

ment for the special care of all female immigrants.

"Some cases to prove this have lately come under the notice of the committee. Young women are engaged in England as lady helps by employers in the Northwest, but find too late that the term 'lady help' is only another name for general servant, and that they are required to do the hardest and most menial work. The result is that health gives way, and they are unable to return to Eastern Canada, having spent all their available means in reaching the remote districts to which they have been sent by the United British Women's Emigration Association. Greatly reduced fares are arranged for such immigrants going West, but the full fare must be paid for the return journey, and this is much beyond the means of the ordinary immigrant. It may be mentioned that the Women's National Immigration Society could arrange for the reduced fare to immigrants going West without difficulty. The Women's National Immigration Society would gladly send an agent home to collect and bring over desirable immigrants to supply the different needs of the country, but it is impossible to carry out any such scheme without a special grant from government to cover the extra expense. The free passages offered by other colonies seriously affect the emigration of women servants to Canada, and without some effort of this kind it cannot be expected that the numbers will increase.

Mr. Marquette, the government agent in Montreal, addressed the gathering on the subject of immigration generally. He had lately visited the Old Country, and had been informed by ladies there that plenty of domestic servants would be willing to come to Canada if they could be guaranteed by responsible persons the same advantages as were offered by other Colonies. The Hon. Mrs. Joyce had said that she and her friends could procure as many as 160 a month, but could send them to other Colonies three times as far away as Canada for a guinea apiece. The system in England was as perfect as it could be, the material being drawn from good, healthy families in country parishes, and who were quite respectable, and had a little money saved, giving fair promise of becoming good workers and industrious colonists. Mr. Marquette pointed out the advisability of continuing to look after them, even when they had been provided with situations, and of watching them until they had attained independent positions. There were still plenty of good places and opportunities to be found in Canada, and if a lady representative could be sent to England, there were many ladies and gentlemen who would be found ready to aid in the work.

Mr. Loenguist spoke at some length on the subject of assisted passages. He knew of cases where some four hundred boys and girls had been received, and no one had lost a single cent by any of them. Yet many of them would only stop in their first situations for four or five months, because they were then offered better wages in the United States. He thought that many people were apt to be unreasonable because they expected to retain a good servant by paying him or her the same wages on the eighth month as they did on the first. No wonder many of them got married, and quickly too. He added that there would be no difficulty in getting good Swedish servants if the proper methods of persuasion as to guaranteed wages and treatment were adopted. It was well known that every centre of population was short

of domestic servants only on this account. Mr. Gillespie pointed out that Swedish girls had been found very satisfactory in the past, and the society would gladly encourage them.

Miss Laidlaw said that the better class servants settled down readily, and always seemed bright and happy in their occupations.

The Protective Emigration Society, she said, had been a complete failure, since Montreal demanded as good servants in its establishments as any to be found in England, although people in the Old Country did not appear to think so. When the subject had been mentioned to Lord Strathcona by a Canadian lady in London, he had agreed that such was the case. Yet the superior class of girls demanded by Montreal would be able to ask fifty pounds a year in England, and would then have two kitchen-maids to work under them.

EATING AND DRINKING WITH EXERCISE.

By A. S. Atkinson, M.D., in Physical Culture.

The man who wearies himself with overwork; or exercise, and then proceeds to eat heartily, is in a fair way to invite an attack of acute indigestion. One of the first lessons that the track athlete has to learn is to regulate his diet so as to produce certain desired results. The food selected for a man training for a severe test of physical powers is always of such a character that there is the least amount of waste through indigestion possible. The time for taking this food is also regulated by a trainer, who knows pretty accurately when the athlete should be fed and when not.

One of the greatest troubles that hard workers have comes directly from this indiscretion. Wearied out with their physical or mental labors of the day, they sit down immediately to a hearty meal. It is a common idea that a good meal when one is tired will revive the drooping spirits and make him feel better. Possibly during the progress of the early part of the meal he will feel better, for the mere act of eating when one is hungry is bound to stimulate the brain and mind. But the body is thoroughly tired out and the stomach suffers from the general low condition of the physical energies. That organ is suddenly called upon to do a work that is difficult, and in many cases it ends in acute or chronic indigestion.



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