

British N. Borneo...	30,000	200,000
Barbadoes.....	166	185,000
Brunei (protectorate)	280,000	15,000
Canada.....	3,315,647	5,000,000
Cape of Good Hope..	222,000	1,328,000
Ceylon.....	25,355	3,100,000
Channel Islands.....	73	92,000
Cyprus.....	3,584	210,000
Fiji.....	42	122,000
Falkland Islands.....	1,000	2,000
Gambia.....	2,700	1,000
Gibraltar.....	2	20,000
Gold Coast Colony..	39,000	77,000
Guiana.....	109,000	288,000
Honduras.....	7,562	32,000
Hong Kong.....	30	230,000
Isle of Man.....	27	55,000
India.....	1,600,000	287,223,574
Jamaica.....	4,193	640,000
Labuan.....	31	6,000
Laccadive.....		15,000
Lagos.....	1,000	100,000
Leeward Islands.....		125,000
Malta.....	122	165,000
Mauritius.....	1,063	372,000
Natal.....	20,500	403,000
Newfoundland.....	42,200	203,000
New Guinea.....	83,000	350,000
New South Wales...	310,700	1,225,000
New Zealand.....	101,475	700,000
Niger Coast (prot)...	500,000	6,000,000
Queensland.....	608,500	395,000
Sarawak.....	500,000	300,000
Seychelles.....	120	17,000
Sikkim.....	2,818	31,000
Socotra.....	1,382	10,000
St. Helena.....	47	4,200
Sierra Leone.....	4,000	127,000
South Australia.....	903,600	821,000
Straits Settlements..	2,000	513,000
Tasmania.....	26,215	116,000
Tobago.....	114	19,000
Trinidad.....	1,715	210,000
Tristan D'Acunha....		100
Turks and Caicos....	223	4,500
Victoria.....	78,884	1,200,000
West Australia.....	1,060,000	65,000
West Pacific Islands		100,000
Windward Islands..	133	56,000
Zululand (depend- ency).....	13,000	165,000
Zambesia.....	750,000	7,000
Zanzibar (depend- ency).....	1,000,000	250,000

Besides many islands, rocks and dependencies.

The total estimated area of the British Empire is, with protectorates, about 382,000,000 square miles, population, about 315,000,000. Without protectorates, area, 9,144,735 square miles. Whitaker's estimate makes the population 331,637,374.

COOL HOUSES.

Ways in Which the Body and the House May be Kept Comfortable in Warm Weather.

New York Tribune.

The sultry days suggest to the practical housekeeper the necessity of resorting to various means to reduce the heat within doors. The living rooms should be darkened early in the morning and kept so until the air has become cooled by sunset. Strict adherence to this rule will perceptibly reduce the temperature of a house. Air the rooms morning and night, and sedulously shut out the hot air of mid day. These directions would be too commonplace to repeat if they were not so often ignored and forgotten.

Careful housekeepers take advantage of hot weather of the excellent gas and gasolene stoves, which supply all the heat necessary for cooking and for laundry work, and do not heat up the house. The cost of cooking by gas has been reduced by practical experiments to so low a figure that it has been proved to be a matter of small moment if ordinary care is exercised.

The use of cold meats, iced soups and substantial foods in a chilled state is a mistake. These dishes are more digestible when eaten hot. At the season of the year is there such a strain upon the strength or are the vital

powers so likely to be depressed as during the heated term. What is needed is stimulating, delicately flavored soups, light meats, refreshing fruits and daint, cold desserts. Cold meats are more difficult to digest than hot, and are therefore unfit for summer use, unless they are served in salads with condiments to assist digestion. Curries now come into use. Meats served in curry are not only digestible, but stimulate the appetite, giving the tone to digestion so often wanting in hot weather. Ice cream and all delicate desserts that are properly served cold are digestible, because they are of light digestible material.

It is an absurdity to serve a consommé cold, because from its nature, a consommé should be jelly and not a liquid, when cold. A consommé that remains liquid is too watery to be of value as food.

There is a tendency in summer to quench thirst by over copious draughts of ice water, and the various cooling effervescent drinks. This is a bad habit, and one children are apt to acquire, as well as older people, if they are allowed to do so. It is a matter of habit which can be easily overcome. When the summer food is of the proper kind, and a sufficient amount of fresh, ripe fruit is used, there will be less desire to quaff ice water in the abundant quantities with which so many Americans accompany their meals.

The lights of the house are often a great source of heat, and they also attract night insects. It is always a desirable thing to dispense with powerful burners and lamps as much as possible in summer, and return to the small lamp and the primitive but picturesque candle. Nothing gives a more beautiful light than a candle. Wax candles are now within the reach of persons of moderate purses, and are made so that they do not run, while the dainty little night lamps, which come in the most fascinating porcelain, are sufficient for any bedroom light.

There are a few other ways in which the discomforts of the heated season may be reduced, and many others will suggest themselves to the intelligent housekeeper.

Anniversary Meeting of Branch 267.

Branch 267, Truro, N. S., held its first anniversary meeting on the evening of June 7th. In response to an invitation from President John T. Hallisey, the following brothers were present: Grand Deputy, Frank Sweeney, Moncton, N. B.; Brother Geo. W. Cooke, member of the Grand Council Fin. & Committee, Amherst, N. S.; Brother Alex. Grant, President of Branch 208, Dartmouth, N. S.; Brothers Dr. Thomas Walsh, President, and Chancellor, J. D. Murphy, of Branch 160, Halifax, N. S.; Brothers, President, Alderman W. J. Butler, Grand Deputy, J. W. Power, James Cragg, John O'Mullin, Frank Hayden, B. Monaghan and John Neville, of Branch 142, Halifax, N. S.

After the regular business of the branch had been concluded, the president called Brother Cooke to the chair, Brother Cragg to the 1st vice president chair, Brother Sweeney to the 2nd vice president chair, and Brother Butler to the chancellor chair. Excellent speeches were then delivered by all the visiting brothers. Grand Deputy Sweeney dwelt at some length on the importance of the members attending

the meetings and taking an interest in the work of the branch. Brother Dr. Walsh spoke on the insurance feature of the association and said he could speak from his experience as a medical man on the benefits of belonging to the C. M. B. A. Brother O'Mullin delivered an eloquent speech on the good of the association. He pointed out in forcible and clear manner the difference in the management of the C. M. B. A., with other organizations. The C. M. B. A., said Bro. O'Mullin, had only two salaried officers and the cost of management was exceedingly low. Brother Hayden, who is a commercial traveller and could speak from experience, pointed out the good the various branches of the C. M. B. A., are doing in Nova Scotia, and gave some excellent advice as to what could be done in the future.

This 1st anniversary of Branch 267, was a complete success, and the officers and other members of the branch deserve credit for the very practical manner in which they are making known the great benefits to be derived by a membership in the C. M. B. A.

Branch No. 51, Barrie, Ont.

To Brother Edward Kingsley—At the regular meeting of Branch No. 51, held at their hall, Barrie, Ontario, on the 12th April, 1897, the following resolution was unanimously carried:

Whereas the members of Branch No. 51 of the C. M. B. A. having learned of the transfer of Brother Edward Kingsley from our town to a more lucrative position in the Grand Trunk Office at Lindsay, and whereas the members of this branch herewith desire to place on record their high appreciation of the many sterling qualities of Brother Kingsley as a Catholic and a citizen, also the esteem in which he is held by the members of our branch, be it therefore

Resolved that while we deeply regret having to part with so valuable a member, and one whose many good qualities mark him as a coming man in C. M. B. A. matters, yet we are nevertheless pleased to know that his transfer is a well merited promotion tendered him by his employers who doubtless are qualified to judge of his worth and ability, therefore be it further

Resolved that the members of this branch most earnestly and cordially wish Brother Kingsley and his estimable wife every prosperity and God speed in their new home.

That a copy of this resolution be forwarded to Brother Kingsley and also that a copy of same be sent to THE CANADIAN, for publication.

Signed on behalf of the members, Wm. Moore, President.  
M. Sullivan, Chairman of Committee.

CORRESPONDENCE.

Mr Arch McKeague, Branch 21 C. M. B. A.:

Dear Sir and Brother—It is with sincere and deep regret that the members of this branch have heard of the death of your beloved wife, whose demise has cast a cloud over the whole parish, whose departure has bereft a husband of a model wife, children of a faithful mother, and the Church of a devoted adherent. We trust that the good and wise Providence who does everything with infinite wisdom will enable you to bear the loss with patience and that the memory of her pleasing traits will serve as a beacon light to urge you on with courage to fight

the battle of life and to meet your eternal reward hereafter

JOSEPH SAUNDERS, Pres.  
JOHN ROACH Sec.

Beneficiaries Paid by the C. M. B. A. Since 1st January, 1897.

Beneficiaires payes par l'A. C. B. M. depuis le 1er Janvier, 1897;

Hedwice Ritz, New Hamburg, Ont.	200 00
F. Koblenbrecher, New Hamburg, Ont.	500 00
Marie Meyer, New Hamburg, Ont.	500 00
Georgetta Lebl, King, Montreal, Que.	200 00
Rev. Mother Paquet, Windsor, Ont.	200 00
John McPartly, Owen Sound, Ont.	51 50
John Gaulty, Owen Sound, Ont.	45 50
Rev. Wm. Kloepper, Berlin, Ont.	200 00
Rev. Father Speck, St. Anthon, Ont.	200 00
Mary Barry, Morrisburg, Ont.	100 00
Annie E. Barry, Morrisburg, Ont.	100 00
Annie O'Brien, Hamilton, Ont.	200 00
Margaret J. Tessier, Whitby, Man.	200 00
Mahilda Guellette, Ottawa, Ont.	100 00
John Guellette, Peterborough, Ont.	100 00
Emma Comers,atham, N. B.	100 00
Catharine M. Murray, Montreal, Que.	200 00
Marie Flore Marier, Quebec, Que.	100 00
Barbara G. Bombardier, Baden, Ont.	200 00
Mary Carr, St. Mary's, Ont.	100 00
Celine Laporte, Ottawa, Ont.	200 00
Catharine Metcalf, Ironport, Ont.	200 00
Wm. Patterson, Belleville, Ont.	11 83
Ellen Shea, Belleville, Ont.	195 20
Catharine Walter, Decimont, Ont.	200 00
Joe Lockyer, Toronto, Ont.	500 00
Rev. T. J. Sullivan and P. McMahon, Toronto, Ont.	1500 00
Mary Lagney, Seaford, Ont.	200 00
Marie Leblond, Montreal, Que.	200 00
Catharine Sullivan, Montreal, Que.	200 00
Catharine Sullivan, Montreal, Que.	153 87
Marion Howard, Lunenburg, Que.	100 00
Eliza Brand, Carleton Place, Ont.	100 00
Mrs. Anna Wickham, Carleton Place, Ont.	50 00
James Boland, Carleton Place, Ont.	50 00
Catharine Kelly, Brockville, Ont.	150 00
Rev. C. H. Gauthier, Brockville, Ont.	50 00
Mary Harrigan, Kingston, Ont.	200 00
Hellina Paquet Hardy, Quebec, Que.	100 00
Lydja Hardy, Quebec, Que.	25 33
Genevieve Hardy, Quebec, Que.	25 33
D. Paquet Hardy, Que.	25 33
Vitaline M. Labeuze, Quebec, Que.	500 00
Vitaline M. Labeuze, Executrix, Quebec, Que.	500 00
Louise Richard Lamothe, Three Rivers, Que.	2000 00
Ellen Powers, St. Thomas, Ont.	250 00
Ellen Powers, Guardian, St. Thomas, Ont.	1750 00
Mary Ann Lyons, Newcastle, N. B.	1000 00
Francis Jos. Stees, New Hamburg, Ont.	500 00
Marie Louise Rioux, Sherbrooke, Que.	200 00
Emmanuel Passo, Ottawa, Ont.	275 41
Mary E. McCarthy, Ottawa, Ont.	175 50
Thos. Curley, Parrsboro, N. S.	100 00
John Huebschmann, Berlin, Ont.	100 00
F. Rohleder, Guardian, Berlin, Ont.	1000 00
Catharine M. Cobe Alliston, Ont.	500 00
L. E. LeBlonde, Trenton, Ont.	27 25
Agnes McNeill, Trenton, Ont.	187 73
Henry Hickson, Battledore, N. W. T.	1000 00
Rev. W. Jubinville and Rev. N. Perquin, Somerset, Man.	1000 00
Melvina P. Cloutier, Nicolet, Que.	500 00
Melvina P. Cloutier, Tutrice, Nicolet, Que.	500 00
Jan McCabe, Guardian Alliston, Ont.	154 00
Hermine B. Bergeron, Quebec, Que.	400 00
Mary J. Hunt, Berlin, Ont.	500 00
M. A. Burgess, Moncton, N. B.	55 50
Rose Baigle, Moncton, N. B.	51 50
Marie Bonnier, Mount Forest, Ont.	200 00
Mary Ann Weldon, Chatham, Ont.	200 00
Mary B.illy, Niagara Falls, Ont.	200 00
Volanna O'Flaherty, Montreal, Que.	200 00
Daniel McCart, Executor of the late C. McFarney	2000 00

Appeal.

To the members of the Catholic Mutual Benefit Association of Canada.

Baden Ont. May 20th 1897.

Dear Bros—Branch No. 100, Baden, Ont., makes this appeal to its sister branches on behalf of Brother Peter Baumchen, a member of this branch, who about four years ago lost one of his eyes. While splitting wood a small piece struck one of his eyes; it also effected his other eye that he is almost blind. Brother Baumchen has a large family of six small children, all under twelve years of age. Brother Baumchen is a charter member of our branch, has always been a true member and good Catholic; he has no means to support his family. Our branch having done what it could to remove their immediate necessity, deems it incumbent on it to appeal to the charity of outside members for assistance. Our branch is only a small branch of twenty-four members mostly laborers. A small sum from each branch will be of great service to