# ChoUrwiche Colitutas <br> Vol. L. No. $7 . \quad$ MONTREAL, SATURDAY. AUGUST 23, 1900. 






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NOTES FROM ROME.




FADS FOR PRESERVING HEALTH.

| Most people know how to get sick,but few know how to kepp wel, ré remarks a contributor to the New Y ork"Post." Health is an art to be learn- | writes. "All art is dedicated to joy," joy and health are synonymous terms.It is worth while to study this con- |
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| "Post." Health is an art to be learn- |  |
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| attention to the art of preserving |  |
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|  | tirth-ive deas, says, of al the these |
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|  | able. According to a theory advenced by a physician in an Eastern state,the brain, being the great dynamo of |
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|  | pose he must go on the assumptionof the Irish officials who, when dis- |
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|  | tributing food during the famine,proceeded on the theory that there |
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|  | could be no actual suffering as long |
|  | eat too much and play too little are as the sands of the sea for mutt- <br> tude. Cut down the tood consump |
| Now, at twenty yeapposed to havetemperate person is supp |  |
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|  | startling or so numerous. |
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If the English spoaking Cathollics of montroal and of this
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## SATURDAY

## Notes of the Week

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The Ride For a Life.
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## A QUAIIT GANADIAI VILLAGB.

| thb wame "Lapramien' is tamiHiar to almost every person in Mont- |  |
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| known to some as the great camping ground for our militia; to others as |  |
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|  | and especially in the vicinity oi |
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|  | men-worthy children of |
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|  | none more than in the conventLaprarie are the youn childrenthe present generation tormed at |
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|  | the present generation formed arc确 Churc. On the river front the attractive |
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|  | tion and goodness so characteristic |
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|  | to the close." Here the orphan chile, dren are taken from the very cradle, in many cases, and fittingly prepared |
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|  | coser touch with religion, in closerconnection with God. It is in a real |
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|  | quently said there for the people, asWell as for members of the commu-nity. |
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|  | A little to the west of the Providence Nuns ${ }^{\text {b }}$ buildings, stands an-other Catholic institution of no small |
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|  | athethe French-Canadian youth, andspoke of in the himhestpraise by many of the |
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|  | praise by many of the residents with whom the writer held brief interviews. I expect to have an early op- |
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|  | portunity of presenting a sketch of |
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|  | resque dining-room, now kept by the genial and hospitable Mr. Lamarre ;also the cosy and well conducted pri- |
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|  | or our leading ramies, Frenc-canasdian and Irish-anadian...take thingsvery pleasant in that sweet, silent |
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|  | viliage. $\begin{aligned} & \text { Were such a town near any of the }\end{aligned}$ |
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|  | great American centres a woundsince have grown intoandy.meguar The future possibitites of apraite, thehowever, are incalculable, and the Montreaier of another generation mayfecome a regular suburbs of Tnd ic become a retropis- the homethe commercial metron anon. |
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HUMILITY AND REPENTANCE.


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## THE TAX BLLLS Now. The asessors have concluded their bors so tar as outdoor work is assessors have concluded their borrs so tar as outdoor work is. corned, but they hav herd work fore them th the hundreds of co ore  tion has been increased. THE AssAssiv, if reports are true is now turning the point of hiis dag 




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tinues stendy at $211 / 60$ for fineet











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