

THE NEW CHIEF-JUSTICE OF CANADA.

Sir William Buell Richards having resigned his seat at the head of the Supreme Bench, the Government have appointed the Hon. William Johnston Ritchie to succeed him. And the appointment is in every respect a satisfactory one. Judge Ritchie was called to the Bar of New Brunswick as far back as 1838. He was created a Queen's Counsel in 1855, and in August of the same year was appointed a Judge of the Supreme Court of that Province. On the 6th December, 1865, he succeeded James Carter as Chief Justice of New Brunswick, a position which he adorned for ten years. On the creation of our Supreme Court in 1875, he was named one of the Puisne Judges. He is a ripe scholar, an earnest churchman and a man of strong determination. Last November he had the honour of administering the oath of office to the Marquis of Lorne at Halifax. In his turn, he was sworn in by the Marquis on last Monday, the 20th inst.

THE RELIABLE MAN.—Of all the qualities that combine to form a good character, there is not one more important than reliability. Most emphatically is this true of the character of a good business man. The world itself embraces both truth and honesty, and the reliable man must necessarily be truthful and honest. We see so much all around us that exhibits the absence of this crowning quality, that we are tempted in our bilious moods to deny its very existence. But there are, nevertheless, reliable men to be depended upon, to be trusted, in whom you may repose confidence, whose word is as good as their bond, and whose promise is performance. If any one of you know such a man, make him your friend. You can only do so, however, by assimilating his character. The reliable man is a man of good judgment. He does not jump at conclusions. He is not a frivolous man. He is thoughtful. He turns over a subject in his mind, and looks at it all round. He is not a partial or one-sided man. He sees through a thing. He is apt to be a very efficient man. He does not have to talk a great deal. He is a moderate man, not only in habits of body, but also of mind. He is not a passionate man; if so by nature, he has overcome it by grace. He is a



THE HON. WILLIAM JOHNSTON RITCHIE, CHIEF JUSTICE OF CANADA.

sincere man, not a plotter or schemer. What he says may be relied on. He is a trustworthy man. You feel safe with your property or the administration of affairs in his hands. He is a brave man, for his conclusions are logically deduced from the sure basis of truth, and he does not fear to maintain them. He is a good man, for no one can be thoroughly honest and truthful without being good. Is such a quality attainable? Most assuredly so. It is not born—it is made. Character may be formed, of course, then, the component parts may be moulded to that formation.

LATE VS. EARLY DINNERS.—One of the popular errors in this country is that which regards eating heartily in the evening as detrimental to health. Almost any one can find a score of persons among his acquaintances who have dinner at two and three o'clock in the afternoon, because they are unwilling later in the day to trust their stomachs with anything more solid than tea and toast. If they go abroad, they look upon the eating on board the steamer of Welsh rarebits, and the like, at ten and eleven o'clock in the evening, with much the same horror that they would regard an excessive use of liquor. But when once early brought into contact with foreign dinners, say English dinners at eight and German dinners at ten p.m., they usually fall back on the supposition that the usage of several generations has fitted the digestive organs of foreigners to bear this excessive strain. One very worthy American lady dismissed a native doctor in Paris as confessedly incompetent because he recommended for some dyspeptic trouble that she should eat a hearty meal some two hours before going to bed. Fortunately his successor took the same stand, and though she considered the method of treatment as wholly wrong, she was persuaded into following it, and what is more, was cured in spite of herself. If our physicians would make this matter of diet more of a study it would fully repay them. It cannot be that we are differently organized from our brethren across the water, and hence what long experience has shown to be healthful for them cannot prove otherwise for us. The strain which our American habits of eating put upon the physical system is that it crowds the two really life-giving meals of the day, breakfast and dinner, close together, and then leaves the body to fast for sixteen hours out of the twenty-four.



MONTREAL.—NEAR THE PINES, MOUNTAIN PARK.