

Excelsior.

All real progress is slow. Sudden jerks give a backward impetus, and but little eventual gain. The lessons learned in youth, and seemingly forgotten, bear fruit in maturity. The struggles to do right that seem so hard and so often ineffective are steadily leading to a state where right doing is a pleasure. The efforts to make for any worthy object may not seem successful to day or to-morrow, but they are a part of the grand work that is going on slowly but surely; and no one of them can we afford to lose.

There are habits of misapprehension and misjudging, common among all degrees of men; fretfulness, industrious to seek or even feign and chew upon matter that may nourish it; captiousness ingenious in perverting the meaning of words; partiality, wrapping everything to its own purpose; censoriousness, unable to discern a bright part in characters; self-conceit, averse to discern the real motives of acting; melancholy, auguring always for the worst; besides many more, some of which, it is to be feared, every man may find lurking in his own breast, if he will but look narrowly enough.

"Our lives should be as pure as snow-fields, where our footsteps leave a mark but not a stain." Yes. Would we fashion our lives according to that sermon which our Dear Master preached upon the Mount in the days long gone by we would make our lives like unto snow-fields, pure, spotless, untroubled and unmarked, save by the mile-stones that tell of our good and noble deeds. Life, to be wholly pure, must needs be noble and self-sacrificing. Self should be crucified and buried; and to be still more perfect, one should live so near and closely to the Master that the shadow of His sacred presence might fall athwart their sinful, selfish lives, and render them bright and worthy of Him, the great-life-moulder, the master-sculptor.

Contemplation.

Without contemplation we shall never make much progress in virtue and shall never be fitted to make others advance therein. We shall never entirely rid ourselves of our weakness and imperfections. We shall remain always bound to earth, and shall never rise much above mere natural feelings. We shall never be able to render to God a perfect service. But with it we shall be able to effect more both for ourselves and for others in a month than without it we should accomplish in ten years. It produces acts of great perfection and such as are altogether pure from the alloy of nature; most sublime acts of the love of God which we perform but rarely without this gift. And, in fine, it perfects faith and all virtues elevating them to the highest degree to which they are capable of rising.

A Continued Lie.

"The Holy Spirit, who is the teacher of wisdom, is averse to all disguise," says the wise man. We shall never make progress unless we walk sincerely before God and before men. Mankind are full of endless deceit. We disguise ourselves habitually from ourselves and from others. It is one of the faults which we are least willing to acknowledge. We ought never to make excuses or palliate anything. These duplicities and artifices of self-love keep us far from God. A subtle soul and one that employs policy and craft in dealing with his neighbour forms scarcely a single design, conceives scarcely a single thought, which is not a sin, its habitual object being to deceive others. Such conduct is one continued lie. It is in perpetual opposition to God, and seems to deny implicitly His Providence over our hearts.

WORDS OF WISDOM.

- When one will not, two cannot, quarrel.
- Always in books keep the best company.
- Weakness is more opposed to virtue than vice is.
- A man must stand erect and not be kept erect by others.
- It is the privilege of truth always to grow on candid minds.
- People who have more polish than principle use it lavishly.
- An old man has lost his youth, and he goes stooping to the earth in search of it.
- Habits of sin, when put to death as habits, leave many evil legacies behind them.
- Foolish men mistake transitory resemblances for eternal fact, and go astray more and more.
- As malarial air may endanger a good constitution, so bad companions endanger a good character.
- No man ever repented being peace-

ful, gentle, meek temperate, kind, pure and of a devout spirit.

The ignorant man hath no greater foe than his own ignorance, for it destroyeth where it liveth.

Man has thoughts that last merely for a day and are no more real than the shadow of smoke.

Advice is like the snow; the softer it falls the longer it dwells and the deeper it sinks into the mind.

It is well to begin a work with prayer, it is well to end with praise, and in everything to give thanks.

Throw life into a method, that every hour may bring its employment, and every employment its hour.

That only can with propriety be styled refinement which, by strengthening the intellect, purifies the manners.

Religion is a cheerful thing; so far from being always at odds with good humor, it is inseparably united to it.

Archbishop Corrigan received last week a cable dispatch from Rome announcing that it had been decided to make Archbishop Gibbons, of Baltimore, the next American Cardinal. Archbishop Gibbons was born in Baltimore, July 23, 1834. After being baptized in the Cathedral his father took him to Ireland, where he had his early education. He was graduated at St. Charles College, in Howard county, Md., and was ordained priest at St. Mary's Seminary, Baltimore, by Archbishop Kenrick, June 30, 1861. His first charge was in Baltimore. On Aug 16, 1868, he was consecrated bishop in partibus infidelium and Vicar Apostolic of North Carolina. He removed to Richmond in 1872, and on May 20, 1877, was made coadjutor to Archbishop Bayley, of Baltimore whom he succeeded Oct. 3 of the same year. Archbishop Gibbons has made a number of additions to Catholic literature, including "The Faith of Our Fathers," which has made a sale of over fifty thousand copies. He has done much to foster educational institutions in Baltimore.

THE BODY AND ITS HEALTH.

A London medical man says: "Be careful in your dealings with horse radish. It irritates the stomach far more than spice, and an overdose will bring on an unpleasant sensation for days."

It is said that glycerine in its pure state should not be used for chapped hands, as it absorbs moisture from the skin, thus leaving it dry and liable to crack. When moderately diluted with water, however, glycerine is an excellent application.

When we feel unusually "torpid" and heavy after meals, we may rest assured there is indigestion somewhere. A teaspoonful of lime-water taken in one-half a tumbler of clear, moderately cold water directly after meals, gives almost instant relief, a few drops of the clear juice of lemon is also effective.

It is stated in "Nuggets" that nothing, probably, is more sure to cure rheumatism than a morning and evening's vigorous of hair gloves upon every portion of the skin. The congestion of the muscles and the joints which characterizes rheumatism is relieved by this powerful appeal of the hair gloves to the skin.

The following articles of food are "easily digested: Mutton, venison, hare, sweet bread, chicken, turkey, partridge pheasant, grouse, beef-tea, mutton-broth, milk, turbot, haddock, flounder, salt and fresh fish generally, roasted oysters, stale bread, rice, tapioca, sage, arrow root, asparagus, French beans, cauliflower, baked apples, oranges, grapes, strawberries, toast-water, weak peaches, black-tea, sherry and claret wines.

According to the "British Medical Journal" the most flagrant diatetic errors on the part of poor people arise from ignorance of the nutritive value of foods. When they cannot buy meats, whose importance they recognize, they do not put proper articles in the place of it. They do not correctly estimate the high value of milk and eggs; and when obliged to use a largely vegetable diet, they make no distinction between unnutritious vegetables and those which like peas and beans, are rich in nitrogen and well calculated to supply the place of animal foods.

Dr. Lapatin, in the "Proceedings of the Caucasian Medical Society," advises that fingers and toes which have been slightly frostbitten, subsequently suffer from burning, itching and pricking sensations, should be painted, at first once, and afterwards twice a day, with a mixture of diluted nitric acid and peppermint water in equal proportions. After this application has been made for three days, the skin becomes darkened and the epidermis is shed, healthy skin appearing under it. The cure is effected in from ten to fourteen days. The au-

thor has found this plan very effectual among soldiers, who were unable to wear their boots in consequence of having had frozen feet. They were in this way soon rendered capable of returning to duty.

They Catholic population of the arch diocese of New York is 600,000. The next largest see is the archdiocese of Boston, with 310,000. The archdiocese of Philadelphia is third, with 265,000; the archdiocese of New Orleans fourth, with 250,000; the diocese of Chicago fifth, with 230,000; the archdiocese of Baltimore and Cincinnati and the diocese of Brooklyn each has 200,000. In the number of priests New York likewise leads with 381, and Baltimore is second with 261.—San Francisco Monitor.

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SEALED TENDERS, addressed to the Post Master General will be received at Ottawa until noon, on Friday the 19th of February, 1886, for the conveyance of Her Majesty's Mails, on a proposed Contract for four years, twenty four times per week each way, between Rat Portage Post Office and Railway Station from the 1st April next.

The conveyance to be made on foot or in a suitable vehicle.

The courier to leave the Post Office and Railway Station with the mails, on such days and such hours as may be from time to time required; to deliver the mails at the Railway Station within ten minutes after leaving the Post Office and at the Post Office within ten minutes after the arrival of each mail train.

Printed notices containing further information as to condition of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Rat Portage and at this office.

W. W. McLeod,
Post Office Inspector.

Post Office Inspector's Office, }
Winnipeg 8th Jan., 1886. }

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DR. PRICE'S.....
SNOW FLAKE (Groff's).....
LEWIS.....
PEARL (Andrews & Co.).....
HECKER'S.....
GILLET'S.....
ANDREWS & CO. "Regal".....
Milwaukee, (Contains Alum.).....
BULK (Powder sold loose).....
BUMFORD'S, when not fresh.....

REPORTS OF GOVERNMENT CHEMISTS

As to Purity and Wholesomeness of the Royal Baking Powder.

"I have tested a package of Royal Baking Powder, which I purchased in the open market, and find it composed of pure and wholesome ingredients. It is a cream of tartar powder of a high degree of merit, and does not contain either alum or phosphates, or other injurious substances."
E. G. LOVE, Ph.D."
"It is a scientific fact that the Royal Baking Powder is absolutely pure."
H. A. MOTT, Ph.D."

"I have examined a package of Royal Baking Powder, purchased by myself in the market. I find it entirely free from alum, terra alba, or any other injurious substance."
HENRY MORTON, Ph.D., President of Stevens Institute of Technology."

"I have analyzed a package of Royal Baking Powder. The materials of which it is composed are pure and wholesome."
S. DANA HAYES, State Assayer, Mass."

The Royal Baking Powder received the highest award over all competitors at the Vienna World's Exposition, 1873; at the Centennial, Philadelphia, 1876; at the American Institute, New York, and at State Fairs throughout the country. No other article of human food has ever received such high, emphatic, and universal endorsement from eminent chemists, physicians, scientists, and Boards of Health all over the world.

NOTE—The above DIAGRAM illustrates the comparative worth of various Baking Powders, as shown by Chemical Analysis and experiments made by Prof. Schedler. A pound can of each powder was taken, the total leavening power or volume in each can calculated, the result being as indicated. This practical test for worth by Prof. Schedler only proves what every observant consumer of the Royal Baking Powder knows by practical experience, that, while it costs a few cents per pound more than ordinary kinds, it is far more economical, and, besides, affords the advantage of better work. A single trial of the Royal Baking Powder will convince any fair-minded person of these facts.

* While the diagram shows some of the alum powders to be of a higher degree of strength than other powders ranked below them, it is not to be taken as indicating that they have any value. All alum powders, no matter how high their strength, are to be avoided as dangerous.