T HE BODY AND ITS HEALTH

The Philadelphia Medical World urges the use of an exclusive diet of skimmed milk, or buttermilk, in Diabetes, together with Turkish and Russian baths, oxygen inhalations, and lime water as a daily drink. All starchy and sweet foods are to be avoided

The Lancet makes a distinction between what it calls the use and abuse of tobacco, The man who can say, I always know when I have smoked enough _if I go beyond the just limit I loose my power of prompt decision,' is one, it suggests, who had better not smoke at all; but, a modern use of tobacco soothes the senses and leaves the mental faculties free from irritation, and ready from camly, clear, intellectual processes. When this is not the effect produced by smoking the 'weel' had better be eachewed.

The effect of smoking upon the heart. -Professor Frantzel, director of the Charity Hospital in Berlin, has given a local paper the results of his experience regarding the effect of smoking upon the heart. The smoking of cigarettes, though it may produce other disorders, has within his experience produced no cardiac troubles. German cigars, too, rarely appear to have bad effects, which seem indeed to follow the use principally of imported Havana cigars; and, strange to say, if the tobacco only was imported, and manufactured into cigars at Hamburg and other German cities the symptoms were greatly ameliorated. Sometimes no symptoms were revealed even in the case of imported cigars, for more than twenty years, although the smokers became more and more addict ed to selecting the finest brands. Then suddenly palpitaion of the heart appeared, accompanied by sleeplessness, fatigue, short breath' etc. Cures are easily affected by stopping the habit of smoking, avoiding coffee, taking short walks or spending a few weeks in the mount-

WARM AND COLD BATHS

The physiological effects of warm and cold baths wre thus noted by a writer in an English medical journal; Warm baths produce an effect upon the skin directly contrary to that which is brought about by cold water. The cutaneous vessels dilate immediately under the influence or the heat, and, although the dialation is followed by a contraction, this contraction is seldom excessive, and the ultimate result of a warm bath is to increase the cutaneous circulation. The pulse and respiration are both quickened in the cold bath. A warm bath increases the temperature of the body, and, by lessening the ne cessity for the internal production of heat, it decreases the call which is made upon certain of the vital processes, and enables life to be sustained with a less expeuditure of force. While a cold bath causes a certain stiffness of the muscles if coutinued too long, a warm bath relieves stiffness and tatigue. The final effect of both hot and cold baths, if their temperature be moderate. is the same, the difference being, to use the words of had Braun, that "cold refreshes by stimulating the functions, heat by physically tacilitating them, and in this lies the important differences between the cold water system and the thermal mode of treatment."

A THUNDER CLOUD,

On the 27th of July last a party of Engineers and workmen had an excellent opportunity of observing the way in which a thunder cloud discharges its electricity. They had just completed the fitting of a lightning conductor at the shelter hut on the Mythen in Schwyz. A heavy storm was seen approaching from three different points, and they took refuge in the hut. Through a hole in the wall they could see the conductor. From time to time small bluish flames appeared hovering on it, then the light ning flash would be seen descending along the conductor into the earth, folowed almost instantaneously by the thunder crash. More than twenty times they watched the phenomena regularly succeeding each other; then there was an electrical discharge of such violence that there seemed to be a recoil, and two of the party felt the shock from below up to their hips and once fancied that both his legs were shot off. The party were so terrified that they quitted the hut and descended the mountain amid blinding snow, as thick as if it were the middle of winter, varied by thunder an lightning.

COLORED PEOPLE THE CHURCH.

The growing disposition of the colored race is to enter field which seem to be most inviting. In religion there is today no more inviting field than the Ro. man Catholic Church. Its government the feet of the Eucharistic Ged. But the

is not of earth, it has stood for two thousand years, "the pillar and the ground of truth," People and kingdoms have come and gone, but the Holy Catholic Church is to-day as firmly founded as she prayer around the sacred edifice wnile was in the days of the Apostles. She knows no man by his race, or his color, by his station in society, or by his wealth. She recognizes all alike. This being the case, the dark-skinned sons of America, as they grow in inteiligence are looked about for a heaven of security in religious belief, and we are happy to say they are finding it in the fold of the Catholic Church. In Washington, In Baltimore, in St. Louis, in New York, in Louisville and New Orleans, thousands are found worshiping before the altar in the Catholic Church.—American Tribune (Colored Organ.)

RELIABLE RECIPES.

Batter Cakes .- Make a batter of one quart each of flour and sour milk, three beaten eggs, one teaspoon of soda, one sods very fine before measuring and thoroughly mix with the dry flour,

Egg Biscuits.—One quart of prepared flour, a tables poonful of lard and twice as much butter, a teaspoonful of salt, two cups of milk, the yolk of two eggs. heaten light. Salt the flour and sift it twice in a bowl, rub in the shortening thoroughly and lightly; mix yolks and milk together, pour into a hole in the flour, work into paste with as little handling as possible; roll into a sheet half an inch thick; cut into round cakes and bake in a floured pan. Eat hot.

Broiled Chickens (Devi led).-Clean, split down the back and broil over a clear fire in the usual way until they are done and begin to brown. Lay in a drip ping pan and rub all over with a sauce made by whipping light a tablespoonful of butter with half a teaspoonful of made mustard, a teaspoonful of vinegar and a pinch of cayenne. Sift fine crumbs over all and set on the upper grating of a hot oven to brown, Transfer to a hot chafing dish; lay a little of the sauce on each leg and breast and serve.

Manchester Pudding.—Is considered best when eaten cold, and can be made the day before, Line a moderate seized baking dish with a good puff paste, put half a pint of new milk into a saucepan with one or two slices of lemon cut very thin; let this infuse at the side of the fire for ten minutes, then put 4 oz. of grated bread into a bowl, pour the milk over it add the yolks of four eggs and the white of two, well beaten separately, a tablespoonful of butter, a little brandy or rosewater, and sweeten to taste: mix all these ingredients well together, put a thick layer of either strawberry or ras. berry jam at the bottom of the dish. pour the mixture over it, bake for an hour Bear the whites of the eggs to a thick froth and put it on the top with a spoon to imitate rocks,

ONCE MIRACULOUSLY CURED

The Princess Sopia Catherine Rose Odescalchi, died at Bassano in Teverina, Italy, on 18th of Angust, after a long and lingering illness. It is of her that the following incident is related. She lang been bedridden and was apparently dying of a hopeless disease, when, while her family were watching what they considered her last moments, Pope Pius IX sent, by the hands of a nun, a little loaf (panotello), which he desired her to swallow, With terrible effort the sick woman obeyed, and was immediately healed, and on the following day the astonished Romans saw, her go in person to the Pope at at the Vacation to return thanks for her restoration-

The Superioress-General of the Franciscan Congregation in France has just died at Calais. It was she who, almost restored the Congregation of the Franciscian nuns, which the Revolution had almost annihilated; and it was she who received a greater number of the Sisters who constitute this order-to-day. These of whom there are nearly 700, are devoted to teaching, and above all, to the service of the hospitals. They have forty houses in France, two in Belgium and ten in Portugal. Mother Scolastic of the Angels, the deeply-regretted Mether Superioress, was religious dur ing the long snace of thirty-eight years.

The Queen of Portugal wears the Paris life saver's medal. 1nI874 she was bathing with her two sons, Charles and Alfonso, aged 11 aud 6 years, at the watering place of Cascaes. A big wave carried off the two children, and the Queen swam to their relief. The sea was running high and the lady and her boys were nearly lost in the surf, when the light-house keeper, seeing their danger dashed into the water and succeeded in bringing all three to the shore in safety. Her Majesty wears her medai proudly as the reward of her bravery.

There is a touching incident recorded in connection with the Charleston earthquake. When the first shock came, the Catholics in one of the parishes rushed to their church to throw themselvs at

church seemed in danger of falling, so the priest would not allow them to enter though he opened the church door so that the alter and tabernacle could be seen from the street. Thousands knelt in the pastor passed along hearing confessions and giving ablution. What a beau tiful evidence of faith in a supreme moment of peril! The experience at the other churches was similar to the one recorded above.

Within the past few years three of the most active and virulent persecutors of the Church in several cantons of Switzerland have met with such terrible deaths as to attack general attention. One of these was the notorious Fronte, of the Canton of Berne, who pursued with intense hatred the Catholics of the Jura, especially the clergy, whom he called vermin. He died insane, almost eaten alive by vermin. The second was M Keller, of Argovie, who distinguished himself by a tyrannical career of oppression towards the Church during forty tablespoonful of butter; pulverize the years, His last appearance before the public was marked by a tirade against the Church, in which he scoffed at the Pope, and the excommunication which he boasted of having incurred several times. He died a idiot, abandoned by every one. The third was was M. Vigier, whose career was marked by his speeches against the Church and religion, and the number of minds led astray by his seductive words. He died recently a terri ble death from cancer of the tongue.

LABOUCHERE ON THE CASE OF THE ISLANDARS

Mr. Lobouchere, in Truth, has a pung ent paragraph in reference to the poor Achill Islanders. He Says:

Some six months ago the Achill Islanders were literally starving. The hat was sent round for them all about the world and I in common with other people, was instrumental in collecting a little money to enable the poor wreches to put in their potatoes. Well, the potatput in their potatoes. oes are ripe now and fit for digging, and so landlordism appears on the scene and declares that it must either have its rent £1,800 pouuds a year is the rate at which these paupers mulcied or the crop. Now, I most earnestly beg my poor pensioners in Achill to stick to the rent and the crop, too. If they give up. a penny or a tuber they will have obtain ed my money upon false pretences. When I put my copper into the oldAchill caubeen I never approsed for a moment that the hat was the landlord's.

WHOLESALE MEAT AND CATTLE MARKET

				•
lch wi Working oxen, per yolk demand	25	00	to	40 00
Working oxen, per yolk demand	90	00	tol	40 00
Live cattle, per lb	. 5	00	to	8 00
Side bacon, per 100 lb Roll bacon	٠ د	50 13	to	9 75
Hams	15	18 50	to	16 00
Deer her partel		90 15	to	#13 20
Cucumbers, per doz	• • •	40 20		
Ducks Eggs, per doz	• • •	25		27
fish.			. !	
Wholesale	9	41	to	5 <u>1</u>
Wholesale, per lb		8	to	10

Potatoes, per bush, Beets, per doz Dried onions, per bushel Turnips, per bush Cabbage, each Parsley, per doz Sage, per doz Carrots, per doz Parsnips, per doz Quash, each	40 30 2 00 25 6 40 49	2020	50 40 2 50 80 8 80 80
FRUIT.			
Cranberries, per barrel California Pears, per box Grapes, per lb., Ontario Lemons, per box	4 25 10 7 00	200000	10 00 50 0 12 8 07

	Apples, per barrel	25 25	to :	8 50 3 55	ŧ
	pickling gay an straw.	1 6Ú R A	ito.	4 5	'n
	Hay	8 000			•
	#ood.				_
	Poplar cordwood	8 75 5 00 8 50) to		10 50
	GRAI.				
,	Oats, per bushel	32 30 80	to	24	5

(STEWAY)			
ats, per bushel	321 30.	to	25
aris, per bushel	80	to	40_
o. 1 hard wheat	64		
	58		
	50		
e. 2 Northern o. 1 regular wheat	00		
o. 2 regular whert	00		
o. 3 regular wheat	007		00
o. 3 regular wness ejected	00	to	1 70
lour, XXXX	1.55		1 40
IOHP SUPERBIO.	100		
eef, roast, per ID	124	to	1
eef, roast,per in	10	to	12
Cori moderni por ili.	6	to	10
eer corned bear	_6	to	8
leef fore quarters, per lb	51	to	6 71
deef, boiling, per ib leef, fore quarters, per 100 lb. leef, hind quarters, per 100 lb.	121	to	18
eal, roast	15	to	18
eal, roast	10	to	12
ork roast	īŏ	to	12
ord steak 160 lbs	5 50	to	6 00
ork roast	121	to	15
Auton, roast, per		to	18
autton chop	15	to	18
futton chop	14 12	to	15
lam Breakfast bacon	12	to	ii
ard	2 25	to	**
ard, per pail	10	to	
ard, per pali	12		
Sologna sausas	8	to	4
snanks			5
Ver	15	to	10
lead cheese	***		10 15
Haert	12	to	15
lead cheese Heart Congue in (dead)	6	to	ű
Congue . Chickens, per lb (dead)	25	to	30
rggs, per open	26	to	80
Sutter, per lb voung) per			
Butter, per lb. Chickens. (alive young) per pair.	80	to	85
pair aldiner pair.	40	to	50

80 to 40 to to to 40 to

15 to

Ecclesiastical Directory

PROVINCE OF ST. BONIFACE.

This Province was erected by His Holinea.
Pius IX Sept. 22, 1871, and comprehends 1st.
The Archdiocese of St. Boniface. 2nd. the
Diocese of St. Albert. 3rd. The Vicariate
Apostolic of Athabaska Mackensie. 4th, The
Vicariate Apostolic of British Columbis.

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, 1858.

June 7, 1858.

Arch. Most Rev. Alexander Tache, O. M. L., D. D., cons. Bishop of Arath, and coadjutor of Bishop Provencher, Nov. 23, 1851, translated to St., Boniface June 7, 1858; nominated Archbishop of St. Bonifaces the day of the erection of the metropolitan Sec. Bepl. 23, 1871

st. Boulface Cuthedral, 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 Mc Carthy O. M. I, secretary, St. Vital, attended from St. Boniface. St. Mary's Winnibeg; Revs. M. Ouillette, O. M. I. P. P. and F. Cahill, O. M. I. Curate. Church of Immaculate Conception, Winnibeg; Rev. A. A. Cherrier.
Provincial Penitentiary, Rev. C Cloutier Rat Portage, Kev. T. L. Baud'in, O. M. I. St. Patrick's Church, Selkirk and Peguis — Rev J. Allard O. M. I. St. Norbert — Rev. J. M. Ritchot. St. Agathe— Revs. C. Samoisette and P. elletier.

St. Anne des Chenes and St. Joachim, Rev. 5t. Anne des Chenes and Rev. 5t. Anne de

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 Fort Ellice, and the missions
West, Revs. L. Lebret, O. M. I. J. Decorby,
O. M. I. J. Hugonard, O. M.I. Magnan and Le-

O. M. I. J. Hugonard, O. M. I. Magnan and Depage.
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 Jutza ;
Fortalexander, Rev A. Madore, O M I an
Bro J B Doyle,
Rainy Lake and other Missions, East Lake

Winnipeg 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 Mo-

Carthy 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

EDUCATIONAL AND OTHER INSTITUTIONS
The olegical Seminary and College of St
Boniface—Teaching staff Rev. Fathers Lory
8J. (director), Drummond. 8J; French SJ.
Lussier, 8J; Blain, 8J; O'Briea, 8J; Beli
ivean 8J; Paquin SJ; Rev J Cloutier and
JL Rene. Ecolesiastical Students—Mesers.
Cameron. Gllis, Montreuil, Dubois, Turcotte;
Lanigne, Brothers Gaudet 8J; Fortier 8J
Blouin, 8J; Leiebvre 8J; Course of Studies—Theology, Classics, and
commercial course in English and French
Pupils—80.

commercial course in English and French
Puplis—36.

8t Mary's Institute, Winnipeg; two houses—
Brothers of the Congregation of Mary BroWilliam (director), Pupils 198.

8t Beniface 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
Fathful Companions of Jesus, S'ster M A
Reer sup. Pupils 70.

Sisters of Charity (Gray Nuns) sister Lamy
supr.

8t Boniface Hospital Sister Shaughnessy,

supr. St Boniface Hospital Sister Shaughnessy. directress, Orphan Asylum sister Boire directress; Or-phan irls 88

ACADEMY ST. BNIFACE

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Pupils coming from other institutions must furnish certificates of good conduct from the establishment they left.

Every pupil should be provided with sufficient underclothing, a plant toliet case, a able knife and fork, spoons and goblet, six able napkins and a napkin ring.

The uniform, strictly obligatory, is a black merino dress, and a mantfalls of the same c

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