

called upon to forward, under the cloak of loyalty, a scheme of which they do not approve, and which they consider to be impracticable. In cities it may be of much value. We also learn that these nurses are intended to have an educational influence. We were under the impression that there were a superabundance of male and female educationists already, and, in the majority of the houses, the nurses might be called to visit, any attempt to interfere in the domestic affairs of the household would be warmly resented. It does not follow, because a settler is poor, and is located on the distant prairies, that his humble abode is uncleanly, or unsanitary; indeed, with a wide knowledge of Manitoba and the Northwest, gained during a 17 years' residence, the writer cannot call to mind a single instance when even the humblest homestead could be so designated. In these log shanties may be found more educated and cultured minds, people tenderly born and nurtured, than many persons promoting this scheme, in which this educational idea is pointed out as one of the objects. Commissioner Robertson visits this country in the furtherance of the dairy industry in the bright days of our early summer. Let him drive round these sparsely settled districts in December, January and February, making a few midnight journeys during and after a blizzard, and the practical experience he would thus acquire would demonstrate to him the absurdity of expecting a female to encounter it. The nurse would often have to go long distances in the night time. How is she to cover it? The people requiring her services have only oxen; the neighbors are in the same position. It would be necessary to keep a horse, trap, and man for each nurse's use. It is all very well for people living in comparative luxury in cities, to make light of these objections. It is simply from the fact that they are ignorant of what they are talking. They know nothing of the hardships and dangers that country practitioners are exposed to. During last winter the writer

was paying a professional visit at a country village. Located in the hotel where he was stopping were a physician and a veterinary surgeon. The latter was sent for during the night, about 12 miles distant, and the doctor shortly after, four miles away. They returned in the morning. The doctor with his nose and cheek frozen, the vet. with his hands and feet frozen, and both had great difficulty with a pair of horses in getting through the snow drifts. I might add the doctor found his patient suffering from toothache, and told me he never got a cent from these patients. If Lady Aberdeen knew of the obstacles which surround the scheme, in its extension to the Northwest, she would probably never have promoted it, but necessarily her information is derived from others, who are manifestly themselves entirely ignorant of the situation. The position taken by the profession is certainly no index of their want of loyalty to our gracious Queen, or wanting in the greatest respect to Lady Aberdeen, but, necessarily knowing more about the matter than any other class can possibly know, they are loathe to see a well-intentioned, costly scheme end in failure. If Lady Aberdeen could elaborate a plan for at first supplying these remote districts with qualified medical men, then the nurse scheme would be shorn of many of the objections which at present surround it. A guarantee of \$500 a year to medical men to settle in districts calling for medical aid would meet with ready response, and it is not to the credit of either Dominion or Local governments that, after inducing people to settle in these districts, they should not place within their reach competent medical help.

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Four cardinal rules with regard to diet in Senile Heart:—1. There must never be less than five hours between each meal. 2. No solid food is ever taken between meals. 3. All those with weak hearts should have their principal meal in the middle of the day. 4. All those with weak hearts should have their meals as dry as possible.—Balford.