

shut down everything at night under the false idea that night air is unhealthy, as though we had any other than night air to breathe during the sleeping hours; they seem to imagine that to keep out of the draught it is necessary to shut off the chief supporter of life, the freely circulated atmosphere.

This excessive care is a cause of destroying, not prolonging life. The normal condition of existence, physiologically, is not an indoor life, whether it be the closing up of wives and children in rooms through which the air is not permitted to circulate freely, or the crowding of workmen into the ill-ventilated factory or shop; on the contrary, this indoor life is commonly attended by sickness and weakness. The soundest men are those who pursue their business under the open sky, as hunters, sailors, soldiers, farmers and outdoor laborers generally; the most healthful children are those who get plenty of pure air and clear sunshine. As Dr. Gotthilf says regarding his toughening proposition, "daily exercise in the fresh, free air, under changing conditions of weather, and at all times of year, is a means of resisting the influence of the weather; whoever battles valiantly against unhealthy weather, can become his own master, and can even secure for himself vital strength and the enjoyment of health."

Here is a suggestion which is valuable in controlling those circumstances that promote health and longevity, and ward off the certain fate of man to the farthest point consistent with divine economy. It affords one means to avoid "catching cold"—that condition most prolific of all causes in sickness and death. Many other suggestions might be made in the same line, such as the admonition not to cover in the hot season, with thick, heavy bedclothes, the little children, who are thereby made to perspire freely, and then, kicking off the clothes, are injured by the cold night air on the unprotected body; but this one is a good topic to dwell thoughtfully upon, and others may come in their turn to the full comprehension of a duty of men and women to preserve their health that their minds and bodies may subserve the highest use of which they are capable.

DISCOVERIES IN AFRICA.

What is believed to be the only active volcano in Africa has recently been discovered by Count von Gotzen, a lieutenant in the German army. The young officer seems to have a taste for explorations in unknown regions of the dark continent, and as he has a large fortune at his disposal he is able to satisfy this taste without asking for aid or favors of anybody. He has crossed the continent several times and spent vast sums on his expeditions. When, in 1893, he left the Indian ocean and started inland he had a company of 518 persons, including thirty-three well equipped soldiers. A geologist and a physician accompanied him, and so complete were his arrangements that during the whole journey but few of his men were on the sick list.

One of his first important discoveries, after having traveled about 300 miles toward the now famous Victoria Nyanza, was lake Umburre, one of the links in a chain of dead seas in Africa. It is formed in a depression of the surface of the earth, from which its waters cannot escape, and in consequence, a large per cent of mineral substances. It is Africa's salt lake.

A hundred miles west of Victoria Nyanza is the country of Ruanda, known to Stanley, Stuhlman and Bauman only by reports. Von Gotzen concluded to penetrate this region. He found it thickly populated by a fine-looking race and he was hospitably received by the king. Arab traders were excluded, it seems, from this country. It was here that the volcano was found. African natives had told Emu Pasha about a smoking mountain from the interior of which sounds issued as of bellowing cattle, and this was accepted as reliable evidence of its existence. Gotzen saw it and described it.

The volcano rises above the plain to a height of about 11,000 feet. The traveler ascended its slope and stood at last on the edge of the crater looking down upon the lake of molten substance below. The diameter of the vast furnace is about a mile and the crest of the surrounding wall is circular. Rising above the surface of the fiery lake is a large orifice leading to the interior of the mountain, and from this immense cavity dense masses of smoke issue, rolling in waves around the bottom of the crater. Loud noises like the incessant roll of thunder are heard from the unfathomable abyss.

The work of exploration in Africa and its division among the standard bearers of civilization is one of the remarkable signs of the time. When Livingstone, the greatest and noblest of all modern African travelers, started on his last journey, he parted from his friends with an admonition to see that the gates to the interior he was about to open should never be allowed to be closed again. They have been kept open. Inch by inch the dark continent is being redeemed from obscurity in which for ages it has been entombed. The curse is being lifted, it seems, from the descendants of Ham. They are gradually given a place among the members of the human family and by the influence of the existing civilization, both good and bad, brought nearer the level of the rest of mankind. Is this not a necessary preface to the work of final redemption in which all the earth shall partake and by which the condition shall be brought about of which the most enlightened men from the beginning of the world have spoken?

OBEEDIENCE OR EXPULSION.

The action of Archbishop Langevin, head of the Roman Catholics in western Canada, in announcing that hereafter all so-called adherents who do not follow the teachings of the church in the matter of education cannot be regarded as members of the Roman Catholic church, leads the *New York Press* to remark that this order has an important bearing on the Manitoba school question, and means the excom-

munication of certain Catholics who have taken a stand against the church for national schools.

Whether such a view will be carried into action is rather doubtful, if only because of the influence it would have upon anti-Catholicism in this country, which would receive material strength in the argument, supported by some important facts, that the Catholics antagonize national public schools under pain of the terrible results that are regarded by members of that church as following excommunication. It is far more probable that a milder, and assuredly more politic, procedure will be followed in the present crisis, and while persons who do not observe the church's orders may not be regarded as members, yet the actual ceremony of excommunication probably will be omitted. This aspect of the case is upheld by the procedure of Archbishop Fabre, of Montreal, who has issued a pastoral letter in which he commands the clergy to keep silent on the Manitoba school question when in the pulpit, but recommends them to express to their parishioners the delight of the episcopacy at the action taken thus far in the matter by the Conservative government.

This policy certainly seems more in accord with operations of the church of Rome than does the one suggested by the *Press*. The latter would arouse bitter public enmity at once, even in the minds of those church members who might be won over by persuasion and argument; while the former would bring back the wavering ones to the church's side, and by the threatened social ostracism which would come to others through the action of fellow members in response to information privately circulated, would keep them from making any open fight. The Catholic interest would seem to be better subserved by quiet action on this matter, when membership in its church is involved, than by anything which would produce open rupture. The announcement referred to, however, clearly indicates that the Catholics will be required to support their church politically in Canada, under penalty for disobedience.

THE CARNIVAL OF CRIME.

The telegraph informs us that the young medical student accused of the Emanuel church murders in San Francisco was held on May 3 to answer in the second case; so the discussion of the awful crimes in the dispatches is likely to cease for a time, probably until there shall be an effort in court to fix the guilt upon the man now under arrest. Since the discovery of the ghastly work of the assassin, the murders have furnished a topic for preachers of various denominations in San Francisco to dilate upon in an endeavor to point out the awful state of society at the present time and to inquire into the causes thereof.

The statements of some of these leading preachers are suggestive as to the condition of moral life on the Pacific coast; for although most of the ministers referred chiefly to the prevalence of the murderous spirit, they also found time to mention other lines of moral depravity. For instance, in his re-