SEVEN TRIFLES WORTH REMEMB-

For the disagreeable sensation known as the heart burn, which so often accompanies indigestion, a saltspoonful of com mon salt, dissolved in half a wine glass of water, and drank, is as effective a re medy as a dose of saleratus water, and a much pleasanter and safer one. Rubbing a bruise in sweet oil and then in spirits of turpentine will usually prevent the un sightly black and blue spot that not only tells tales, but deforms. When there is an unpleasant odor about the feet, a small quantity of a weak solution of salicylic acid in the footbath is a sure de. stroyer of the offense. Many of the pa. tent extracts and bitters are compound. ed of an alcohol derived from wood, and this is said to be a peculiarly dangerous form of alcohol, capable of producing very serious brain disorder. One of the most treacherous medicines in all the pharmacopoeia is the hydrate of chloral which is so commonly used; cases are reported where 200 grains have been taken in safety, and other cases where ten grains have provided fatal, or afforded only anarrow escape from death by timely aid and effort; this drug should never be taken but with the advice and attendance of a physician. Iron articles will seldom rust if they have been cleansed from oil by hot soda water, and afterwards dipded in hot Lime water and dried. Collodion, spirits of turpentine, and the common salve called oxid of zinc, are each an invaluable remedy to apply to burn and scalds before a physician can arrive to do better, if better is to be done, and sweet oil and lime water beaten up together make a cooling and healing ointment for them as good as any medicament

STRPPING STONES TO SUCESS.

Learn your business thoroughly. Keep at one thing-in nowise change. Always be in haste but never in a hurry. Ob. serve system in all you do and under take. Whatever is worth doing at all is worth doing well. to day is worth two tomorrows Be self reliant; do not take too much advice but rather depend on yourself. Never fail to keep your appointments nor to be punctual to the minute. Never be idle but keep your hands or mind usefully employed except when sleeping. Use charity with all; he ever generous in thought and deed-help others along life's thorny path, Make no haste to be rich, remember that small and steady gains give competency and tranquility of mind. He that ascends a ladder must take the lowest round. All who are above were once below.

TOO HIGH A PRICE FOR LONGEV-

To make yourself miserable at forty, in the wretched ambition to add a few worthless years to your score after you have turned seventy or eighty; is surely a poor spirited sort of game. To spend one's life feeling his pulse, looking at his tongue, and asking himself if Theis treating his constitution quite fairly, is not life at all; it is to live in a hospital. or at any rate an infirmary. There are some persons who are congenitally cau tious, congenitally cold, congenitally calm. It is their nature to take things quietly, never to be in a hurry, never to excite themselves. They are content to sit in an easy chair for so many hours, read an agreeable book for so many hours, and to regulate their existence by clock work. They may live to one hundred, they may live to one thousand but in truth, they may not live at all, The man who really gets the best that can be got out of life is the man who with a fairly good constitution to begin with, is ready to squander it at any moment and on every occasion in a sufficient cause. He keeps no account of profit and loss with his vital energy; he sees work to do, and he does it; he sees pleasure to be enjoyed, and he en. joys it. He is alive all his life, save when he sleeps; and he awakes from each slumber looking the world cheerfully and courageously in the face, and ready and even eager to be a combat. ant when there is a good honest fight, and a runner when there is a good hon. orable race afoot. He may not live to be one hundred, but he may well live to be seventy, seventy, five, or even eighty. He may have a career, if not so conspic uous yet as active, as varied, and as restless as that, say, of Mr. Gladstone, and yet not be really old when time registers him among the aged. 'Better suffered from drought as well as from fifty years of Europe than a cycle of Cathay,' and better twenty years of uncalculated activity than the slow pulse and measured step of the circumspect snail that creeps surely on to one hun. dred. We are not denouncing centen. arians- Very likely they deserve their length of years. But it would be a mis. fortune if it were ever thought an ob. ject of life to live very long. The object of life is to live, live generously, live bravely. As Shakspeare says, 'Ripeness is all.

A NEGRO CHANGING COLOR. A despatch from Rutherfordton, N. C

person with whom he comes in contact, for Victoria will be placed, so to speak He is a dark mulatto, 34 years old of "on an even keel" with that of points medium sixe and height, and formerly belonged to Dr. Thomas Duffy, of this town. He is undoubtedly turning a pure white color. There are places on his person of several inches in size from which mulatto color has entirely disappeared, and the disappearance is con. tinually widening and spreading over the body. Carson is of robust appear. ance, has a good appetite, has no disease and says he feels no inconvenience what ever in changing his complexion except that he prefers to be a negro instead of a mongrel. White spots first appeared on his hands and arms about 16 years a go af the size of a ten cent coin, and they have been gradually increasing in num. ber and size. At the rate of present increase the days of Carson as a negro are numbered and they are not many.

FACTS ABOUR THE UNITED STATES

The greatest length of the United States from the Atlantic to the Pacific, on the parallel of 42 degrees, is 2,768 miles; and its greatest breath, from Point Isabel, Texas, to the Northern boundary near Pembina, 1,6011 miles.

The northern frontier is upwards of 3,350 miles in length, the Mexican, 1,350 miles.

The ocean coast, including the larger indentation, is estimated at 22,909 miles, of which 9,892 are on the Atlantic 3,491 on the Gulf of Mexico, 2,281 in California, 8,000, including bays and is. lands, on the border of Alaska, and 2,000 on the Arc of the sea.

The total area is 3.607,694 [square miles, or 2,308,869,590 acres,

In 1783 the territory ceded by Great Britain was confined to the country East of the Mississippi River and West of Florida.

Louisiana was purchased from France

Florida was ceded by Spain in 1821. Texas was annexed in 1845.

Oregon having been yielded to Great Britain, was settled by treaty in 1846.

California was conquered from Mexico

New England was settled by English Puritans, New York by Dutch, Penn. sylvania by Swedes, and by English and German friends or Qnakers. Maryland by English Roman Catholics; Delaware and New Jersey by Dutch Swedes and English; Virginia by English Cavaliers; the Carolinas in part by the French Huguenots; Lousiana and Michigan by French; Florida, Texas, and California by Spanish; Utah by Mormons, chiefly from England, Wales and Denmark.

The Senate is composed of two Sena. tors from each State; chosen by the leg. islature thereof.

The Post office Department was organ ized by Bengamin Franklin before the revolution of 1775.

The senators must be 30 years old, and all representatives at least 25 years old. The terms are six and two years respectively.

The House of Representatives con. sists of one member from each State, elected by the people in equal election districts.

The District of Columbia. located on both sides of the Potomac, was ceded to the United States by Maryland and Virginia, and accepted in 1790 as the seat of Government.

Slavery was abolished January 1, 1861 in the insurrectionary States, except in Tennessee and part of Virginia and Louisiana, by proclamation of the Presid ent, and was abolished throughout the Union by an amendment to the Constit, ution adopted December 16 I865.

New Mexico was secured by treaty with Mexico in 1854.

Alaska was purchased from Russia in

Ugh? Hugh Cough; of Boroughbridge was a rough soldiet on a turlough, but a man of doughty deeds in wor though before he fought for his country he was a horough dough; faced ploughman, His horse having been houghed in an en; gagement with the enemy, Hugh was kept on a short enough clough of food, suffered from depute. hunger. Having on his return home drank too large a draught of usquen; baugh, he became intoxicated; and was laughing, coughing and hic-coughing by a trough, against which he sought to study himself. There he was accused by another rough who showed him a cough which he had caught on a clough near; also the slough of a snake which he held at the end of a tough bough of a eugh tree, and which his shaggy shought had found aud had brought to him from the entrance of a sough which ran through and drained a slough that was close to a lough 'in the neighborhood,

It is understood that satisfactory arsays: There is a negro living in this rangements have been made by Vic-

county by the name of Harvey Carson toria merchants and shippers with the who is attracting the attention of every Canadian Pacific railway by freight and east of the mountains. The company have met the merchants in a liberal spirit and there is every reason to be lieve that all or nearly all, of the carrying trade of the province will be den by the Canadian line. Victoria B. C. Colonist, 11th inst.

> Onthe 15th of March Mr. F. P. Arm strong lett Montrel via Canadian Pacific Railway with a gang of men and the machinery for a steamer bound for Golden City B C., just across the Rockies on the Columbia river He had no hull awaiting the machinery but had to go into the woods to get out timber to build one. In just fifty working days he had accomplished the entire task. Fifty days trom the laying of the keel steam was raised, and the steamer Duchess' started on her trial trip up from Golden City to the source of the Columbia. The route is one upon which few white men have travelled. It is one of wondrous beauty, the Columbia having on the East side the stupendous ice capped peaks of the Rockies, on the other the colossal Selkirk rang. Between these two lie the Columbia river, with about seven miles wide of a very beautiful aud fertile valley. The valley is narrower at and below Golden City, but above (or south)it widens enough to afford room for several hundreds of small ranches and farms.-Victoria B. C. Canadian Col-

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The Postmaster General will pay a reward of Two hundred and fifty dollars for such evidence as will lead to the arrest and conviction of the party and his accomplice or accomplice who stopped and robbed the Prince Albert Mail South of Humbolt on the 17th instant.

Such informations may be communicated to the Commissioners of the North West Mounted Police Regins or the undersigned.

W. W. McLEOD.
P. O. Inspector,

P. O. Inspectors Office. Winnipeg Man., 29th July 1886,

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Ecclesiastical Directory

PROVINCE OF ST. BONIFACE.

PROVINCE OF ST. BONIFACE.

This Province was erected by His Holiness
Plus IX Sept. 22, 1871, and comprehends 1st.
The Archdlocese of St. Boniface. 2nd. the
Diocese of St. Albert. 3rd. The Vicariate
Apostolic of Athabaska Mackenzile. 4th, The
Vicariate Apostolic of British Columbia.

ARCHDIOCESE OF ST. BONIFACE.
Comprising the Province of Manitobs land
a portion of the N.W. Territories, and of
the District of Keewatin.
Former Bishop—Rt. Rev. J. N. Provencher
first Bishop of the country now forming the
ecclesiastical Province of St. Boniface, d.
June 7, 1858.

ecclesiastical Province of St. Boniface, d. June 7, 1853.

Arch. Most Rev. Alexander Tache, O. M. I., D. D., cons. Bishop of Arath, and coadjutor of Bishop Provencher, Nov. 23, 1851, translated to St. Boniface June 7, 1853; nominated Archbishop of St. Boniface. the day of the erection of the metropolitan See, Sept. 22, 1871.

St. Boniface Cthedral, Rev. F. A. Dugas, P. P., J. Messier, curate; A. Maisonneuve, O. M. I. agent for Rt. Révs. Bps of N. W. T., George Dugast chaplain of the academy Joseph McCarthy O. M. I. secretary, St. Vital, attended from St. Boniface.

St. Mary's Winniveg; Revs. M. Ouillette, O. M., I. P. P. and F. Cabill, O. M. I. Curate.

Church of Immaculate Conception, Winnipeg; Rev. A. A. Cherrier.

Provincial Penitentiary. Rev. C. Cloutier Rat Portage, Rev. T. L. Baudtn, G. M. I. St. Patrick's Church, Selkirk and Peguis, Rev. J. Allard O. M. I. St. Patrick's Church, Selkirk and Peguis, Rev. J. Allard O. M. I. St. Norbert – Rev. J. M. Ritchot.

St. Fancois Xavier, Rev. F. X. Kavanagh.

St Francois Xavier, Rev. F, X. Kavanagh. Baie St. Paul, Rev. Fortier. St. Charles, Rev Dandurand, O. M. I. St. Anne des Chenes and St. Joachim, Rev

st. Anne des Chenes and St. Joachim, Rev Girard. Lorette, Re r. J. Dufresne St. Laurent and other missions of Lake Manitoaba, Rev's. F. Camper, O. M. I. H. Gas-con, O. M. I. J. Campeau, A Dupont O. M. I. and Bro. Mulvehill, catechist. Lake Qu'Appelle Fort Elice, and the missions West, Revs. L. Lebret, O. M. I. J. Decorby, O. M. I. J. Hugonard, O. M.I. Magnan and Le-page. page. St. Jean Baptiste de la Ri viere aux Prunes

Rev D Fillion.

St Joseph, Rev M Pelletier.

St Pierre de la Riviere aux Plats Rev J Joly,

St Pie and Emerson J N Jutra

FortAlexander, Rev A. Madore, O M I an

FortAlexander, Rev A. Madore, O M I an Bro J B Doyle, Rainy Lake and other Missions, East Lake Wilnipeg Rev J Marcoux, St Leon, Rev C Bitsche. St Alphon se and, M D de Lourdes Rev L Campeau St Cuthbert Portage la airie, Rev J McCarthy O M I. Brandon, Rev J Robillard Regina, Rev. D. Graton. Wood Mountain.Mose Jaw, and Medicine Hat Rev P St Germain O M I EDUCATIONAL AND OTHER INSTITUTIONS

Hat Rev P St Germa'n O M I

EDUCATIONAL AND OTHER INSTITUTIONS
The ological Seminary and College of St
Boniface—Teaching staff: Rev. Fathers Lory
S.J. (director), Drummond, S.J.; French S.J.
Lussier, S.J.; Blain, S.J.; O'Brien, S.J.; Bell
ivean S.J.; Paquin S.J.; Rev J. Cloutier and
J.L. Rone. Ecclesiastical Students—Messrs.
Cameron, Gliis, Montreuil, Dubois, Turcotte;
Lanigne, Brothers Gaudet S.J.; Forcier S.J.,
Blouin, S.J.; Lefebvre S.J.
Course of Studies—Theology, Classics, and
commercial course in English and French
Pupils—80.

commercial course in English and French
Pupils-80.
St Mary's Institute, Winnipeg; two houses—
Brothers of the Congregation of Mary BroWilliam (director), Pupils 180.
St Boniface Academy for Young Ladies
Sisters of Charity (Gray Nuns), Boarders 60day scholars 120
St Vital's school, for day scholars—Sisters
of Charity, Pupils 60.
St Norbert's school—Sisters of Charity, Boar
ders 20. day scholars 60

St Norbert's School—Sisters of Charity, Boar ders 20, day scholars ed.

St. Francis Kavier's; school day scholars —
Sisters of Charity, Pupils 56.
St. Mary's Academy (Winnipeg) day scholars and boarders—sisters of the Holy Names of Jesus and Mary, Sister superior Mary John of God. Boarders 60. day scholars 180.
School of Immaculate Conception. (Winnipeg)—sisters of the Holy Names of Jesus and Mary, Pupils 70.
St. Joseph's Convent, (Brandon)—sisters Faithful Companions of Jesus, Sister M. A. Reer sup. Pupils 70.
Sisters of Charity (Gray Nuns) sister Lamy supp.

upr. St Boniface Hospital Sister Shaughnessy. Orphan Asylum sister Boire directress; Or phan girls 38

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ous convictions; they are, however, required to conform to the general rules of the nstitution.

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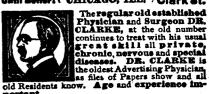
Parents residing at a distance will please funish sufficient funds to purchase such clothing as may be required, also materials for Drawing, Fancy Work, etc. Pupils from other institutions will not be admitted without a recommendation from Superiors Books and Letters are subject to the Inspection of the Directress. Pupils are admitted at any time, charges dating from entrance. No deduction will be made for partial absence, or for withdrawn before the close of a session.

out a recommendation from Superiors Books and Letters are subject to the inspection of the Directress. Pupils are admitted at any time, charges dating from entrance. No deduction will be made for partial absence, or for withdrawal before the close of a session, unless in case of illness, or for other grave and unavoidable reasons. Pupils are allowed to receive visitoss on Sundays, from one to three o'clock, and on Thursdays from one to five p. m. Only Parents, Guardians and such persons as are duly authorized, will be admitted. Address

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