

CATHOLIC NOTES.

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The Pope is preparing a special letter in which he will congratulate Archbishop Gibbons of Baltimore, as well as all bishops in the recent assembly in Plenary Council, upon the issue of their unities and upon the harmony of their deliberations and the conclusions of the council were reached. It is believed Gibbons will be created cardinal in May.

Sunday, at St. Mary's Cathedral, Covington, according to the solemn and impressive ritual of the Roman Catholic Church, Rev. Camillus Maes was consecrated and inducted as Bishop of the Diocese of Covington, the position made vacant some months ago by the decease of St. Rev. A. M. Toombs.

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Don't take long walks when the stomach is entirely empty. Don't start to do a day's work without eating a good breakfast. Don't eat anything but well cooked and nutritious foods. Don't eat what you don't want just to save it. Don't stand over hot air registers. Don't inhale hot air, or fumes of any acids. Don't strain your eyes by reading on an empty stomach, or when the mind is tired.

Who are Unsuspicious? There is no truer measure of one's self than one's suspicions of others. The purest nature is always the most unsuspecting nature.

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Under the Falls.

The following from the Buffalo Express is an amusing example of Mark Twain's humor. It is a description of a visit to Niagara.—"When you have examined the stupendous horse shoe Fall until you are satisfied you cannot improve on it, you return to America by the new suspension bridge, and follow up the bank to where they exhibit the Cave of the Winds. Here I followed instructions and divested myself of all my clothing and put on a waterproof jacket and overall. This costume is picturesque, but not beautiful. A guide similarly dressed led the way down a flight of winding stairs which wound and wound, and still kept on winding long after the thing ceased to be a novelty and then terminated long before it had begun to be a pleasure. We were then well down under the precipice, but still considerably above the level of the river. We now began to creep along flimsy bridges of a single plank, shielded from falling by a crazy wooden railing, to which I clung with both hands—not because I was afraid, but because I wanted to. Presently the descent became steeper and the bridge flimsier, and sprays from the American Fall began to rain down on us in fast-increasing sheets that soon became blinding, and after that our progress was mostly in the nature of groping. Now a furious wind began to rush out from behind the waterfall, which seemed determined to sweep us from the bridge and scatter us on the rocks and among the torrents below. I remarked that I wanted to go home. But it was too late. We were almost under the monstrous wall of water thundering down from above, and speech was vain in the midst of such a pitiless crash of sound. In another moment the guide disappeared behind the grand deluge, and, bewildered by the thunder, driven helplessly by the wind, and smitten by the arrowy tempest of rain, I followed. All was darkness. Such a mad storming, roaring and howling of warring wind and water never crazed any ears before. I bent my head and seemed to receive the Atlantic on my back. The world seemed going to destruction. I could not see anything, the flood poured down so savagely. I raised my head with open mouth, and the most of the American catarract went down my throat. And at this moment I discovered that the bridge had ceased, and we must trust for a foothold upon the slippery and precipitous rocks. I never was so scared before and survived it. But we got through at last and emerged into the open day, where we could stand in front of the laced and frothy and seething world of descending water and look at it. When I saw how much of it there was, and how fearfully in earnest it was, I was sorry I had gone behind it. I said to the guide: "Sir, did you know what kind of place this was before you brought me down here?" "Yes," this was sufficient. He had known all the horror of the place, and yet he brought me there. I regarded it as deliberate arson."

What an Erg Will Do. For burns and scalds nothing is more soothing than the white of an egg, which may be poured over the wound. It is softer as a varnish for a burn than collodion, and being always at hand can be applied immediately. It is also more cooling than sweet oil and cotton, which was formerly supposed to be the surest application to any the smarting pain. It is the contact with the air which gives the extreme discomfort experienced from the ordinary accident of this kind, and anything that excludes the air and prevents inflammation is the thing to be at once applied.

The egg is considered one of the best of remedies for dysentery. Beaten up slightly, with or without sugar, and swallowed at a gulp, it tends, by its emollient qualities, to lessen the inflammation of the stomach and intestines, and by forming a transient coating on these organs, to enable nature to resume her healthful way over a diseased body. Two or at most three eggs per day would be all that is required in ordinary cases; and since egg is not merely medicine but food as well, the lighter the diet otherwise and the quieter the patient is kept the more certain and rapid is the recovery.

A Cure for Nervous Headache. The Physicians' and Surgeons' Investigator is a solution of the bi-sulphide of carbon is a specific for certain kinds of headache, particularly those of a nervous nature. A wide-mouth glass stoppered bottle is half filled with cotton or a fine sponge, and upon this two or three drams of the solution are poured. When occasion for its use occurs the mouth of the bottle is to be applied to the temple or as near as possible to the seat of the pain, so closely that none of the volatile vapor may escape, and retained there four or five minutes or longer. For a minute or so nothing is felt, then comes a sense of tingling, which in a few minutes—three or four usually—besides almost immediately if the bottle is removed, and any redness of the skin that may occur will also quickly subside. It may be re-applied, if necessary, several times in the day, and it generally acts like magic, giving immediate relief.

Why He was Discharged. "We haven't any further need of your services," said the managing editor of a city daily to a reporter who had been at work only a week. "That's rather sudden, isn't it?" replied the startled reporter. "Haven't I done all I had to do?" "You have done the work, but not properly, sir."

Woman's Sphere. They talk about a woman's sphere as though it had a limit; as though it were bounded by earth or heaven. There's not a task to mankind given, there's not a blessing or a woe, there's not a life, or death, or birth, that has a teacher's weight or worth, without a woman in it.

Oysters for Dyspepsia. It is not as generally understood as it should be that oysters have medicinal qualities of a high order. They are not only nutritious, but wholesome, especially in cases of indigestion. It is said "there is no other alimentary substance, not even a sleeping herb, that does not produce indigestion under certain circumstances; but oysters, never." Oyster juice promotes digestion. By taking oysters daily, indigestion, supposed to be almost incurable, has been cured; in fact, they are to be regarded as one of the most healthful articles of food known to man.

The Human Voice. There is no instrument which has such power, or is capable of such melody, as the human voice. The voice which speaks always the thoughts of a kind heart, is a balm of priceless value. Kind words may be as water, plentiful, fresh, subduing, purifying, healing. But how inharmonious the voice may become. Loud, harsh, taunting, fault-finding, discouraging. Cultivate the melody of the human voice and give it utterance. It may be a balm to many a troubled heart. It will be so in this world of perplexities. Check the inharmonious utterances which would jar upon the sensibilities of those around you. Both kind and unkind words react upon the utterer, and soothe him like melody, or rattle him like a hurricane.

Mother Graves' Worm Extirpator is pleasant to take; and safe and effectual in destroying worms. Many have tried it with best results.

Why go limping and whining about your corns, when a 25 cent bottle of Holloway's Corn Cure will remove them? Give it a trial, and you will not regret it.

NATIONAL PILLS purify the Blood, regulate Stomach, Liver and Bowels.

Good Business Rules.

Business men, especially those who are thorough, prompt, and methodical, are guided by certain elementary principles. In some cases these principles are formulated into simple rules, which cover even the details of conduct.

Don't worry. Be satisfied with your work after doing it well. Never ask another to do what you ought to attend to personally.

Remember that money alone cannot buy peace, nor true friends, nor a loving family. It is refreshing, in these days of speculation and dishonest dealing, to know that a man can live according to the above principles and yet make money. It shows that honesty and business can go hand in hand.

Destroy THE WORMS or they may destroy the children. Use Freeman's Worm Powders, they expel all kinds of worms.

An Excellent Report. Hon. Jos. G. Goodridge, of Brooklyn, N. Y., writes:—"I cannot express myself in sufficiently praiseworthy terms of Barkock Blood Bitters which I have used for the past two years with great benefit."

The only variation in quality which will ever be found in "Merle Navy" tobacco is in the degree of moisture which it contains. Tobacco is a very ready absorbent of moisture, and in unusual states of the weather it may become a little too moist or a little too dry to suit the taste of some. This is a minor matter, however, as the essential quality of the tobacco is not changed.

Lottie Howard writes from Buffalo, N. Y.: "My system became greatly debilitated through arduous professional duties: suffered from nausea, sick headache and biliousness. Tried Barkock Blood Bitters with the most beneficial effect. Am well as ever."

Purdy's Small Fruit Tonic is a powerful tonic for the blood, and is especially adapted for the treatment of all cases of weakness, nervousness, and general debility. It is a pure fruit tonic, and is entirely free from any harmful ingredients.

COOK'S FRIEND is a pure fruit acid powder, and is especially adapted for the treatment of all cases of indigestion, dyspepsia, and general debility. It is a pure fruit powder, and is entirely free from any harmful ingredients.

393 RICHMOND ST. NEW IRISH TWEEDS, NEW SCOTCH TWEEDS, NEW ENGLISH SUITINGS, Mahony's Celebrated Serges!

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LONDON (CANADA) POSTAL GUIDE.

Table with columns: MAILS AS UNDER, CLOSE, and DUE FOR DELIVERY. Lists various mail routes and their respective schedules.

For Great Britain.—The latest hours for despatching letters, etc., for Great Britain, are:—

Money Orders issued and paid on and from any Money Order Office in the Dominion of Canada, Great Britain and Ireland, British India, Newfoundland and United States.

Agents in Ontario: SCANDRETT & CO., 160 DUNDAS STREET, 4th Door East Richmond St.

BANK OF LONDON IN CANADA. CAPITAL SUBSCRIBED: \$1,000,000. CAPITAL PAID UP (1 Sept., '84): 150,000. RESERVE FUND: 50,000.

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