



Middlefield Group
First Canadian Place,
58th Floor, P.O. Box 192, Toronto, Canada, M5X
1A6
Phone: (416) 362-0714 Fax: (416) 362-7925

FIRST QUARTER REPORT 2000
For the quarter ending March 31, 2000

Press Release

MINT ANNOUNCES FIRST QUARTER RESULTS

Middlefield High Income Trust ("MINT" or the "Trust") is pleased to announce its unaudited financial results for the three months ended March 31, 2000, the details of which are attached.

In the first quarter of 2000, the Trust generated net investment income of \$0.16 per unit, compared with \$0.19 per unit in the fourth quarter of 1999. On April 27, 2000, MINT made a distribution of \$0.17 per unit, which compares to \$0.20 for the same period last year. It is anticipated that distributions for the balance of the year will be in line with the first quarter. On an annualized basis the current distribution rate represents a yield of approximately 12% based on the current market price of \$5.50 per unit.

MINT continues to reduce its weighting in securities with commodity price related exposure such as Luscar, in favour of less volatile investments that present both value and growth opportunities. The portfolio has recently experienced a marked improvement in performance. Since the end of the first quarter of 2000, MINT's net asset value per unit has appreciated approximately 10% to a current value of \$6.10. The Trust's investment strategy has been shifting to emphasize capital preservation and appreciation, rather than focusing primarily on high current income.

The market outlook for MINT is very positive and the lack of a material increase in the rate of core inflation should diminish the Federal Reserve's tightening bias. A more neutral monetary policy would be positive for the high income securities sector as a whole. In the meantime, the Trust is well positioned with respect to its energy related investments to benefit from rising oil and gas prices.

MINT is a closed-end investment trust that invests primarily in high yield equities supplemented by high yield debt. This news release contains forward-looking information. Actual future results may differ materially. The risks, uncertainties and other factors that could influence actual results are described in MINT's annual report to unitholders and other documents filed with regulatory authorities.

MINT trades on The Toronto Stock Exchange under the symbol "MID.UN".

For further information, contact Nancy Tham or the undersigned:

Mr. J. Dennis Dunlop
Senior Vice President

May 30, 2000

STATEMENTS OF NET ASSETS
As at March 31

Unaudited	2000	1999
ASSETS:		
Investments at Market Value	\$ 49,030,833	\$ 67,952,320
Cash and Short-Term Investments	892,981	1,694,499
Income Receivable	1,685,072	1,347,629
	51,608,886	70,994,448
LIABILITIES:		
Accounts Payable and Accrued Liabilities	464,056	383,036
Unitholder Distributions	1,140,184	1,443,437
Loan Payable	13,123,149	18,278,498
	14,727,389	20,104,971
Net Assets	\$ 36,881,497	\$ 50,889,477
Units Issued and Outstanding	6,627,365	7,207,489

STATEMENTS OF OPERATIONS
For the three months ended March 31

Unaudited	2000	1999
INVESTMENT INCOME:		
Income from Investment Trust Units	\$ 1,154,336	\$ 1,312,605
Interest	372,922	552,769
	1,527,258	1,865,374
EXPENSES:		
Interest and Bank Charges	233,689	270,241
Management Fee	100,287	131,210
Audit and Legal	66,559	4,775
Custodian and Trustee Fee	11,400	12,298
Network Fee	4,577	8,184
Marketing	4,057	9,237
Transfer Agent Fee	3,210	2,006
Other	5,793	2,904
	429,572	440,855
Net Investment Income	1,097,686	1,424,519
NET REALIZED AND UNREALIZED GAIN (LOSS) ON INVESTMENTS:		
Net Realized Loss from Investment Transactions	(7,464,728)	(606,083)
Change in Net Unrealized Appreciation of Investments	2,495,771	1,309,468
Net Gain (Loss) on Investments	(4,968,957)	703,385
Net Increase (Decrease) in Net Assets Resulting from Operations	\$ (3,871,271)	\$ 2,127,904

STATEMENTS OF CHANGES IN NET ASSETS
For the three months ended March 31

Unaudited	2000	1999
OPERATIONS:		
Net Increase (Decrease) in Net Assets Resulting from Operations	\$ (3,871,271)	\$ 2,127,904
DISTRIBUTIONS TO UNITHOLDERS		
	(1,140,184)	(1,425,801)
UNITHOLDER TRANSACTIONS:		
Issue Cost Recoveries	-	161,052
Repurchase of Units	(1,604,841)	(1,288,570)
	(1,604,841)	(1,127,518)
Net Decrease in Net Assets	(6,616,296)	(425,415)
NET ASSETS:		
Beginning of Period	43,497,793	51,314,892
End of Period	\$ 36,881,497	\$ 50,889,477
INVESTMENT TRANSACTIONS:		
Proceeds from Sale of Investments	\$ 3,310,261	\$ 2,501,726
Less: Cost of Investments Sold:		
Owned at Beginning of Period	79,765,624	90,140,191
Purchased During Period	1,266,280	1,254,250
Owned at End of Period	(70,256,915)	(88,286,632)
	10,774,989	3,107,809
Net Realized Loss from Investment Transactions	\$ (7,464,728)	\$ (606,083)

STATEMENTS OF FINANCIAL HIGHLIGHTS
For the three months ended March 31

Unaudited	2000	1999
DATA PER UNIT		
Net Asset Value at Beginning of Period	\$ 6.27	\$ 6.93
INCOME FROM INVESTMENT OPERATIONS:		
Net Investment Income	0.16	0.20
Net Realized and Unrealized Gains (Losses) on Investments	(0.69)	0.13
	(0.53)	0.33
DISTRIBUTIONS TO INVESTORS		
	0.17	0.20
Net Asset Value at End of Period	\$ 5.57	\$ 7.06
RATIOS/SUPPLEMENTAL DATA		
Total Net Assets at End of Period	\$ 36,881,497	\$ 50,889,477
Weighted Average Net Assets	\$ 38,562,316	\$ 52,262,418
Management Expense Ratio	1.90%	1.24%
Portfolio Turnover Rate	2.48%	1.86%
Total Rate of Return	(8.27)%	4.87%

STATEMENT OF INVESTMENT PORTFOLIO

As at March 31, 2000

Unaudited

Description	Business	% Weight
HIGH YIELD EQUITY:		
H&R Real Estate Investment Trust	Office/Industrial Buildings	9.1%
AEC Pipelines L.P.	Oil Pipeline	9.0%
RioCan Real Estate Investment Trust	Retail/Office/Industrial Buildings	8.6%
ARC Energy Trust	Oil and Gas Production	6.5%
Paperboard Industries International Inc.	Paperboard/Packaging	5.4%
Associated Freezers Income Trust	Public Refrigeration Warehousing	4.9%
Western Facilities Income Trust	Gas Plant/Oil Pipeline	4.5%
Northland Power Income Fund	Cogeneration-Electricity/Steam	4.2%
Koch Pipelines Canada L.P.	Oil Pipeline	3.5%
Morguard Real Estate Investment Trust	Retail/Office/Industrial Buildings	3.1%
Halterm Income Fund	Container Handling Facility	3.1%
Summit Real Estate Investment Trust	Retail/Office/Industrial Buildings	2.8%
Westshore Terminals Income Fund	Coal Handling Facility	2.1%
KMS Power Income Fund	Electricity Generation	1.4%
Pembina Pipelines Income Fund	Oil Pipeline	1.3%
Canadian Imperial Bank of Commerce	Financial Services	0.8%
Legacy Hotels Real Estate Investment Trust	Hotel	0.8%
CPL Long Term Care Real Estate Investment Trust	Nursing Homes	0.6%
Royal Bank of Canada	Financial Services	0.6%
Bank of Montreal	Financial Services	0.5%
Toronto Dominion Bank	Financial Services	0.5%
		73.3%
HIGH YIELD DEBT:		
Ainsworth Lumber Co. Ltd. 12.5% due July 15, 2007	Forest Products	6.3%
Finlay Enterprises Inc. 9% due May 1, 2008	Jewelry Retail	5.3%
Millar Western Forest Products Ltd. 9.875% due May 15, 2008	Forest Products	5.0%
Anchor Lamina Inc. 9.875% due February 1, 2008	Tool and Die Manufacturing	4.4%
Derlan Industries Limited 10% due January 15, 2007	Aerospace Manufacturing	2.5%
Scott Paper Limited 10% due June 6, 2007	Paper Products	2.1%
Greenstone Resources Ltd. 9% due February 28, 2002	Gold Mining	1.1%
		26.7%
Total Investment Portfolio		100.0%

TRUST PROFILE

MINT raised \$98 million in March of 1997 through an initial public offering. The primary objectives of the Trust are to produce a high level of sustainable income and to minimize the risk of investing in high yield securities on a cost effective basis. MINT is comprised of four asset classes: income funds, high income debt, real estate investment trusts and royalty trusts. Unitholders can acquire additional units by participating in the Distribution Reinvestment Plan. The Plan enables unitholders to reinvest their quarterly distributions in additional units of MINT thereby achieving the benefit of compounding returns. MINT is fully RRSP eligible.

Head Office

One First Canadian Place
58th Floor
P.O. Box 192
Toronto, Canada M5X 1A6

Directors and Officers of the Manager

Murray J. Brasseur, Director
W. Garth Jestley, Director
James S. Parsons, President and Director
Sylvia V. Stinson, Vice President and Director
Anthony P. Traub, Secretary-Treasurer and Director

Telephone (416) 362-0714
Fax (416) 362-7925
Email invest@middlefield.com
Web Site www.middlefield.com

Auditors
Arthur Andersen LLP

Counsel
Davies, Ward & Beck

Bank
The Bank of Nova Scotia