A FEW POINTERS Which may result in saving many a doctor's bill

The foundation of three, fourths of all cases of consumption is laid before the age of 25 years; in women, during their teens.

The hereditary elements not of spec, ial account as a case of consumption as less than 25 per cent of cases are clearly of consumptive parentage.

One of the ruling causes of disease and premature death in large cities is found in that exhaustive strain of the mental energies in the struggle for sub sistance- a death race for bread,

Insanity runs in families; but as in the case of family likeness, it sometimes overlaps a generation or more.

Personal resemblance entails like characteristics of mind and disposition. A current of the purest air from the poles for half an hour on a person sleep ing, sitting still, or overheated is a thousandfold more destructive of health and fatal to life than the noisomeness of a crowded room or vehicle, or the steuch of a pigsty for thrice the time.

To exercise in weariness, increased by every step, is not only not beneficial it is useless and worse than useless, it is positively destructive.

As no good traveller, after having fed his horse; renews his journey in a trot, but with a slow walk, gradually increas. ng his pace, so in getting up to address an assembly for a continued effort the first few sentances should be uttered in a low, slow tone gradually in tensified otherwise the voice will break down in a very tew minutes with coughing or hoarseness.

A growing inability to sleep in sick. ess is ominous of a fatel result, in ap. parent health it indicates the failure of the mind and madness: so, on the other hand; in disease or dementia, a very slight improvement in the sleeping should be hailed as the harbinger of restoration.

No one can possibly sink if the head is thrust entirely under water, and in this position a novice can swim as easily as walk, and get to shore readily by lifting the head at intervals for breath.

Intense thirst is satiated by wading in water, or by keeping the clothing satur, ated with water. even if it is taken from the sea.

Water cannot satisfy thirst which attend cholera, dysentery, diarrhea and some other forms of disease: in fact, drinking cold water seems to increase the thirst and induce other disagreeable senations; but this thirst will be perfectly and plea santly subdued by eating a compariti-vely small amount of ice, swallowing it in as large pieces as practicable and

as much as is wanted.
Inflamations are more safely and far more agreeably subdued by the applica. tion of warm water than of cold.

Very excessive effort in a short space of time, as in running or jumping a rope etc., has repeatedly caused instant death by apoplexy of the lungs, the exercise sending the blood there faster than it can be forwarded to the heart, and faster than it can be purified by the more infrequent breathing on such occasions.

No disease ever comes without a cause or without awarning; hence endeavour to think back for the cause, with a view to avoid it in future, and on the instant of any unpleasant bodily sensation cease eating until it has disappeared, at least | ly to become. There is no lack of can for twenty four hours: it still remaining consult a physician.

The more clothes a man wears the more bed clothing he uses, the closer he keeps his chamber, the closer he confines himself to his house, the more readily will he take cold, as the more a thriftless youth is helped the less able does he become to help himself - Hall's Journal of Health.

'By a new ruling of the Postmaster General soft soap can be sent by mail The thousands of persons who for years have been yearning to send soft soap by mail will now have a better opinion of the Postmaster General. After all he seems to know the reople's greatest wants, and is prepared to satisfy them. Imagine the deep distress and keen dis. appointment of the young called the who Postoffice with a pound of soap to mail to his best girl, twenty five miles distant; so that she might always be re. minded of the donor when she gazed up. on his gift, and be informed by the post master that such dainties were excluded

from the mails!-Norristown Herald. THE MIGHEST OBSERVATORY

The Tyrolese are going to do the highest observatory on record The advantages of regular accounts of what goes of a few thousand feet above us have long been recognized by meteorologists. The difficulty is, how to get them; and the nature of the chief obstacles may be gathered from the discription of the kind of quarters in process of construct. ion for the new hermit of the Sonnblick-He has to dwell in a log house on ordin. ary days, as in a stone residence he would probably be frozen to death. But although his wooden habitation is con, structed as strougly and solidly as possible, and anchored to the rock by steel wire ropes, it is anticipated that of a stormy night the whole structure may slip its cables and cruise off bodily into the valley In such emergencies the man of science in possession is recommended to retire to a massive stone tower of refuge, with wails of enormous tnickness; which, it is thought will resist the very worst the wind furies can do against it. Here; if he can keep nimself warm, the solitary will be safe until there will be a thunder storm, These, however, are usual in dirty weath. er on the Sonnblick; so three lightening rods and a special lightening proof fence have been added to the defences of the

observatory. The curious thing is, that an observer is already in training to take possession of his happy home.

THE PROTESTANT CLERGY

The Boston Herald draws a rather dark picture of the position of the mod ern clergy. A more humiliating posit ion, it says, 'can hardly be imagined than that to which so men are superior reduced being trotted round like bv spavined horses at a fair, to have their teeth, knees and hoofs inspected, to see whether there is still enough in them for this and that old broken.down parish gig, and that, too generally at a time of life when in any other profession the would be just entering on the highest functions and heaviest responsibilities of their career. Just at present the glories of liberty of Tom, Dick, Harry and every one else to pass his judgement on every man and everything, are the theme of general eulogy. It is in the church that this liberty gets its fullest and most varied play. The small boy of six, who votes the minister an old fogy; the simpering girl, who feels they ought to have something younger, more, emotion. al, and, probably. marriageable; the young man who is scandalized that his pastor does not ride a bicycle; the chaste spinster, that saw him smoking the loliar and cent materialist' that is outraged at not being wrought up by him to spiritual fervour; the woman the minis ter's wife passed on the street without seeing her-here is a small fraction of the elements of a public opinion that is to be conciliated and won over. or something has got to give way. Is it to be; wondered at, therefore, that the ministerial broker breaks and dies early, while those who deal merely in puts and strad dles wax fat and kick? Or it is further to be wondered at that more and more young men of parts and spirit renounce the idea of attempting a profession that demands of them the gifts of being at once infant school teachers, Grammer and High school teachers, college professers; post-graduate lecturers, private theatrical conductors, May.pole dancers, aud equally at their ease with drooling babies of two months and blind and deaf grand parents of eighty, and all this his grace at the imminent risk of beingout off from a starvation salary at a single angry meeting's notice?'

MY BOY, DO YOU SMOKE

The United States navy annually takes into its service a large number of ap prentice boys, who are sent all over the world and taught to be sailors. It has been the policy of the government since the war to educate the 'blue sacket, upon the principle that the more intelli gent a man is, the better sailor he is like didates for these positions. Hundreds of boys apply, but many are rejected be. cause they cannot pass the p hysical examination. Major Houston, one of the Marine Corps who is in charge of the Washington navy yard barracks is the authority for the statement that one fifth of all the boys examined are reject ed on account of heart disease.

sires to enlist is, 'Do you smoke?' The ing the difference between the two nat invariable response is, no sir;' but the tell-tale discoloration of the fingers the foregoing representatives of the old at once shows the truth. The surgeons say that cigarette smoking by boys pro. duces heart disease, and that in ninety nine cases out of a hundred, the reject. ions of would be apprentices on account of this defect comes from excessive use of the milder form of the weed, This is a remarkable statement; coming, as it does, from so high an authority and bas. ed upon the result of actual examination going on day after day, and month after month. It should be a warning to par. ents that the deadly cigarette is about to bring incalculable injury to the young A law passed restricting its use to the dudes would not, perhaps, bring popu. lar disfavour, because it might reduce the number of these objects about our streets, but boys indulging in the cigar. ette ought to be treated to liberal doses of 'rod in pickle' until the habit is thor. oughly eradicated.

GOING THROUGH CHINA

A Bhamo, Burmah, correspondent of The London Times writes; 1 think I may mention that a few days ago, while the band of the 26 regiment, Punjab infantry, was playing in the evening out. side the north gate, a stranger appeared in the scene dressed like a Chinese Who was he? One of the ubiquitious Scots, a missionary, and one of the few who have ever succeeded in crossing from China in this direction. He took two months on the way, nearly one of which was passed as a prisoner in hands of some wild chief, He was a fine, well-set Scotchman, from Glascow, and my TICKETS to be had from the Parish Priest at Brandon, Portage la Prairie, Wimnipeg, St. Bon; face, Selkirk and Port Arthur.

heart warmed to him. He had not seen a white face for ages; had dimnly heard in his remote corner of China that we had taken Bhamo. The first ocular demonstration he had of the fact was the band afore mentioned, as he rode on his ragged pony over the brow of the hill on which the band was playing, as he joined the officers who were listening to the band his first exclamation was 'Are you English?' and burst into tears. He has since become quite a chum of the

THE LAST DAYS OF THE 1818H HARP In 1738 the death throes of the Irish harp began, for in the March of that year Turlough O'Carolan expired. whose genius had revived its ancient glories for half a century. Others followed him who shed a bright lustre upon it, but it was the after glow of the sun that had

'The last of all the bards was he'

Undisputed prince of Irish harpers, Carolan; unlike many, obtained a niche in the temple of fame, while his harp and his songs were entrancing his peo ple. Posterity has ratified the verdict. Two only of his successors have approached him within any thing like meas, urable distance-Denis Hempsen and Arthur O'Neil. The latter achieved much fame, but was acknowledged to be inferior in execution, Hempson attained the great age of 112 years; his harp is preserved in a baronet's family at Down hill. Vigorous efforts were made at the close of the last century and beginning of this, to rekindle the expiring flame of national interest in the harp, but with little success. In the Dublin Evening Post, 1784, the following advertisement appeared, which was also reinserted in July, 1785:-

'IRISH HARP'

'To encourage the national music of Ireland, the following prizes will be giv. en at Granard, on Monday the Ist of August next, to performers on the Irish liberal and all business strictly confidentia harp, under the decision of judges to be appointed by the company then present.

Seven guineas to the best performer. to the second. Five

to the third. Three Two

to the fourth. A meeting was subsequently held, of which Walker says:_ 'The contest was held at the appointed time. The company was large and brilliant; but the performers were only mediocres, and the music common and ill.selected, Bunting gives an account of a similar contest with better results, which was held in the excha nge, Belfast in 1792 Hempson and O'Neil were present, with eight others. 'O'Neil carried o' the first prize of ten guiness, and Ch. Fanning the second of eight guineas, Six guineas awarded to the rest of the performers. Hempson was evidently out of form through sge, being then in his ninety, seventh year. An interesting incident occured at the close of the con.

test, which Bunting narrates thus;-'The Irish harpers were succeeded by a Wolshman (Williams), whose execution was very great: the contrast between the sweet, expressive tones of the Irish instrument, and the bold martial ones of His first question to a boy who de, the Welsh, had a pleasing effect in mark ions.' It seems that the harps used by race of Irish harpers were strung with thirty strings, and had a compass from C to D in alt,, 'comprising,' as Fer. guson remarks, the tones included between the highest pitch of the female voice and the lowest of the male.' An Irish harp society was formed in 1007; which came to a premature end six years later; a similar fate befell another in Dublin about the same period;

The Irish harp is now a thing of the past. 'Hushed is the harp—the minstrel gone'.' Both lie silent in a humble grave at Killroman, where Carolan sleeps, but the memory of their glories will always be fresh in the hearts of the lrish peo

TO BE COMPETED FOR

A WORK OF ART,

THE PORTRAIT OF THE MISSION-ARY FATHER BAUDIN, in Sepia, by Hermel Michaud, Esq.

The Tickets will be wold at 50c each, and will be limited to (500) Five Hun-

The Drawing will take place AT RAT PORTAGE OR SEPTEMBER 21st,

The funds will be applied towards assisting the good work of Pere Baudin.

GOOD BOARD AND COMFORTABLE rooms at \$15 Main street, near C. P. R. Depot; meals at all hours. Good stabling & storage Room for farmers & others coming to the town.

DR. DAIGLEISH, SURGEON DENTIST, New York Graduate. Nitrous Oxide Gas given for painless extraction. Office over Whitehead's Drux Store, 474 Main Street. Hours—Day and Night.

FOR SALE CHEAP Amateur's Portable Photographic 14 Plate Came: a [Lancater's best] quite new, Tripod stand, lamp, Leather satchel & all appliances, book of Instructions &c. or, What offers of furniture in exchange. A. E. P., Northwest Review Office.

DANIEL CAREY.

Barrister, Attorney, Solicitor and Notary Public.

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OFFICE NEXT BANK OF MONTREAL A. E. McPhillips N.D. Beck, LL.B.

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G. McPhillips, Frank McPhillips and R. C. McPhillips. ROOM 10 BIGGS BLOCK, WINNIPEG.

M. CONWAY General Auctioneer and Valuator Rooms Cor Alain & Portage Ave.

Bales of Furniture, Horses! Implements Ac., every Friday at 2 p.m. Country Sales of Farm Stock, &c., promptly attended to. Cash advanced on consignments of goods. Terms

P. QUEALY,

BOOTS AND SHOES

Regimental Boot Maker to the WINNIPEG FIELD BATTERY AND 90TH BATT. RIFLES

All Kinds of Work Done in First-Class Style.

34 McDermott St., Winnipeg



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 Regina or the undersigned.

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

RADIGER & Co. IMPORTERS OF

WINES, LIQUORS & CIGARS

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The regular old established
Physician and Surgeon DR.
CLARKE, at the old number
continues to treat with his usual
great skill all private,
chronic, nervous and special
diseases. DR. CLARKE is
the oldest Advertising Physician,
as file: of Papers show and all
old Residents know. Age and experience important:

P Nervous diseases (with or without is,) or debility and loss of nerve power dreams,) or debility and loss of nerve power treated scientifically by new methods with never failing success. It makes no difference what you have taken or who has failed to cure you.

you have taken or who has failed to cure you.

Young men and middle-aged men and all who suffer should consult the celebrated Dr. Clarke atonce.

The terrible poisons of all bad blood and skin diseases of every kind, name and nature completely egadicated. Remember, that one horrible disease, if neglected or improperly treated, curses the present and coming generations.

Tiseased discharges cured promptly without hindrance to business. Both sexes consult confidentially. If in trouble, call or write. Delays are dangerous. "Procrastination is the thief of time." A written warranty of Cure given in every case.

warranty of the given undertaken.

EF Send two stamps for celebrated works on Caronic, Nervous and Delicate Diseases. You have an exhaustive symptomatology by which to study your own cases. Consultation, personally or by letter, free. Consult the Odd Dector. Thousands cured. Offices and parlors private. You see no one but the Doctor. Before confiding your case consult Br.CLARKE. A friendly letter or call may save future uffering and shame, and add golden years to life. Medicines sent everywhere secure from exposure.—Hours, 8to 8; Sanday, o to 12. Address:

D. OLARKE, M. D.,

Ecclesiastical Directory

PROVINCE OF ST. BONIFACE.

This Province was erected by His Holines ins IX Sept. 22, 1871, and comprehends lst. The Archdiocese of St. Boniface. 2nd. the Diocese of St. Albert. 8rd. The Vicariate Apostolic of Athabaska Mackenzie. 4th, The Vicariate Apostolic of British Columbia. ARCHDIOCESE OF ST. BONIFACE. Comprising the Province of Manitoba a portion of the N. W. Territories, an and 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, 1853.

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, transtated to St. Boniface June 7, 1853; nominated
Archbishop of St. Boniface. the day of the
erection of the metropolitan See, Sept. 22, 1871

erection of the metropolitan See, Sept. 22, 1871

CHURCHES AND CLERGY.

St. Boniface Ctthedral, 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 Winnipeg; Revs. M. Oulllette, O.
M. I. P. P. and F' Cahill, O. M. I. Curate.
Church of Immaculate Conception, Winnipeg; Rev. A. A. Cherrier.
Provincial Penitentiary, Rev. C. Cloutier
Rat Portage, Kev. T. L. Baud'n, O. M. I.
St. Patrick's Church, Selkirk and Peguis
-Rev J. Allard O. M. I
St. Norbert - Rev. J. M. Ritchot.

Mt. Agathe— Revs. C. Samoisette and P.
elletier.

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

Girard.

Lorette, Re '. J. Dufresne'
St. Laurent and other missions of Lake
Manitoaba, Rev's. F. Camper, O. M. I. H. Gascon, O. M. I. J. Campeau, A Dupont O. M. I.
and Bro. Mulvehill, catechist.
Lake Qu'Appelle FortEllico. and the missions
West, Revs. L. Lebret, O. M. I. J. Decorby,
O. M. I. J. Hugonard, O. M. I. Magnan and Le-

page.
Si. 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 Johy,
St Pie and Emerson J N Jutra ;
FortAlexander, Rev A. Madore, O M I an

Bro J B Doyle,
Rainy Lake and other Missions, East Lake
Wirnings Rev J Marcoux,
St Leon, Rev C Bitsche.
St Alphonse 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.moose Jaw, and Medicine
Hat Rev P St Germain O M I

Hat Rev P St Germain O M I

EDUCATIONAL AND OTHER INSTITUTIONS
The ological Seminary and Coll.ge of St
Boniface—Teaching staff: Rev. Fathers Lory
S J. (director), Drummond, S J; French S J
Lussier, S J; Blaiu, S J; O'Brien, S J; Bell
iveau S J; Paquin S J; Rev J Cloutier and
J L Rene. Ecclesiastical Students—Messra.
Cameron, Gllis, Montreuil, Dubois, Turcotte;
Lanigne, Brothers Gaudet S J; Fornier S J,
Blouin, S J; Leiebvre S, J
Course of Studies—Theology. Classics, and
commercial course in English and French
Pupils—S0.
St Marr's Institute Winnings two houses

course of studies in English and French
Puplis—80.

8t Mary's Institute, Winnipeg; two houses—
Brothers of the Congregation of Mary BroWilliam (director), Pupils 180.

St Boniface Academy for Young Ladies
disters of Charity (Gray Nuns), Boarders 60pay scholars 120.

8t Vital's school, for day scholars—Sisters
of Charity, Pupils 60.

8t Norbert's school—Sisters of Charity, Boar
ders 20, day scholars 60

8t. Francis Xavier's; school day scholars—
Sisters of Charity, Pupils 55.

8t 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 130.

School of Immaculate Conception (Winnipeg)—sisters of the Holy Names of Jesus and
Mary, Pupils 70.

8t Joseph's Convent, (Brandon)—sisters
Faithful Companions of Jesus, Sister M A
Reer sup. Pupils 70.

Sisters of Charity (Gray Nuns) sister Lamy

Reer sup. Pupils 70. Sisters of Charity (Gray Nuns) sister Lamy supr. St Boniface Hospital Sister Shaughnessy.

directress, Orphan Asylum sister Boire directress; Or-phan girls 38

ST. MARY'S ACADEMY

Directed by the Sisters of the Holv Names of Jesus and Marv. WINNIP G MAN.

The Sisters are happy to inform theil riends 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 areadmitted and no interference is made with their religious convictions; they are, however, reqluired to conform to the general rules of the nati.

and no interference is made with their religious convictions; they are, however, required to conform to the general rules of the nst. tution.

The Scholastic Year, comprising ten months, consists of two sessions, commencing respectively on the Third Tuesday of August and the third Tensday of Janvary.

TERMS—Board and Tuition, per Session \$60.00. Music Lessons and Use of Piano, \$17.50 Private Singing Lessons, \$20.00 Oil Painting, \$20.00. Drawing and Painting (Water Colours.) \$7.00, Bed and Bedding, if furnished by the Institution, \$5.00, Washing \$15.00, Entrance Fee (payable once \$5.00, Each Session is payable in advance. Singing in Concert. Calisthenics, Sewing and Fancy Work do not form extra charges. The uniform which is worn on Sundays an Thursdays, consists of a black Merino Dress for winer, and a black Alpacca for Summer, Parents before making the above dresses will oblige by asking information at the Academy. If desirable, material will be supplied and made up at the Institution, when paid for in advance. Each pupil should be provided with a Tollet Box, a Knife, Fork, and Table Spoons, and a Goblet; also sufficient supply of Under linen, Six Table Napkins, Six Towels and a Black and White Boqinet Vell.

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. Fupils 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, entered contract of the parents and such persons as are duly authorized, will be admitted. Address

SixER SUPERSIOR**,

SixSix**Academy**,

Winnibez. Man

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

NOTICE.

Weights, and Measures
The following balances only are to be admit-

The following balances only are to be admitted to verification:

A. Balances having equal arms and on which the load is suspended below the fulcrum.

B. Balances commonly known as steely ard or Roman Balances, having equal arms.

C. Weigh Bridges.

D. Balance with equal arms and on which he load is placed aboved the fulcrums.

By order.

W. Himsworth, secretary-

Inland Revenue Department, Ottawa. Feb 24th, 1886