The Rody and its Haulth.

Sea Voyages for Consumptives_Long voyages are of great value in many cases of consumption. The patients have the advantages of the sea air, combined with mental repose and passive exercises. There are, of course, several drawbacks, the most prominent being the liability to seasickness and to bad weather, and the confinement which necessarily occurs; the monotony in occupations, the want of variety of food and of articles sometimes longed for by invalids and the discomforts arising from the machinery in the case of sfeam vessels. If the patients be not liable to suffer from seasickness, and if his appetite and digestion be fair, he has a much better chance of being benefitted by a sea voyage than under opposite conditions. Various conditions of debility, especially those arising from excessive mental strain, are almost certain to be improved by a sea Voyage—Dr. R. Rose.

The volume of Food-When man eats with moderation as to quantity of food, the per cent. of absorbed nutriment is greater than when he eats very little and much greater than when he eats to excess. The consumption of immoderately large vuantities of food is irrational for this reason alone; but, aside from the greater loss, there is positive injury to the stomach by distending it beynd the proper limit. The feeling of satisfaction isalso greatest after a moderate meal. We know full well that persons who mand good stock must be bred. have been accustomed to overeat have a sensation of emptiness when they take only small quanities of aliment. Disturbances of digestion are also sure to follow excessive eating. It has been observed in the German army that the young peasants from a region of country where they have lived largely on potatoes, and been obliged to eat large quantities, suffer from emptiness when they become soldiers and are fed on more concentrated diet. The sensation of fullness is absent until the stomach becomes used to it. The taking of an excessive amount of food leads not only to disturbances of digestion, out also to injury of the power of absorption, and this may become a serious matter. Moderation in eating and drinking should be the rule of life. To eat too little is injurious; it leads to poverty of blood, emaciation and weakness. To eat too much is in some respects better than to eat too little; but if the excess be considerable the injury will be considerable also—Herald of Health.

HUMOROUS.

Rather mixed—A temperance lecture recently said: 'Would you believe, fellow citizens, that a woman died near where I was speaking on Thursday evening in a beastly state of intoxication.'

'Are your domestic relations agreeable was the question put to an unhappy looking specimen of humanity. 'O, my domestic relations are all right,' was the reply, 'it's my wife's relations that are causing the trouble.'

Host, something of a musician, who is entertaining a Kentucky friend at dinner, 'Would you like a sonata before dinner, Colonel?' Colonel, 'Well, I don't mind. I had two on my way here, but I guess I ćan stand another.

Remember those chickens you sold me Saturday.' 'Certainly.' 'Spring chickens, weren't they.' 'Of course. What was the matter with them.' Oh, nothing. The spring were all there, only I wanted to tell you that the next time I want a pair with rubber springs. Wire springs are too rich for my blood.

A man telegraphed from here on Thanksgiving eve to friends in a New England town: 'Cannot be down until Saturday; foreman drunk.' When he went down he was astonished by the ailarious manner in which his friends received him. It came out that when the telegram was received it read, 'Cannot come down until Thursday forenoondrunk."

A good campaign story is told by ex-Senator David Davis. One day while on the stump he remarked. I know no Bast, no West, no North, no Sonth. 'Then,' said one of his hearers, 'you had better go home and study up your jeogerphy.' 'It broke me all up,' says Mr. Davis, and from that on till the close of my address there was no personal magnetism in my burst of campaign eloquence.'

On a railway line, recently, a passenger stopped the conductor and asked, 'Why does not the train run faster?' 'It runs fast enough to suit us. If you don't like the rate of speed get out and walk,' was the rejainder. 'I would,' replied the passenger, sitting back in the seat, only

Agricultural Notes

Since it has been proved by experiments that a gyod growing crop keeps the soil in a much better condition than when nothing is grown upon it, the practice of summer fallowing is likely to be less frequent in the future than in the One great advantage of proper summer fallowing is the killing of weeds.

Sulpher is a preventive of mildew and rot in grapes if taken in time. The powdered sulphur may be sprinkled on the vines in wet weather, or the vines may be syringed with a solution of copperas

plantations. Should the vermin continue to increase the result may be serious. No general disaster has has taken place, as East Kent seems to have been most smitten by the blight. Continental reports continue favorable on hops, though there is an attack of vermin in Belgium, which is not sufficiently important yet to affect the trade.

RETAIL MEAT MARKET. Beef, roast, per lb...... \$0 121 to \$0 16

	Beef, steak, per lb	•	121	to	•	16
	Beef, corned, per lb		6	to		10
	Beef, boiling, per lb		6	to		8
	Beer, fore quarters, per 1b		6	to		8
	Beef, hind quarters, per 100 lb.	9	00	to	10	00
i	veai, roast		12	to		16
	veal, chop		15	to		ī8
	Pork, roast		10	to		121
ı	Pork, steak		īŏ	to		12
Į	Pork, steak. Pork, farmers' per 100 lbs	ß	ôŏ	to	6	50
1	Mutton. roast, per lb	٠	124		٠	15
	Mutton, leg		223	to		18 .
	Mutton chop		15	to		18
	Ham		15	to		16
	Breakfast bacon		15	to		16
Į	Lard	*	ğ	to		îĭ
	Lard, per pail	0	25	to		
	Saucage	4	123	to		15
	Sausage	٠.	$12\frac{1}{4}$	to		15
	Bologna sausage		3	to		4
	Shanks		υ.	w		5
1	Liver		15	to		· U
ļ	Kidney		10	ш		121
	Head cheese		12]	+^		15
	Heart					
	Tongue		123			15 18
Į	Paga non deser to (dead)		16	to		25
1	Eggs, per dozen		20	to		
ı	Butter, per lb		15	ŧυ		20
ì	Chickens. (alive young) per		•••	4.		95
ı	pair		30	to		85
ì	Chickens (alive, old) per pair.		40	to		50
١	Turkeys, each		80	to	1	00
ı	Ducks, per brace		20	to		30
١	Prairie Chickens, per brace		40	to		60
ĺ	Prime Manitoba cheese, per					
ł	pound'		15	to		' .
ı	WHOLESALE MEAT AND CATT			ŖK	ĚТ	·^^
١		25	w	to	₩	w
1	Working oxen, per yolk in					^
1	_ demand	90		tol	4 U	
Į	Live cattle, per lb	_		to		4
1	Calves	5	00	to	12	
ł	Side bacon, per lb			to		10
ı	Roll bacon		13‡	to		
١	Hams		14}	to		
į	Pork, per barrel	16	50	to	17	00
ł	Beef, per barrel	12	50	to		
1	Corn, per doz		15	to		20
1	Cucumbers, per doz		40			
I	Ducks'		20			
Į	Eggs, per doz		25			
ŀ	•					
١	FISH.					
ĺ	Wholesale, per lh		41	to		51
١	Estail, per in		8	to		10
١	VEGETABLES.					
ı	Potatoes, per bush		25			30

	Hams 141 to	17 00
į	Pork, per barrel 16 50 to Beef per barrel 12 50 to	17 00
•	Corn, per doz 15 to	
٠	Cucumbers, per doz 40	
	Ducks' 20	
•	Eggs, per doz 25	
,		
Ī	Wholesale, per lb	5}
•	Retail per lb 8 to	
	VEGETARLES.	
l	i Folatoes, der odan 25	30
•	Beets, ber doz 20	40
;	Dried onions, per bushel 200 to Turnips, per bush 40 to	
i	Cabbage, each	
	Parsley, per doz 40	•
	Sage, per doz 40	
	Carrots, per doz to	30
	Parsnips, per doz to	δU,
•	Squash, each 10 to	20
	FRUIT.	
1	Cranberries, ner harret 10 00	
i	Cranberries, per barrel 10 00 California Pears, per box 4 25 to	
	Grapes, per lb., Ontario 10 to	12
1		
1	Oranges, per box 8 00 to Apples, per barrel 3 25 to	
	Apples, per barrel	0 10
١.	Green iomatoes, per bushel for	
ı	pickling 1 60	i
	HAY AND STRAW.	
1	Hay 4 00 to	4 50
.	Straw 250	,
	11mothy 800 to	- i
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ì	Oats, per bushel 22 to Rarley, per bushel 35 to	25 40
	No. 1 hard wheat	20
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1	NO. I NOIThern 75	
ı		
Į	No. 1 regular wheat 68	ļ
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1	points of the province is as follows:	erent
١	points of the province is as follows: Morden High Bluff.	73
1	High Bluff.	73
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١	Brandon Carberry Stonewall	71
١	Stonewall	71
ı	Virden	73
١	Eikhorn	71
ı	Manitou	67 73
I		69
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		73
١	Morris	
	Emerson Morris Flour, patent Flour,	73

Flour, patent
Flour, strong
Flour XXXX

Flour, XXXX
Flour, superfine Wood.

PROSPECTUS OF ST. MARY'S ACADEMY

Directed by the Sist Names of Jess of the Holy WIN F MAN.

The Sisters are happy to inform their Friends and the Public that the new and commodious Building which they have recently erected will enable them to bestow additional care upon the education of their Pupils.

The Teachers will devote themselves with unremitting attention and labor to the intellectual culture and moral training of their Pupils' as well as to forming their manners to the usages of polite society.

Pupils of every denomination are admitted and no interference is made with their religious convictions; they are, however, required to conform to the general rules of the Institution.

wines in wet weather, or the vines may be syringed with a solution of copperas or sulphate of iron in water. This application during August or September is a good one for leaves of any trees lable to mildew.

One of the good effects of low prices for dairy products will be the turning off of many poor cows, never of any value for dairy purposes. Certainly no farmer will be tempted to keep poor cows at present prices of butter and cheese. These low prices will also enable him to buy the best cows at the lowest prices for some time to come.

Were farmers enabled to comprehend the number of horses that are actually worn aut on the streets of our cities each year, they would not get the idea very soon that there is any danger of an over-growing for the prices of butter and cheese the number of horses that are actually worn aut on the streets of our cities each year, they would not get the idea very soon that there is any danger of an over-growing for the loss of horses that are actually worn aut on the streets of our cities each year, they would not get the idea very soon that there is any danger of an over-growing for winder and the proposition of the class of horses that are actually worn aut on the streets of our cities each year, they would not get the idea very soon that there is any danger of an over-growing for the loss of horses that are suited for such work. It should be born in mind also that the greater part of the horses used for city purposes are of the best classes, and that to supply this demand good stock must be bred.

The Kentish Observer, England, gives disastrous news from the English hopp plantations. Should the vermin continue

SISTER SUPERIOR, St. Mary's Academy, Winnipeg, Man



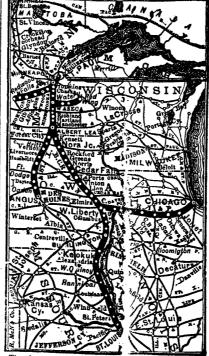
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