## Young Woman's

MAD RIVER.

In the White Mountains.

TRAVELLER.

Why dost thou wildly rush and roar,

Mad River, O Mad River? Wilt thou not pause and cease to

Thy hurrying, headlong waters o'er This rocky shelf forever?

What secret trouble stirs thy

breast? Why all this fret and flurry? Dost thou not know that what is

best In this too restless world is rest From over-work and worry?

#### THE RIVER.

What would'st thou in these mountains seek. O stranger from the city?

Is it perhaps some foolish freak Of thine, to put the words I speak Into a plaintive ditty?

#### TRAVELLER.

Yes; I would learn of thee thy

With all its flowing numbers, And in a voice as fresh and strong As thine is, sing it all day long And hear it in my slumbers.

#### THE RIVER.

A brooklet, nameless and unknown, Was I as first resembling A little child that all alone Comes venturing down the stairs of stone,

Irresolute and trembling.

Later by wavward fancies led, For the wide world I panted; Out of the forest dark and dread Across the open fields I fled, Like one pursued and haunted.

I tossed my arms, I sang aloud, My voice exultant blending With thunder from the passing cloud,

The wind, the forest bent and in the city. bowed.

The rush of rain descending.

I heard the distant ocean call, Imploring and entreating; Drawn onward o'er this rocky wall I plunged and the loud waterfall Made answer to the greeting.

And now beset with many ills, A toilsome life I follow Compelled to carry from the hills These logs to the impatient mills Below there in the hollow.

Yet something ever cheers and ticipate an enjoyable time.

The rudeness of my labors; Daily I water with these arms The cattle of a hundred farms,

Men call me mad, and well they

When full of rage and trouble, I burst my banks of sand and clay, And sweep their wooden bridge away

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Like withered reeds or stubble.

Now go and write thy little rhyme, As of thine own creating, Thou seest the day is past its. prime;

I can no longer waste my time; The mills are tired of waiting. -Atlantic Monthly, May, 1882.

#### GOOD MANNERS.

There is nothing more engaging than genuine good manners. Indeed what else is there at a first If each one did his level best introduction to judge by but the mann?rs. Good books are deceiving. Good clothes may be worn by the most worthless person. Good manners too, may be put on and taken off like any piece of wearing apparel, but the average individual is not likely to be deceived by superficial good manners. And here is the point: Superficial manners are mere mannerisms. Many a person with the most elaborate manner has not good manners. An idea contained in good manners is good breeding, which gives the idea of training of some kind. Either school and home training or sathom." self discipline.

There are instances of good manners that cannot be accounted for. Now and again young men or girls brought up under the most unfavorable influences to produce good manners deport themselves perfect-Iv. We say they have naturally good manners, whereas it would seem most unnatural, under the circumstances. This question can be left to the psychologists. Our duty is to cultivate good manners.

There is nothing so tiresome as a display of manners worn like some flimsy scarf that blows here and there with the wind, hitting one passer-by and missing the next.

It is the mind and heart that produce good manners. A cultivated mind and kind heart should make perfect manners, but the fact of the matter is that a kind heart alone has been sufficient in many instances to award its owner the title of lady or gentleman. The keynote to good manners is simplicity. Good manners are the expression of kind thoughts, forgetfulness of self and thoughtfulness of others.

It is a case of do not do many things, much more than of do many things. A thing that must be done is to listen when talked to. Do not interrupt to give your opinion until the other person is finished. Perhaps by that time you will have discovered that it will not matter if you never give it at all.

Learn to sit at repose. Do not loll. It is disrespectful to the company you are in and pronounces you bad mannered.

Be always ready to wait on the elderly. Do not make nor listen to a joke that has any savor of coarseness. In fact do not say nor do anything that you need feel ashamed to have any one hear of.

Be respectful always of others rights and privileges. There is a prying tendency in this age that is most disrespectful and does more to destroy good manners than anything else.

These are only a few recommendations for good manners that, if practised, will lead to greater and higher things in the art.

AMICA.

### Brandon Notes

Mr. C. J. Flanagan, of Prince Albert, has been calling on friends

Mr. Archie Herriott, of Souris, is attending the Normal.

Assa., is in the city en route to Winnipeg, where he will spend the winter.

Mrs. Cameron, who resides with her daughter, Mrs. F. C. Paterson, 11th street, is seriously ill. Little hope of her recovery is entertained.

The pedro party to be given by promises to be a great success. The members and their friends an-

The Ladies of Mercy held a meeting on Sunday afternoon and among other things decided to call a mass meeting of the ladies of the And have the birds for neighbors, parish on the 2nd of February for the purpose of beginning work for the bazaar to be held in November.

Mrs. F. W. Gill is visiting her old home in Winnipeg.

#### HELP THE WORLD ALONG.

If every little boy and girl Some loving word would say. Or just one kindly deed would do, The world would be so gay.

No matter where you chanced to go You'd never see a tear : And as for frowns, when people

smile They always disappear.

Why should not every boy and girl Pass through life with a song, To help the world along?

The wrong things then would soon Of the hard and weary loads be right:

So try to do or say One kindly deed, one loving word:

Begin this very day. -S. S. Advocate.

### JUVENILE DEFINITIONS.

Gleams from a recent examination in the San Francisco schools: "Define fathom and form a sentence with it."

"A fathom is six feet. A fly has "Define species."

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Winnipeq.

"Species is kind. A boy must be species to his mother.' "Define odorless."

"Odorless is without scent. A man who is odorless cannot ride in the car."-Pacific Unitarian.

TROUBLES THAT DO NOT COME

Lettie S. Bigelow.

'Neath which we bend and fall, The troubles that do not come Are the heaviest ones of all.

For grief that cuts like a knife, There's oil of comfort and cure, And the Hand which binds the weight

Brings strength and grace to endure.

But to phantoms of pain and woe, The lips of Pity are dumb, And there's never oil or wine For troubles that never come.

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There's a song to lighten the toil, And a staff for climbing the height But never an Alpine stock

For the hills that are out of sight. There are bitter herbs enough

In the brimming cup of to-day, Without the sprig of rue From to-morrow's unknown way. Then take the meal that is spread,

And go with a song on thy way, And let not the morrow shade The sunshine and joy of to-day. -"Zion's Herald."

ST MARY'S CHURCH.

Cor. St. Mary and Hargrave Sts. RECTOR-Rev. D. Guillet, O.M.I. ASSISTANTS-Rev. J. McCarthy, O.M.I., Rev. O'Dwyer, O.M.I.

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WEEK DAY SERVICES-Holy Mass In summer time at 6.30 and 7.30. In winter time at 6.30 and 8.

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SUNDAYS-Low Mass, with short instruction, 8.30 a.m. High Mass, with sermon, 10.30

Vespers, with an occasional ser-

mon, 7.15 p.m. Catechism in the Church, 3 p.m.

N.B.—Sermon in French on first Sunday in the month, 9 a.m. Meeting of the children of Mary 2nd and 4th Sunday in the month, 4 p.m.

WEEK DAYS-Mass at 7.30 a.m. On first Friday in the month, Mass at 8 a.m. Benediction at

N.B.-Confessions are heard on Saturdays from 3 to 10 p.m., and every day in the morning before Mass.

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in Polish, 11 a.m. Sunday School at 3 p.m. Vespers and Benediction, 7.30 p.m. WEEK DAYS-Mass at 6 and 8.30 a.m.

### C. M. B. A.

Grand Deputy for Manitoba.

Rev. A. A. Cherrier, Winnipeg, Man.

Agent of the C.M.B.A. for the Province of Manitoba with power of attorney, Dr. J. K. Barrett, Winnipeg, Man.

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BRANCH 52, WINNIPEG.

Meets in No. 1 Trades Hall, Fould's Block, corner Main and Market Sts., every 1st and 3rd Wednesday in each

month, at 8 o'clock, p.m. Chancellor - Bro. E. J. Bawlf. President-Bro. W. F. Brownrigg. 1st Vice-President-Bro. P. O'Donnell. 2nd Vice-President-Bro. W. J. Kiely. Rec. Secretary—Bro. R. F. Hinds, 364 Alexander Avenue. Assist. Secretary-Bro. M. A. Mc-Commack. Fin. Secretary-Bro. D. F. Allman, 270 Colony St. Treasurer-Bro. W. Jordan. Marshall-Bro. J. H. O'Connor. Guard-Bro. H. Brownrigg. Trustees-Bros. G. Gladuish, R. Murphy, M. Conway, M. A. McCommack, and P. Shea. Spiritual Adviser -- Rev. Father Guilette, P.P.

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