

Ippety, kippety, tippety-tee !
 I love baby, and baby loves me
 Whippety, tippety, kippety-ki !
 We are so happy—and God knoweth why !

Ippety, kippety-kee !
 Ah ! my baby,
 May your life's way be
 Bright as a life-path can be ;
 And when I'm sleeping
 In breathless security,

May you be reaping
 Rich harvest of golden grain ripened in purity !

Sweet ! as I fold you
 And tenderly hold you
 Close to the heart that with love-fire is glowing,
 My cup of pure pleasure is filled to o'erflowing !

Dear ! you have heard of love
 All the year long—
 Sing, then, blithe bird of love !
 Sing, without word of love,
 Love's sweetest song !

Ippety, kippety, tippety-tee !
 I'll sing to you when you've sung to me ;
 Then, with a whippety, kippety-ki,
 We'll sing together, my baby and I.

CHARLES JOHNS.

ENGLAND'S HERITAGE IN THE WEST.

BY THE HON. P. CARTERET HILL, LATE PREMIER OF NOVA SCOTIA.



WOLFE and Montcalm sleep peacefully beneath the soil of Canada, not far distant from each other, nor from the scene of that memorable battle upon the Plains of Abraham when victors and vanquished alike had to mourn the loss of a gallant leader. In their graves lie buried the national animosities and the bitter feuds which for so many years had desolated Canada with war and bloodshed.

We cannot wonder that the French clung to such a prize with desperate tenacity, and only relaxed their grasp when the brilliant generalship of Wolfe and the heroic bravery of the British soldiers who climbed the steeps of Quebec finally wrested it from them.

Look at a map of North America, and see the extent of this magnificent appanage of the British Crown. Many who do so will be astonished to see that it exceeds in size the whole of the United States ; stretching north from a line running between the 40th and 50th parallels of latitude, and reaching, without an interruption, from the Atlantic to the shores of the Pacific, this great territory contains fertile lands sufficient to support untold millions of the human race. When the Earl of Dufferin, then Governor-General, travelled through the North-West in 1877, he declared, in a speech characterised by his usual eloquence, that when the Dominion of Canada came to these vast regions, she was no longer "a mere settler along the banks of a single river, but the owner of half a conti-

ment, and in the magnitude of her possessions, in the wealth of her resources, in the sinews of her material might, the peer of any power on earth."

Let us remember that the term "Canada" does not convey the idea of one homogeneous land or state of society. There are two very distinct regions and conditions of life. In the older provinces bordering on the Atlantic there are large cities, some of which were founded long prior to the capture of Quebec by Wolfe ; there is much wealth and all that wealth brings with it ; there are admirable educational institutions ; there are noble public buildings, bridges, railways, and canals ; there are educated and refined men and women ; there is safety for life and property as great as in England or Scotland : in short, there is every material and moral element of the civilised life of the nineteenth century, and an Englishman transported by magic from his own country to one of the older Canadian cities would find nearly everything which the inventive genius of the age has added to the convenience and luxury of life, and to which he was accustomed at home.

There are few nobler buildings in any country than the Parliament buildings in Ottawa, and the tone of the Dominion Parliament is not beneath the material edifice in which it assembles. I do not know that I am claiming too much for it when I say that it is the third great representative assembly in the world. The time-honoured Parliament of Great Britain, the venerated mother of all free assemblies, towers above every other Legislature in the world, *facile princeps* ; the great American Congress is doubtless the second deliberative body in the world, and no unworthy scion of its great progenitor ; I omit France and Germany, and even Italy, for great as these countries are, compared with Canada, in all other respects that constitute national greatness, it cannot be contended that they have yet mastered the principles of true Parliamentary government, nor indeed does it appear likely that they ever will. I do not know any other legislative body that comes so near in its theory and practice to the great

fountain and model of all Parliamentary government as the Parliament of Canada.

I do not know that I need apologise for claiming so high a position for the Dominion, when I recall the testimony of such a distinguished witness as the late Governor-General, the Marquis of Lorne, given at a recent meeting in London, which was held in connection with a movement for sending young lads to Canada.

"They are going," said his lordship, "to one of the first countries in the world."

This is certainly a very high place, assigned by a very high authority.

Nor have the people of Canada been slow to provide abundant means of education. The school laws are admirable, and the provision for education, both elementary and in the higher branches, is most liberal. In the Province of Nova Scotia, for instance, nearly a third of the revenue of the Province is expended in the support of common schools, independent of the local assessments for the same purpose. The Province of New Brunswick has also an ample provision for its schools, and an admirable system of administration. Of the Province of Ontario let me, instead of my own opinion, give that of Mr. R. H. Anderson, of Listowel, county of Kerry, Ireland, who went out to Canada in 1880 to report on the country in general, and Manitoba in particular, as a field for emigration.

"Toronto, he says, "is the fountain-head of the Canadian educational system, which, so far as I can judge, seems perfect. First, there is the public school, in which every child is entitled to receive a free education; next comes the high school, the charge for which is about £1 a quarter for each pupil. There is a public school and high school in each district; the high school course is a very comprehensive one. After these schools comes the collegiate institute, and lastly, the university itself, the fees for which amount to about £10 per annum. The pupils in each school are examined twice a year by public examiners, and those who show sufficient proficiency are raised to the school next above that in which they pass. I think the whole system, both as regards cheapness and thoroughness, will favourably compare with any in this country."

No one who settles in Canada need fear, therefore, that he will be taking his children to a land where they will grow up in ignorance. The wants of rich and poor are equally provided for in that respect. I need not dwell on the lighter or social aspects of Canadian life. Wealth in all lands will take care of itself in the matter of amusements, and education will inevitably produce the culture which will demand that the amusements be refined in their character; and both wealth and education abound in the older Provinces of the Dominion.

But there is another Canada—that new and fertile territory in the North-West—which, from the field it opens to energy and enterprise, is perhaps the most attractive to the majority of young Englishmen. This region, however, is so intimately connected with the older Provinces, and is being brought into so close

proximity by the rapid progress of the Canada Pacific Railway, that it is distinctly and powerfully marked by the character of its elder brothers in the East. Not only are their laws and institutions carried to the new regions almost contemporaneously with their settlement, but their luxuries and fashions follow at no long interval.

I read last autumn with much interest two admirable papers in the *Nineteenth Century*, by Major-General the Hon. W. Fielding, entitled, "What shall I do with my Son?" in which he discusses the subject of the eligibility of the colonies as openings for the settlement of gentlemen's sons. He has treated the question in its general bearing exhaustively, but it is evident that he is more familiar, when he comes to details, with Australia than with Canada. Indeed, he admits in the second article that his thoughts are chiefly directed towards Australia.

I do not know whether he has visited Canada, but if so, it was perhaps some years since. We must bear in mind that within the last decade the circumstances in connection with the North-West Territory in Canada have been completely changed. The systematic survey and allotment of the land, the rapid advance of the Pacific Railway through the heart of the country, the admirable organisation of the mounted police, by whom peace and order are preserved in the most remote portions of the territory—all these have so altered the ordinary conditions of settlement in a new country, as to deprive it of many of those terrors which have hitherto prevented many from attempting it.

It is to the credit of the Dominion Government that, in laying out the townships in the new district, they have reserved two sections in every township for school lands, the proceeds of which are to be applied to the support of education. Nor have the churches been apathetic or unmindful of the claims of these new towns and villages upon them. The various denominations, who are all on an equality in Canada, have aroused themselves to a sense of their responsibilities, and are sending out ministers and catechists to every town as it springs up.

The emigrant from the old country, therefore, who goes out with his family in search of a better opening for himself and his children than he can obtain at home, will not find himself handicapped beyond his powers, in his efforts to attain the object of his hopes for the future, by the want of educational or religious privileges.

I have alluded to the mounted police, and to the benefits flowing from their presence in the districts of the North-West. The new settler owes much to them. The unintermitting warfare with the Indian tribes on the border-line of the white settlements in the United States has been a source of danger to the settler, and of much anxiety to the American Government, for many years past. But on the British side of the line all this is changed. The Imperial Government has always dealt generously with the red men. From the days of George III. down to the present time, the Indians have been

treated both by the Imperial and the Canadian Governments with liberality, and with scrupulous fidelity to treaty stipulations. This has engendered such confidence and goodwill in the Indians, that a white man can travel through any part of the district in the most absolute safety.

The safety of life and property thus assured has doubtless been a powerful element in attracting the great number of immigrants who have been building up towns and villages almost by magic in the North-West. The rise of Winnipeg has become a twice-told tale, and no longer excites wonder, but there are other equally remarkable instances. The latest of which we have an account is that of Souris, in the Province of Manitoba. In the *Graphic* of the 7th of July, 1883, the following account of it occurs:—"In April last (1882) there was but a single log-house in the place. It now contains large flouring-mills, nine good hotels, six or seven large shops with plate-glass fronts, and all the accessories of pretentious city buildings, a couple of churches, school, extensive livery stables, blacksmiths' shops, &c., and numerous private dwellings. The population includes a lawyer, doctor, clergymen, several retired officers of the army and navy, besides a number of sons of English and Irish clergymen and country gentlemen. The sport in the neighbourhood is excellent, ducks of all kinds, prairie chickens, plover, and snipe being found in immense quantities. Sand-hill cranes are numerous, and a good many geese drop down on their way to and from their breeding-grounds. The farming land is of the most fertile description, the crops of grain and roots showing wonderful yields."

This seems to be a very wonderful change; it more resembles a mirage appearing in the desert, with its shadowy turrets and spires and ethereal inhabitants, than a tangible reality of bricks and mortar and ordinary men and women. But before the present summer closes, I have no doubt that the rise of Souris will be rivalled, or it may be eclipsed, in some now nameless spot perhaps a hundred miles nearer the setting sun.

Parents in this country, and the Australian and Canadian colonies themselves, are under a debt of gratitude to Major-General Fielding for bringing the important question treated by him in his able papers to the notice of the public. The realisation of his views cannot fail to be a great practical benefit to both. There is, however, one branch of the preparatory education recommended by him for young men intending to emigrate, to which I would venture to suggest that it might be well not to insist on paying too much attention. I refer to that part of the curriculum in the contemplated school which embraces the study of constitutional questions, or perhaps I may call it the science of legislation, or, to come down to still plainer English, politics. Now, one of the evils of colonial life is the prevalence and virulence of political controversies. Like all ill weeds, politics grow apace, and, as has been said with too much truth, more politics to the acre grow in the colonies than in most other countries.

My advice to a young man going into the new life of

the colonies I have been speaking about, would be to avoid politics until he has attained independence, or at least feels assured that he is on the path to it. By all means let him vote as he sees best at an election, but beyond recording his vote, he will, I think, find it better for his own interests to leave politics to others; there will always be men and to spare who will look after his political rights. He may for the present safely leave them in their hands.

It would indeed be a great advantage for any country to have men of culture and refinement occupying seats in the Legislature, but I am assuming that the young men who emigrate, however well educated, are going out for the purpose of improving their own prospects first and chiefly, and it is in their interests that I am writing. I do not see how men in such circumstances could devote a large portion of their time to public affairs without seriously interfering with their personal interests. Events move rapidly in these days, and with energy and application any young man of the class spoken of may hope in what would in England be considered a very short time to become independent, and perhaps wealthy. When that day arrives, no more welcome addition could be made to the public life of his adopted country, nor one of greater value to its best interests.

The love of *la chasse* is born with every English gentleman, and while I would not advise the young *émigré* of that class to give too much of his time or thoughts to sport, any more than I would recommend too great attention to politics, yet the abundance of game would inevitably prove one element of attraction to him in seeking a new home. The days of legitimate sport appear to be drawing to a close in England. How otherwise could the slaughter of tame pigeons have been included in the list of English sports? But when game abounds which is really wild, few young Englishmen could resist the temptation which it presents; and there would be this advantage over the pursuit of political objects, that if indulged in with moderation, and only when a day could really be spared without detriment to his farm, the sportsman would not wholly waste his time even in the most utilitarian sense. He would be shooting for the "pot" as well as for recreation.

Mr. E. A. Pringle, of Caledon, in the county of Tyrone, Ireland, visited Manitoba and the North-West Territory in 1881, his object being "to ascertain whether or not the conditions which they offered were suitable for the settlement of Irish colonists." Let me quote a few lines from that gentleman's report, made on his return home. "I have now given," he says, "a short account of my visit to Manitoba and the North-West, and after spending nearly a month in that district of country, and travelling upwards of 800 miles through it, I have no hesitation in recommending it as a field of emigration for Irishmen. When I looked on its boundless prairies, composed of the richest and most fertile soil ready for the plough, I thought what a Paradise it would be for thousands of Irish farmers who are struggling against high rents and taxes, bad seasons, and low prices, to obtain at best but a scanty

subsistence, without any prospect of bettering their condition or providing for their families. To all who are so struggling I would say, 'Sell out for whatever you can get and go to the North-West, and you will never regret doing so.' There is no disturbing element in society; all are loyal and contented, because they are prosperous, enjoying the fruits of their industry. All classes live well. There are no poor, and of course no workhouses, as we have in Ireland. I can assure my countrymen that no colonists will be more welcome than those who go from the North of Ireland, and, in my opinion, no class would succeed

better. If the labour and capital which are being spent on worthless land in Ulster were brought to bear on the fertile soil of Manitoba, what a rich return it would yield!"

Let me conclude with the short and compendious advice given by Mr. Pringle in reference to the most advantageous time for emigrating—"As to the best time to go, I would say the sooner you go the better." To which I would only add that the spring is the best time, when all the summer is before him, for the emigrant to arrive at his destination, and conversely, the autumn is the worst.

AN INVALID'S EATING AND DRINKING.

BY A FAMILY DOCTOR.



T would be mere assumption on my part to say that most aged men or women are, to some extent, invalids. Many, indeed, who are long past the allotted span are as healthy, happy, not to say hardy, as other people are at fifty. But in age the digestion is weaker, for the powers of life are on the decline. It behoves, then,

those advanced in years to live by rule, not merely with a view to prolonging life, but to living in comfort, and enjoying good sleep and freedom from aches and pains.

In the aged the powers of life are feeble, recuperative power is lessened, and the processes of nutrition are slower. But there is less need for corporeal constructive materials, the wear and tear and waste in the body being now not so great as formerly.

For these reasons alone, old people should eat more sparingly, use less solid food, and see that what they do take is both well cooked and tender.

To eat slowly and masticate well is imperative on the aged, and those who have suffered from decay of teeth ought to have the defects made good by wearing artificial ones.

I am quite convinced that a great deal of the discomfort that aged people suffer from, and many of their aches and rheums, arise from errors not only in diet but in eating. Says the immortal bard, Burns—

"Ah! life has weary days,
And nights o' sleepless pain;
Thou gowden time o' youthfu' prime,
Wilt never come again?"

Now, with all due respect to the memory of the poet, I must say he is talking here of what he knows nothing about. There is no absolute necessity for age having weary days or nights of sleepless pain. I know quite a number of very old people who are quite as free from anything approaching pain as they were at forty, and as to wishing the days of their youth back again, they do nothing of the sort. They are dreamily happy and contented, and willing to die when Heaven in its mercy sees fit to call them.

As for sleep, elderly people need less, and do not think a long day so very long because their hours of slumber are curtailed.

Well, then, I have a little further to say on the diet which the aged should use. The tenderness of the meat and good cooking are essential to comfortable digestion; slowness of eating should become a habit with them; soups are good, especially for supper; pastry, cheese, and raw milk should be avoided. The stomach must not be overloaded even with fluid, and for this reason beer or stout is often objectionable, and if alcohol in any form be needed to calm the nervous system or give freedom from fret, a little good wine or spirits is better than ale. I cannot help mentioning the fact, however, that old people are much better without alcoholic stimulants of any kind.

It is not generally known, though it ought to be—yes, I will go further, and say that the fact should be printed on city walls throughout the length and breadth of the kingdom—that alcohol *lowers the vital heat*, and yet people take it to impart warmth. The warmth so procured is false, fickle, of no duration, and rests on no solid basis.

In cases of acute illnesses or fever, our object must be to support the system by the most easily digested food we know of, and this must be given on the little-and-often principle. Do not be led away by the oft-quoted saying, "Starve a fever." So far as *solid* food is concerned, you may starve it, for it is impossible for a digestion weakened by acute illness to assimilate solids: they will only tend to increase the fever, for they pass down into the bowels, and there decay,