

Woman and Her Work

One of the most cherished illusions of childhood's years, that have been ruthlessly shattered by the stern hand of common sense, few have been so willingly yielded up, as that which concerns early rising. Good old Marshall Hall first laid the axe to the root of this most pernicious growth by denouncing long brisk walks taken before breakfast; and proving beyond the possibility of dispute that there was nothing more injurious, or better calculated to undermine the strongest constitution than exertion especially violent exercise in the open air, taken with an empty stomach, and when the forces of nature are at their lowest ebb. Most of us, even the strongest, are conscious of feeling less vigorous when we first arise, than at any other time during the day, and it is only after we have fortified our exhausted stomachs with a good breakfast, that we feel quite ourselves. It seems to me that this feeling alone, which must be an indication of the promptings of nature, should dispose, once for all of the absurd no-breakfast theory recently started by a small society of cranks in New York, who maintain before all comers, that the deadly breakfast is the real cause of most of the ill poor humanity is heir to.

Of late years more and more time and thought have been devoted to the study of hygiene and one result has been the discovery that early rising is one of the chief causes of lunacy. I think the fact that insanity was so much more common amongst the farming community than any other class, first directed the attention of scientists to the subject, and the result of their investigations was the conviction that in nine cases out of ten it was the habitually early riser who lost his reason, and became a hopeless maniac.

The farmer's wife with her multitudinous duties and unearthly hour of rising forms a sad example of the evil effects of early rising for I believe statistics show that the larger proportion of the female lunatics confined in the different asylums of Canada are the wives of farmers, whose usual hour for beginning the labors of the day had varied from half-past three to four o'clock. We, who love our morning nap as we do our lives having always contented that the morning was the time for honest folks to be in bed, and have devoted much time to proving our honesty, by the infallible rule, will rejoice greatly in this latest revelation of science, and endeavour to live up to our convictions more strictly than ever. For my own part I had always regarded the extraordinary fancy some people have for early rising, as an evidence, not a cause of insanity; and as an unusual degree of arrogance is always supposed to be a symptom of insanity, I imagined that the conceit of a man who brags about being up before the sun, was but another proof of mental disease. Hence forth I shall view him with a new interest as one in whom the fatal malady is dormant as yet, but who may break out into violent mania at any moment, and finish his career by cutting his own, or some one else's throat, instead of blaming I shall rather pity him for the awful fate he is bringing upon himself.

Why will people who are sane on every other point, persist in depriving themselves of three good hours refreshing slumber in the morning, just in order to breathe the fresh pure air of heaven on a perfectly empty stomach, and to be able to boast to their saner brethren that they saw the sun rise.

"Let this, oh my friends" as Mr. Chadband would say "be a warning to us;" and if we would retain what brains we now possess, in a healthy and serviceable condition, avoid a morbid desire to see the sun rise, as the Romans avoid the pestilential air of the Pontine marshes after nightfall.

There is a new dance engaging the attention of the English public just at the present, and like a good many of the new things in that steady and rather slow going country, it is of American origin. It is "The Consuelo" after the young Duchess of Marlborough, but though it bears her name she had nothing to do with originating it. The new dance was invented by a New York dancing master, and was greatly admired at the recent convention of dancing masters held in this city. It is one of the prettiest, and yet simplest dances introduced in recent years, and bids fair to be very popular. A number of young society girls of the metropolis are practising it to give at a flower fete, and as they will wear white gowns trimmed with garlands of roses, and scatter a few Marguerites each time the merry mazes of the waltz begin, there is no doubt that they will form a picturesque sight.

The Duchess of Marlborough was always celebrated in her own country, for her beautiful dancing. In a ballroom amongst scores of her countrywomen, who are noted for their graceful dancing, she had no peer, so graceful, and fairylike were her movements that she seemed to float, rather than dance. So the new dance is favored in having for its sponsor such a mistress of the art.

It is always a difficult task to describe a dance, but I can at least make the attempt. The first pose is just like that used in the waltz, the couple waltzing slowly once and a half round, the lady beginning with the right foot, the gentleman with the left. Next comes the galop step. The lady no longer faces the gentleman, he encircles her waist with his left arm as she stands by his side, and holds her right hand at arm's length with his right. Together they take two steps to the right, with the right foot. Quickly recovering, they pose for an instant the lady's left hand in the gentleman's right arm, and the left arm of the latter slightly extended. It is a pretty living picture for a moment; then the waltz movement begins again and continues. It is a pretty, and very graceful and fascinating dance.

The wraps this year really form quite a study, so great is the variety they display. It would appear that Dame Fashion had racked her brain in order to provide something to suit each individual face, figure and style. There are the long nearly three quarter length coats, and the short jaunty ones, Russian blouses, or monjick coats, pelicans, long cloaks, jackets of every known shape, and above all dolmans actually dolmans which we thought we had seen the end of years ago.

A few weeks ago the announcement was made with every appearance of authority, that the day of the cape was over, and they would not be worn in future. But a glance at the fashion sheets, and a very brief examination of the shop windows, will serve to convince any earnest seeker after truth, that the announcement was decidedly premature. The new capes are made of almost every material, cloth, velvet, fur, matelasse and silk, and they are elaborately trimmed with jet, fur applique, chiffon, and lace, just for all the world as they were last season. Some of the combinations are a boon to those who have odds and ends of fur, and other material to use up; and one example of this convenient fashion, is a little cape reaching to the bottom of the waist made of sealskin from the point of the shoulders down, and above this is a yoke and collar of Persian lamb. Where the two furs join, is a very full frill of accordion-plaited chiffon with satin stripes on the edge. It is so full that it resembles a ruche, more than a ruffle, and little heads and tails peep out at intervals all the way round. Another ruffle of chiffon, and a black satin bow complete the neck. Chiffon, lace and beaded trimmings are all applied to fur this season. Two decided novelties in capes are the long full capes of astrakhan with a gathered flounce of sable on the edge, and those of colored velvet with various patterns cut out of Persian lamb fur and applied. A pretty shaped fur cape fits the shoulders closely and has the fur put on below, like a graduated flounce.

It would be quite useless to protest against the blouse this season, and declare that it was not a suitable style for making up heavy cloth or fur garments, because you would speedily find that popular garment, like public opinion, much too strong to be defied by the individual. It is the blouse, or the close fitting tailor made coat-bodice; and there is no medium course. The boleros is to be worn again, it is true, but in order to be effective it must have a very full blouse vest underneath, so it is really inseparable from the blouse. These little boleros are a very jaunty and stylish addition to many of the new cloth costumes. Sometimes they are high in the neck, and again they are cut either round, or V shaped in order to show the under bodice. The lower edge is usually cut out in blunt points or squares, and the arm holes finished with narrow plain epaulettes while the whole jacket is elaborately braided. Revers of velvet finish some of the new boleros, but they are more effective when braided all over, and with a single row of buttons down each side of the front. Both red and brown cloth braided with black, are very effective when made in this way, and one very stylish brow costume had a heliotrope velvet bodice under the little sleeveless bolero, cut V shaped at the neck and decorated down each side with small old silver buttons. Velvet boleros are embroidered all over in jewels and chenille cord, and trimmed on the edge with applique of lace and beads, or else made perfectly plain, and finished with rows of machine stitching.

This machine stitching is a great feature of dress trimmings, and is applied without

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discrimination to velvet, cloth, satin, and the thinnest materials. Cloth costumes are stitched in either straight lines, or curling designs all over the blouse bodice and around the panels in the skirt in much the same designs that old fashioned bed quilts display. Narrow bias bands of satin stitched on in rows on the skirts and bodices, are the very tip of the fashion at the present moment, and the only argument against them is the danger that they will become very common in poor satin and careless work. Their great charm—for they are very effective—lies in the richness of the satin and the perfect manner in which they are put on.

Shirring, both in cloth and velvet, is done in a very clever manner for all sorts of trimmings, and velvet which has been gathered on the machine and the stitches then pulled out, leaving only the effect, is sold by the yard, for trimming.

Assisting the Cause.

"It was at a testotal meeting some twenty-five years ago. There had been the usual speeches and songs, full of the usual self-glorification of teetotalers and the usual vituperation of moderate drinkers. At last there was a lull in the proceedings, and the chairman asked if there was no one present who would come forward and bear his testimony on the important question of drink. For a long time no one responded; but, after repeated appeals, a working-man was seen to be making his way up the room from the back of the hall. Loud cheers followed him till he reached the platform, where welcoming hands helped him till he reached the platform, where welcoming hands helped him to mount it. The chairman shook hands with him, and introduced him as "our worthy friend who as kindly come to assist the good cause." The new-comer was a sturdy, healthy looking man of about forty-five years of age, and as his white apron showed, was a carpenter. When this cheers had subsided he began. After saying in effect that he was "no orator as Brutus was," but a plain man, who had come to tell a plain story, he proceeded—"Mr. Chairman and gentlemen, we have been invited here to bear our testimony on the important question of drink—(cheers)—and, gentlemen, I stand here to bear mine. (Loud cheers) Twenty years ago gentlemen, there were two young men living next door to each other who had begun life together. They were both of them as hearty and healthy young men as anyone could wish to see. (Cheers.) They were the same age, nearly the same height, and they followed the same trade. In fact their circumstances were exactly alike. (Cheers.) There was, however, one point on which they differed. (Cheers.) But that question, gentlemen, was the all-important question of drink. (Loud cheers.) One of these two young men took every day of his life a pint of beer. (Groans.) The other took every day a pint of water. (Great cheering.) Gentlemen, one of those two young men has for some time been in his grave. (Sensation.) The other of those two young men now stands before you. (Immense cheer-

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ing and waving of hats.) Gentlemen," added he, relapsing into the vernacular, "it was him as is dead as took the water." (Great uproar, during which the carpenter was hustled off the platform.)

ASTRA.

EYES, EARS AND NOSES.

Sight, Hearing and Smelling Ages Ago and at the Present Time.

It is a very curious question, especially if the question include the first animals created as well as the first men, whether there be a difference between sight, hearing and smell in those early days and at the present time.

Smell was one of the most important senses then, for it aroused appetite, enabled the animals to seek and find their mates and to track their prey, and it gave them a warning of a foe's approach, or presence. With a man now it is of only third-rate or fourth-rate importance.

The organ of smell, among some of the first creatures, was not near the end of the snout, or nose, but near the brain, and was well-padded or cushioned with fat, and projected by a tender skin, or by scales overlapping each other.

But it was not more delicate then than it is now, especially in our hunting dogs. Cats, too—and these are among the later animals—have this sense in great perfection. A cat has what is called, the homing instinct, and if carried away from home in the dark, it can return by precisely the same road. It is said that this is because every field ditch, village or house leaves its own odor in just the right order on the cat's brain, like a succession of pictures, and the animal smells it way back as we would see ours.

The organ of smell seems to communicate with the memory, for the scent of a flower will sometimes bring back to a grown man the scene associated with it in childhood, and a thousand other subtle thoughts and feelings, so that he seems literally carried back into his past life.

The first creatures knew nothing of fragrance. The sweet-smelling flowers were not then in existence; besides, their brains were too small to enjoy the delicate pleasures of sweet odors.

Hearing was comparatively poor with the first animals, for often an external ear was lacking. The outside ear not only protects the delicate nerves within, like a hood, but also gathers or collects sounds.

A man of defective hearing instinctively puts his hand behind his ear for this purpose. Birds that have no external ear can easily be surprised by night and taken, while their acute vision shows them every movement by day.

The savage races had little idea of music. They liked noises as children like drums and horns. The savages on the Midway Plaisance had great delight in their native music, which was discord to our ears. It required larger brains and finer training to have the full delight in melody and harmony that our musicians possess now.

The eye also, in the gigantic creatures of early periods was sometimes rudimentary, though again it was of large size and protected by a ring of bony plate instead of the lovely silken eyelashes that protect and adorn the human eye now. In some of those lizard like animals that burrowed in the mud there were three pairs of eyelids, one of them transparent, so that the animal might see through it closed.

It is said that early writers, like Homer, speak of very few colors, chiefly red, or 'purple' as they called it then.

Enjoyment of beauty, of graceful curves and lines and proportion or of harmonious and varied colors and their delicate tints, belongs to a later state of cultivation, a more developed brain, that most of the early races knew.—Philadelphia Times.

A SEAL FARM.

The Novel Enterprise of a San Francisco off Alaska.

Captain John Schoonover, of San Francisco, is going to establish a seal farm on Nunivak Island, off the Alaskan coast. He has purchased several thousand acres of land, and will lead the world in an experiment he believes will eventually prove more profitable than a gold mine.

The captain will sail from that city thoroughly equipped for his work, and he will either purchase or catch the live seals at the rookeries, and with these he intends to stock his farm. He will engage native Aleuts to herd and keep the seals after they are transferred to his feeding ground.

The place he has selected for experiments is very similar to that used by Mr. David Starr Jordan for correcting the young pups on St. Paul Island. A large salt lagoon extends in front of the sea and is surrounded on three sides by the rocky coast of the island. The arm that reaches out into the sea is deep, but narrow, and a wire fence will have to be constructed probably fifty or sixty feet under the water. The lagoon will have to be surrounded by a similar fence on the land, for the seals can travel overland with as much ease as in the water.

The question of securing food for the captive seals is not difficult of solution, for the waters all about abound in fish that the seals like. The seals for that matter eat any fish that they can capture. The captain will stock his farm with many of the common sea fish; but after the herd of seals increases in number and size he expects to get most of the food with nets and seines.

This will then be the most difficult part of the undertaking, and his men will find themselves kept busy all of the time. A good-sized seal requires a score or more of ordinary fish a day, and the appetite increases with the weight and size. But this is about all the care the seals need.

It is also intended to start a sea otter farm on Nunivak Island. This valuable animal has suffered almost complete extinction in the Bering Sea, and it is feared that the species will soon disappear entirely from any body of water. It is estimated by Dr. Jordan that not more than a thousand sea otters are left in the oceans, and that these will soon be killed off.—New York Journal.

Bill in the Contribution Box.

Alice Morse Earle tells of one church where the contribution box used contained a small bell concealed in it, which would ring out when a contribution was made. The collection was usually taken during the sermon and no stingy churchgoer could fail of detection.

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