

THE SCIENCE OF HEALTH.

Personal hygiene, says a distinguished writer is the science of individual health. As there are public acts and laws which observed, promote the health of communities, so there are rules of living and habits of life inculcated by competent observers, by attention to which, the health of the individual may be preserved or increased.

Health is a quality of the body, easily comprehensible, but difficult to define; it is perhaps best described as an exemption from disease. The state of the body which enables it to perform every function which can reasonably be required of it; to accomplish each ordinary task and to be equal to some exertion of brain and muscle without painful sense of fatigue; is what we ordinarily understand as health.

From birth onward to old age, health is not uniform; it varies as the body varies, according to wear and tear and treatment—a sufficiently obvious proposition.

Children born in February and September appear to possess the greatest vitality, those born in June the least. A writer on this subject says: 'The viability of infants born in winter and spring months, is greater than that of those who come into the world in summer or autumn.'

Experience proves that nature will not be contradicted; that no ailment is so appropriate for an infant, as the milk of its mother; it should, when asleep, have its own cradle, as the child should sleep in its own cot, beside the bed with its mother; the temperature of the bedroom should not rise above 70 degrees in summer, or fall below 45 in the winter. Much might be said about the management of childhood, adolescence, etc., but even a very limited notice of these periods would extend this article beyond the bounds intended in this paper.

At adult age, the period the French call the greatest latitude of health, severe strains are supported with apparent ease. If the previous periods of life have been wisely ruled, the individual is at his or her best. What are termed the morbid imminencies, directly belonging to this age should be few, and certainly are due to direct contraventions of the law of health: to exposure to contagious influences, to irregular living—specially drinking, to excessive strains upon the heart or its bloodvessels, to pulmonary inflammations, to over emotional excitement or to mental worry and loss of sleep.

Total abstinence from alcoholic drinks may, at this period, be particularly recommended; not only does it favor health but lessens all the temptations incident to these important years, in which a man carves out his own career. In our climate women are best fitted to become wives and mothers between 21 and 28; they should not be advised to marry earlier than 21. Men had better wait until between 28 and 32. Medical authorities also prescribe what is the most conducive to healthful and happy marriages, among which are mentioned sound minds and bodies, and no great disproportion in the latter, avoidance of consanguineous relations, parity of station and similarity of temper and tastes.

Between 30 and 45 soldier is fittest for service, the laborer for work, the artisan and professional man for their respective duties. 'High to soar and deep to dive is given to a man at thirty five.' Men reached their full weight at 40, women later, sometimes not till 50. The more luxuriously a man lives; the more exercise—active exercise—he should take want of it and the costive habit thus superinduced, may, as Ketzbec observes, extinguish the divine flame of genius and seriously impair the intellectual powers. Hypochondriasis and hysteria are the special punishments of ease, affluence and indolence.

Up to 60 the skull may continue to increase in size, principally in its anterior part; after 60 the skull cap loses weight and the brain may waste, but gets tougher and firmer. The death rate of men is greater at this age than that of women. At this period when many others of the functional organs begin to deteriorate there is sometimes exhibited a marked increase of vivacity and agreeableness, more noticeable in men than women. In extreme old age life is little more than vegetable existence, the individual eats, sleeps and dreams.

Advice for every age may be thus briefly given, for infancy and childhood sustain, for adult years, sustain and abstain for old age, sustain again—there is less need now to enjoy abstinence.

The hygienist, however, seeks not to lengthen out the days of age and decrepitude; his art is not to prolong life beyond

its natural term, through this may come subordinately. But to render its period of activity and utility longer. 'His labor hoc opus est.'

HOLY OLD IRELAND

What is the fate of Ireland? It is the measure of her endurance and who can compass it!—the well-spring of her fortitude and who can fathom it!—the shield of her strength, and who can move it?—the sword of her valor, and who can temper its steel! It is the pride of her humility, the riches of her poverty, the solace of her misery, the secret of her patience, the consolation of her sorrows, the balm of her wounds, the sweetness of her tears. It has upheld her through unnumbered unparalleled, through injuries irreparable, through insults innumerable, through hunger and cold, and thirst and nakedness, through centuries of contempt and dishonor, the glorious dishonor of the daughter of God. In the day that is fast approaching, when she stands in her royal humility a crowned queen, the brightest will be that star of faith which alone among the nations of the earth she has worn untarnished from her Creator's hand. O, Ireland, holy Ireland; mother of saints and martyrs, of heroes and apostles. God grant that in the hour of thy prosperity thy faith may be as it always has been, a marvel and a promise, an example and a record a beacon to the world, and a testimony to the end.

EVERY-DAY CHEERFULNESS

The hardest thing is to keep cheerful under the little pin-pricks that come from uncongenial surroundings, the very insignificance of which adds to their power to annoy, because they cannot be wrestled with and overcome, as in the case of larger hurts. Some disagreeable habit in one to whom you may owe respect and duty, and which is a constant irritation to your sense of fitness of thing may demand of you a greater moral force to keep the spirit serene, than an absolute wrong committed against you. In the one case endurance is all that is possible; in the other, you may sometimes rightfully fight, and there is a world of comfort in the power of action.

People fret to much about trifles. Women find a sea of trouble in their housekeeping. They often put as much worry and anxiety into a loaf of bread a pie, a cake, into the weekly washing and ironing as should suffice for much weightier matters. Suppose these things go wrong to-day, the to-morrow's are coming in which to try again and the thing is not worth clouding your own spirit and those around you, injuring yourself and them physically—for the mind effects the body—and for such a trifle. When a thing is beyond repair waste no useless regrets over it and do no idle fretting. Strive for that serenity of spirit that will enable you to make the best of all things, that means contentment in its best sense. There is a kind that permits people to sit down and fold their hands, in bland disregard of their own duties and of the rights of others, if any exertion or self-denial are needed. Indulged in, it grows stronger, benumbing the faculties and dwarfing the life. Constance Fenimore Woolson has written a most vivid description of a Florida lagoon, where the trees that met above the dark, still waters were draped with flowering plant giving out an odor which was overpowering to any one who floated beneath them, producing a gradual stupor that would end in death. That is a fitting type of the kind of contentment which steals away all ambition, all desire for action, all thought of the possibilities every human being holds for good or ill but is satisfied simply to exist.

COLUMBUS BIRTHPLACE DISCOVERED.

Abbe Cosanova, a Corsican archaeologist has discovered archives which show that Christopher Columbus was born in the town of Calvi, in Corsica, and emigrated to Genoa. President Grevy, having examined the evidence and being satisfied of its authenticity, has authorized the authorities of Calvi to celebrate, by an official holiday, the 400th anniversary of the discovery of America. The inhabitants of Calvi will hold a fete on May 23rd, when a commemoration inscription will be placed on the house in which Columbus was born.

The Tiger and the Peasant.—A Tiger who was out for a Walk came to the Cabin of a Peasant and Knocked on the Door. "Who is There?" Demanded the Peasant. "It is I, the Tiger." A Gun was poked out of a Window, and the Tiger received a mortal hurt. As he rolled on the Ground in his dying agonies he Grasped: "Ungrateful Man! I was Intending Simply to say you a Friendly Call!" "Ah, yes!" sighed the Peasant;

"but the Difficulty of Distinguishing a Good Tiger from a Bad One is so Great I make it a rule to fire upon all," Moral—There are no Honest Burglars.

FURNITURE

Wholesale and Retail

M. HUGHES & CO

275 to 285 Main Street

A Large Stock of

School Desks

OFFICE FURNISHINGS & C

Constantly on Hand!

UNDERTAKING

In all its branches given our prompt attention

M. Hughes & Co.

Wesley Hall Block, Winnipeg



MAIL CONTRACTS.

Sealed tenders, addressed to the Postmaster General will be received at Ottawa until noon on Friday 7th May 1886 for the conveyance of Her Majesty's Mails, on proposed Contracts for four years over each of the following routes from the 1st of July next.

Archibald and Mowbray. Twice per week. Computed distance 25 miles.

Calgary and High River Once per week. Computed distance 40 miles.

Fort McLeod and Lethbridge. Three times per week. Computed distance 30 miles.

Fort McLeod and New Oxley. Once per week. Computed distance 28 miles.

Morden and Stodderville. Twice per week. Computed distance 10 miles.

Poplar Point and Osoway. Twice per week. Computed distance 7 miles.

Printed notices containing further information as to condition of proposed Contracts may be seen and blank forms of Tender may be obtained at the Post Offices at the termini of the respective routes and at this office.

W. W. McLeod, Post Office Inspector Post Office Inspector's Office, Winnipeg March 19 1886.

ST. BONIFACE COLLEGE

The College of St. Boniface, incorporated by an Act of Parliament, and affiliated to the University of Manitoba, is, since the 19th of August, 1885, directed by the Fathers of the Society of Jesus, under the high patronage of His Grace the Archbishop of St. Boniface.

Its course of studies comprises the Greek, Latin, French and English languages and literature; History, Arithmetic, Algebra, Geometry, higher Mathematics, mental Philosophy, Natural Sciences and Theology. Although chiefly intended to prepare young men for the study of the liberal professions and divinity, it is also calculated to fit them for commercial pursuits. Its large and spacious grounds, secluded from the city, offers all the advantages of a country site, and are so near the cities of St. Boniface and Winnipeg as to secure all the advantages of a town residence.

The College can accommodate a hundred students, of whom eighty may be boarders. The terms have been made as easy as possible. \$18 a month for boarding, and \$3 a month for those who take their meals in town and sleep in the college, beside a small additional fee, for a few dormitory articles, of advance.

The uniform consists of a frock coat, with trousers, necktie and felt hat, all black. Each student is to be sufficiently provided with other articles of clothing. The discipline of the College, strict in point of morality, is, as far as possible, paternal in character.

The scholastic year opens on the third Wednesday of August and ends about the 30th of June. ST. BONIFACE, AUGUST 19TH, 1886.

HEATING AND COOKING STOVES

RANGE, & C.

JAMES H. ASHDOWN

HARDWARE IMPORTER, WINNIPEG

Calls attention to large line of Heating and Parlor Stoves, Cooking Stoves, Ranges, &c. Just Received. The deservedly Popular and Powerful Heater THE SULTANA, stands at the head of the list of all base burning stoves.

The New Square Drawing Room Stove THE PALACE, is a highly finished stove. The lines are large, ventilation perfect, all soot and smoke instantly consumed, so constructed as to cause equal radiation of heat from all parts (a most desirable stove). Also Heating Stoves for large halls, public buildings, &c. &c. COOKING STOVES AND RANGES with all modern improvements in MODERATE PRICES.

HOUSE FURNISHING HARDWARE.

New Goods in this line arriving daily. Library Lamps, Table Lamps, Hanging Lamps, &c. all new in design this season. The New Six Lamp is the model of perfection, giving a most brilliant flame. See THEM. Artistically Decorated Japanned Toilet Ware and Tea Trays, Table Mats, Silver Plated Cruets, Butter Coolers, Pickle Frames, Silver Plated Table Forks, Spoons, &c. Joseph Rodgers' Celebrated Ivory Cutlery. THE Largest Stock and Finest Woods ever imported.

JAMES H. ASHDOWN, Winni.

498 MAIN STREET

Note our Stock is complete in all branches and we are offering a

FINE STOCK OF

GROCERIES, WINES, AND LIQUORS,

AT LOW PRICES

Comprising English, American and Canadian goods of the best quality. We

CUMMINS COMPANY

Are Showing a Fine Lot of

CROSS & BLACKWELL'S SOUPS

MEATS, PICKLES AND SAUCES.

ALSO CAPT. WHITE'S CELEBRATED MIXED PICKLES

We keep in Stock a Large and well selected Line of Liquors, equal to any in town at Low Figures. In Cigars we can excel any and know how to please.

WHOLESALE AND RETAIL

MOORE'S CHINA HALL!

SILVER BAZAAR

The Central Depot for Pratt's Celebrated Astra Oil

Delivered Free to Any Part of the City.

PARLOR LAMPS!

NEW ELECTRIC LAMPS!

PARLOR LAMPS

NEW ELECTRIC LAMPS

LARGEST STOCK OF PLATED WARE IN THE CITY

Suitable for Wedding Presents

Rodgers Guaranteed Quality Knives, Forks, Spoons, and Bar Glassware a Specialty.

TELEPHONE COMMUNICATION! ALL GOODS AT LOW PRICES

WHOLESALE AND RETAIL.

Retail Department, 430 Main St.

Wholesale Warehouse,

MOORE & CO., PROPRIETORS.

THE "CLIMAX,"

IS THE PLACE.

OVENS AND COMPANY,

Wholesale & Retail Grocers

Call on us and we will convince you that we sell the Cheapest and Best

Groceries, Wines, and Spirits, canned Goods and Cured Meats.

FLAT TOP MARKET APPOINTMENT

TRY OUR BUTTER!

Have contracted with some of the very best butter makers to supply us with only the choicest of the season.

TEAS AND COFFEES A SPECIAL

Call on the proprietors, Clifton, near the city.

TRY OUR ALES AND PORT OF THE BRITISH.

SEE OUR BASS ALE AND GUINNESS STOUT, \$3.00 PER DOZEN.

Before purchasing elsewhere. Free Delivery to all parts of the city. If you wish to customers and strict attention to business we will call on you.

Cor Princess and Market Streets