will be the lighter, the readier, and the more diligent by it. Remember, that health is worth more than crops, more than farms, more than any earthly blessing. And once lost, it is always difficult, often impossible to regain.

One of the chief causes of the ill-health, which is so common, is the habit of overwork. They, men, sleep too little, make their day's work too long, and hurry too much. Work in a proper degree is a benefit as well as a duty, but overdone, it is destructive. Many live too fast, work too hard, break down early, and in what ought to be the prime of life, begin to fail. Thus, much of the enjoyment which a healthy and well regulated life ought to bring is missed, and but a poor preparation made for the life to come.

NEW GLASGOW.

W. D. S.

(To be continued.)

DON'T.

"IDION," Pictou.—We have scarcely space to publish your letter in full, neither is the subject of sufficient importance; though we are glad to receive independent opinion and criticism.

You appear to have conceived the idea that "Etiquette" is what you call "a grammarian," implying, it would seem, a somewhat bigoted one. In this you are in error. The ideas of the gentleman who has furnished comments on the little book "Don't" are naturally broad, and are backed up by a pretty wide knowledge of all grades of society. His objection to the form of speech (e. g.) "what kind of a man," is based on a simple consideration which puts aside any necessity for the minute investigation into "corresponding expressions in the sister languages" which you consider desirable, but for which "Etiquette" really has not time. *Le jeu de candelait pas la chandelle.* It is such a little game to such a fat candle. "Etiquette," has the strongest interest in philology, and is, therefore, quite aware that "a language is not artificially made, but is a spontaneous growth, and that rules are only the deductions of grammarians from the forms of speech settled by usage." This is precisely the consideration which subjects English to "the usage of the best society." Now the purest English is spoken by a high-bred and thoroughly cultivated English lady. An American lady, however charming and cultivated, will not do, because, however pure her grammar, she will not be entirely free from American turns of expression. It is quite sufficient therefore for "Etiquette's" purpose, that no thorough-bred lady would say "what kind of a man." He does not propose to write a philological treatise about a simple affair which may be very much a matter of individual opinion.

Quite agreeing with "Idiom's" defence of idiom against grammar—that is to say over-strained grammar—he is yet quite wrong in defending the real vulgarity "it is me." King James' translators could never have brought themselves to make Jesus say "It is me." (Matt xiv, 27.) Neither, we will repeat, would any thorough-bred woman say it. The example given by "Idiom" is also unfortunately inappropriate. It would not be a matter of comparative French to say *c'est je* instead of *c'est moi*, it would not be French at all. But *moi* is a recognized idiomatic nominative, as in such a sentence, *C'est moi qui vous parle.* Idiom, however, need not be under any concern that Etiquette is to be shocked by a false nominative. He sees too much villainous writing every day of his life not to have developed a tolerable thickness of hide by this time.

INDUSTRIAL NOTES.

The Hibbard Electric Manufacturing and Supply Company, Limited, capital \$150,000, with head-quarters at Montreal, has been incorporated under the Dominion Companies Act. Letters patent have been issued incorporating the Ontario Hedge and Wire Fence Company, of Windsor, with a capital stock of \$250,000.

The distance from Kingston to Montreal by the Cornwall Canal is 180 miles; by the Rideau 240 miles, a difference of only 60 miles. It is considered that it would be a good thing for the shipping trade if the Rideau Canal were available for craft as large as pass through the Cornwall Canal.

A case containing a railway carriage, recently sent to Melbourne, was the largest ever shipped from Great Britain. It was 31 feet long, 10 wide, and weighed 16½ tons.

Railroad men say that the demand for American locomotives and railroad cars in South America is unprecedented, especially for roads the sharp curves of which demand peculiarly constructed cars.

A large emigration of crofter fishermen to British Columbia is probable next spring. A number of the leading cannery owners are arranging to emigrate 120 families, about 600 souls, to take the place of Indians and Chinese in the canneries at fixed wages.

The Alberta cattle from the new Oxley rancho have arrived at Liverpool. The mortality during the voyage was under 3 per cent. They are sound, healthy cattle, and the rancho company are confident they will find a profitable market in Britain, the excellent quality of the meat destroying the present prejudice to its peculiar color.

British Columbia canned 13,061,312 pounds of salmon last year. There are no big salmon runs now, and the prospect is that the rivers will experience in time the falling off in the supply that has been noticed in the salmon rivers on the Pacific coast of the United States. The lobster fishery has been overdone in the East. It will be well if the salmon fishery be protected from injudicious operations before it is too late.

The refining of lubricating oils from refuse, commenced some months ago by Disotreau & Desfontaine on a small island near the mouth of the Columbia River has been attended with much success. According to law the canneries are prohibited from throwing away the salmon refuse as long as a refinery is in working order and can use the refuse. In this way the refiners have an opportunity of securing material at a very small cost, and the only real expense is in extracting and refining the oil. So far this season 2,000 gallons have been refined, and 3,000 gallons more will be made before the season closes. Had the salmon run been good this year these figures would have been doubled or tripled. Two grades of oil are refined, and both are admitted to be fine lubricators.

Credit should largely rest on a knowledge of a man's financial history and condition. It should not be refused a man who all his life has met every engagement, nor should it be extended to one who has regularly failed therein.

The U. S. Treasury Department has decided that various kinds of paper put up in sheets, for the use of bookbinders, are dutiable at the rate of 25 per cent ad valorem, as "paper not otherwise provided for." Some of the paper covered by this decision has one surface coated with gold, silver or bronze, some is made in imitation of morocco or leather, some is marbled.

The announcement that overtures have been made by the Canadian Post Office Department, looking to the opening of negotiations with the Japanese Government for the establishment of a Money Order Convention between the two countries, is one of considerable importance. It may be regarded as in some measure prophetic of great results to follow from the opening up of the new route afforded by the Canadian trans-continental railway, and trans-Pacific steamship lines.

The French Board of Trade of Montreal have in anticipation a trip down the south shore of the St. Lawrence to Quebec. The proposed trip is taken at the instigation of the promoters of the proposed South Shore Railway, in order to inspect and make known the capabilities of the districts through which the new line will go. The Chamber of Commerce leave Montreal on the 8th of October.

The *Colonies and India* says "Canada has never been averse to some plan of commercial reciprocity, which would not jeopardize her growing industry or discriminate against the mother country. It is the United States, not Canada, which has built a wall along the boundary line. Canada has right on her side and can afford to wait until her neighbors are in a proper state of mind."

The agricultural department of the British Privy Council is circulating the report of the Canadian Commissioner of Inland Revenue as regards the alleged adulteration of Canadian cheese. Agricultural journals admit that testing that 112 samples were analyzed without a single example being found of cheese containing extraneous fat. The Canadian Commissioner is justified in asserting that "filled cheese," common to the States, is not made in Canada.