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HOW TO KEEP WARM.

In very cold weather most people have
sense enough to build good fires and wear
their thickest clothing; few, however, seem
to know that physical warmth is created in
the body itself, and all that fires or clothing
can do is to prevent the warmth being seized
too rapidly by the surrounding air. Reliable
authorities say that the best preparation for a
comfortable day in very cold weather is to eat
a generous breakfast, in which there shall be
plenty of meat. There is far more warmth in
an ounce of cold meat than in a pint of hot
coffee, although the latter is to thousands of
people the principal feature of the morning
meal. A good appetite is necessary to a full
breakfast, and it generally can be had by a
five minute walk out of doors, or a few minutes
of light exercise in a freshly aired room—
exercise such as the most delicate woman or
child can indulge in without injury. Physical
cleanliness, making free perspiration possible,
is absolutely necessary to comfort in
cold weather, and it can be attained in spite
of freezing cold bath rooms by people who
care enough for it to take extra trouble with
a small quantity of water in a warm room.
A glass of ardent liquor is a wretched pre-
ventative of cold. It will quicken the circula-
tion for a few moments, and diminish it for
an hour after. The bulk in bread or a glass
of beer is more warming than the liquor, and
only costs a quarter as much; the same com-
parison may be made between spirits and
meat. It is almost impossible for a person
who sits indoors all day to remain warm, but
a few minutes out of doors, just long enough
to have the system affected enough by the
cold to rouse its powers of resistance, will in-
sure a comfortable day thereafter if the house
is fairly tight. It will be noticed that the
lady who does her own marketing and the
man who walks from his house to his place of
business are the last to complain of the cold.
If the above suggestions are acted upon and
supplemented by an ample mid-day meal, no
matter how plain, the weather's terrors will
soon be forgotten.

PRAIRIE PHILOSOPHY.

Contributed to the Westminster
Review by Wm. Grant.

Another instance of Canadian states-
manship is found in the treatment of the
Indians. The question how to deal with
subject races is always a difficult and deli-
cate one. Hitherto, the policy of nations
has generally been first to cajole them
(often with drink), next to rob them, and
then to exterminate them. I am inclined
to believe that Shakespeare recognized
this. In the "Tempest," the production of
his mature years, and in which we see
more of the man than the creator of men,
he had evidently present to his mind an
idea of what was then going on, and had
been going on for some time. Caliban, the
aborigine, says to Prospero, his conqueror:

"When thou camest first,
Thou strok'st me, and mad'st much of me; wouldst
give me
Water with berries in't, and teach me how
To name the bigger light, and how the less,
That burn by day and night; and then I lov'd thee
And show'd thee all the qualities o' th' isle,
The fresh springs, brine pits, barren place, and
fertile;
Cure'd'st me that I did so! All the charms
Of Sycorax, toads, beetles, bats, light on you!
For I am all the subjects that you have,
Which first was mine own king; and here you sty me
In this hard rock, whilst you do keep from me
The rest o' th' island."

The history of the East India Company
bristles with stories of crime and records of
plunder. In comparison the pages of the
history of the Hudson's Bay Company are
pure as driven snow, as white as sea-
bleached shells. This company has pro-
duced no Warren Hastings. It is true the
conditions were different; the red-skin
chief, in his teepee or wigwam had no hid-
den stores of jewels, no vast accumulations
of barbaric splendors. A few buffaloes
held in common with his tribe comprised
his whole wealth. All, therefore, the Hud-
son's Bay Company had to do was to trade
in accordance with the accepted commer-
cial morality. A cynic has, indeed, trans-
lated the company's monogram, H.B.C.,
to mean, "Here before Christ," as signify-
ing that the morality of trade prevented
that of Christ; but, after all, the company
never broke faith with the Indians. It was
a matter of exchange satisfactory to both
parties. The company gave worthless
beads in return for valuable furs; but even
this was giving what was most preferred
for what could best be spared. In these
days of competition, when to buy in the
cheapest market and sell in the dearest is
the pole star of commercial morality, a
higher tone could hardly be expected.
Traders have not yet learned to do unto
others as they would have them do to
themselves. That is a doctrine for the dim
and distant future. Doubtless this circum-
stance rendered the task of dealing with
the Indians much easier for Canada when
it took over the Northwest, than the treat-
ment of the native princes of India by
England when it took over Hindustan.
The Canadian Indian had no substantial
grievance until the march of civilization
exterminated the buffalo.

The buffalo was the Indian's all in all.
The skins provided him with clothing,
bedding, and the covering of his tent; its
flesh was his food: from its sinews were
made his thread, and the implements of
war and the chase. The buffalo was to the
Indian what the coconut tree is to the
native of Ceylon, and was held in equal
veneration. Of this, his sole wealth, the
rifles of the white man have deprived him.
For this misfortune, however, the Canadian
Government has given him compensation,
and continues to give him compensation.
Large tracts of land, called "Reserves,"
are set apart for his use, and last year
\$900,000 was spent to make him comfort-
able. Each chief receives twenty-five dol-
lars a year, each headman fifteen dollars,
and every man, woman and child five
dollars each. They are periodically sup-
plied with food, clothing and luxuries;
implements are provided them, furniture is
given them, cattle are also provided them,
as well as the means of improving the
breeds of their cows and ponies. They
are plentifully supplied with seeds, and,
above all, they are being taught agriculture
and the mechanical arts and domestic
economy by experienced instructors.
Above all, their children are being edu-
cated. The results of this wise policy are
remarkable. When the Marquis of Lorne,
as Governor-General, visited the Cree
Indians in 1891, all he could say was that
horse-stealing was prevalent, and that one
tribe had recognized the utility of potato
growing. He foresaw, however, that the
statesmanship of the Dominion was such
that "in a few more years no wild Indians
would be seen except in the far North."
When the present Governor-General, Lord
Stanley, visited the same Indians last
October, he saw how nearly the prophecy
of his predecessor had been realized.
Horse stealing is now unknown; men that
a decade ago trusted for a living entirely
to their rifles or bows and arrows, now cul-
tivate farms, and successfully compete
against the white men at the shows of agri-
cultural produce. They live in houses
equal to any, and superior to many, of
those of the British settler. They have
clocks, sewing machines, and other marks
of civilized life, and they are being gradu-
ally enfranchised. The police barracks
have been turned into industrial schools, or
are devoted to other like useful purposes,
and the chief O'Soup or "Black Fat" was
able to assure Lord Stanley, on the occa-
sion referred to, that there was not on the
reserve a child of school age who was not
being educated. Well may the Hon. E.
Dewdney, the head of the Indian Depart-
ment, and one of Canada's most enlightened
Cabinet Ministers, look hopefully to the
future. It is true the amalgamation of the
Indians with the general population is afar
off, even if it should ever come to pass;
as will readily be believed when it is re-
membered that the Indian still enjoys
roast dog, and feasts upon stewed gopher
and other vermin, but they are gradually
learning self reliance, the want of which is
their one great failing. As Mr. Dewdney
says: "Several of the bands recognize the
importance, from self interested motives,
of each individual possessing the particular
piece of land reclaimed and the improve-
ments made by him thereon, and members
of those bands have in consequence taken
up their lands in severalty, and there is
good reason to hope that in the near future
this example will be followed by many
more bands, and that the old system of
communism in the occupancy and cultiva-
tion of reserves will ultimately be aban-
doned." It is believed by many that the
Indians are dying out. Surely, if this be
so, it is better that their last words be
words of thankfulness and blessings for the
good done to them, rather than impreca-
tions and curses against those whom des-
tiny has placed to rule over them. Can-
ada's policy to the Indians is worthy to
rank with the edict of Caracalla.

It is evident from the above that the
public questions before the Canadian pub-
lic are not of a nature that there can be
"great parties" in the same sense as in
England. The magnitude and wisdom of
what is being accomplished overshadow
the petty performances of party politics.
There are two parties, it is true, known as
the Liberal-Conservatives and the Liberals
or "Grits," and were one to judge by the
virulence of the abuse and personal vitu-
peration which characterize the newspapers
representing these parties, it would seem
that a great gulf separates them. The high
falutin' language of the political press, is,
however, sound and fury and nothing more.
The difference between the two parties is
the difference between tweedledum and
tweedledee, with the result that the sole
duty of the Opposition is to oppose. In
theory the Conservative party (now firmly
established in power) bases its policy upon
the Federal principle, while the "Grits"
are upholders of State rights. But there
can be no such rupture on this question as
there has been in the United States.
Strange to say, indeed, whereas the
Dominion Parliament is strongly Conserva-
tive, the Provincial Legislatures are all
Liberal, from which it may be concluded
that on questions affecting the general wel-
fare of the Dominion (railways, and the
development of the whole nation), Canada
is Federalist; but on matters strictly local
the same people are strong in their deter-
mination for self-government and decon-
tralization. The constitution of Canada
permits of this dual position. Thus it is
that the national debt of Canada (having
been incurred in developing the resources
of the whole Dominion) is what its title
declares it to be, the debt of the whole
Dominion, and not like the national debt
of the United States, to which must be
added all the debts of all the States in
order to ascertain its full amount. In
short, the fundamental difference between

the Constitution of Canada and the
United States is this: In Canada
powers not delegated to the provin-
held by the Federal Government
other all the powers not delegated
Federal Government by the States
by the States. The United States
tution sprang from the people
Canadian Constitution was wren-
the people from the Crown, and
accounts for the difference,
(To be Continued.)

Who Are the First Abettors of Our Miseries?

The evils of the dangerous class
mostly local. Great upheavals com-
a series of causes leading far away
populace itself. The selfish and
ous courts of Louis XIV. and Lou-
brought about the reign of ter-
France; so it was in England in the
half of the XVII. century, and if
back to ancient Rome and Greece
find that although the democraci-
movements of the lowest classes
people, they were caused by the
sions of despots and their courts.
free country we find a danger
not uprooted, will ultimately dem-
civil institutions, destroy our liber-
desolate all. That danger is not the
ence of the lower classes. It is "en-
croachments" of the influential elem-
the community upon the rights
people. The real form of danger
threatens us is that of units of vast
power. Power-units are the cause
oppression everywhere, and in this
the power that is recognized is
Dynastic power and military power
not present dangers, and probably
will be, except as outcomes of rev-
caused by the abuses of money
backed by that cringing element
ever ready to make a hired slave of
But everything with us fosters the ac-
lution of money in the hands of
individuals or of allied corporations
for their common success.) The
resources of material wealth in our
and our means of communication
the quick and unscrupulous to
oligarchs of this money power; or
ability and honesty being run over
trampled under foot in the comp-
The men who wield this power can
legislatures, courts and executive
and so cover their tyrannical acts
semblance of legality. Their most
sive conduct will be shown in obedi-
some law, or, at least, in opposition
law. Where favorable legislation is
is not obtained, unfavorable legisla-
prevented. But, is not this bribery
course it is. But it is bribery pro-
with all the refinement of art and
dignity of statesmanship. It is bri-
sinuously practiced, and on so col-
scale, that the public eye is dazed
public mind deceived or bew-
Under its effects, transactions which
the narrow sphere of a petty thief,
send him to prison, are wrought on
side in the millions of railway stock
the perpetrators remain as members
most reputable political and com-
society of the land. Men of this
are even elevated to the highest of
statesmen whose daily life has
every principle of justice and in the
of which the honest and hard work-
ducer, who enriches and fattens the
little less than a beast of burden, ex-
a little while when they need his
election time. Brother workmen
ful when you are called to cast your
in the ballot box, as every one of
with very few exceptions, have, of
thing in view, that is, to make a
of you to elevate themselves and one
spit on your head.

CYRILLE HO...

A girl out West, who had become
of single blessedness, thus wrote to
tended:

DEAR JIM.—Curn rite off if your'e
at all, as Sile Holmes is insistin'
shall have him, and he hugs and ki-
so continually, that I kan't hold on
longer. I must have a feller bef-
winter, and I kan't stand it any
Your flame,
JELIA