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THE POPE AND PRO- presents them to his parents. Nay, Catholic spirit will ever abandon the taught the majority that such farm- ness, advertise in it yourself. TESTANTISM.

CATHOLIC TIMES, (ENGLAND). nalists ask: "Why should the Pope food. They are effusive in their others, as well as some of the news-Is it not the business of religious them forth she timidly suggests that prophesying about the hard times as possible?" We print a full it might be well if little Nicholas this winter, owing to the short harmfulness of a temperate use of will be seen that whilst his Holiness naturally objects to a campaign by contending sects who agree only in hostility to the Catholic Church, and whose efforts when successful have no greater result than the creation of doubt and indifference, what has excited his indignation is the unfairness with which the work of the proselytisers is conducted. Their ance to their suspicions. They merely of meeting many farmers and grain the shortening of life, many physiarts are but too well known to us in this country. All Protestants do not resort to them. On the contrary we willingly bear witness that there are honorable Protestants who from their hearts disdain these methods, and desire to restrict themselves to legitimate argument. But the Protestant propagandists who go, or rather who are sent abroad for the purpose of perverting Catholics, are not of this class. They consist largely of colporteurs and lady evangelists who are paid so much per week or per month by wealthy religious societies, and are called upon to show some fruits for the money they receive. Their ambition is to secure lists of adherents at any cost. It is needless to say that they do not win them by reasoning. Indeed that is a mode of assailing the Catholic creed in which they have little faith. For the most part, their own religious education is of a very superficial that he should eat nourishing food holding his grain for an advance, is kind. They have scarcely a conception of the history of Christianity. of the wealth of doctrine and ritual derived from the deposit of faith and tradition, or of the requirements for the proper interpretation of the Holy Scriptures, which they so boastfully profess to reverence. In purely dogmatic disputation even the best of them would quickly find themselves worsted by an uneducated Italian peasant familiar with his Catechism and with the lessons taught by the symbols and ceremon-

ies of the Church. But if, as the Holy Father remarks, they cannot count upon the force of truth, they have great reliance in the power of material resources, especially when employed in mean and underhand practices. People of mature years have convictions and can argue; the minds of the young can be easily impressed by those who are more advanced in life. Therefore one of the chief aims of the Protestant propagandists is to get hold of children. How is this purpose carried out? They are aware that Italy is a land where want is actually felt. So they often in an indirect, insidious way. says little or nothing of her Protes-

and mother, who are lost in wonder The letter of the Holy Father to at the large-heartedness of the rich the Cardinal-Vicar on the Protestant lady from a foreign land. Soon she propaganda in Italy has elicited calls upon them again and brings many comments. Protestant jour-articles of apparel and money for that he is really too scrupulous and farmer is apt to do, when he is needs three full meals a day. Indeed Nicholas is being taught a lesson, suits for his pay. With these two the hint is casually thrown out that classes, which comprise the greater conveys tracts and presents from This will leave both without a the foreign lady to his parents. surplus, perhaps, but with more They accept the gifts of food, cloth- ready money to pay their small ing and money with pleasure; the debts and spend on their families tracts they put aside in order that than they have had during any of they may be able to produce them the three prosperous years just past. when their benefactress visits them During the past three years there again. All three-father, mother have been many farmers on low end son—when they are by them- land whose crops have been drowned selves smile contemptuously as the out by the very rains that made the idea of becoming Protestants; but, greater number of the farms prolific. scheme of the agent of a foreign told, by grain men from some of society for undermining their Catholic the outlaying districts, has given faith, they have lapsed into religious them good crops. This will enable

regarded as typical. We suppose it is not to be expected that Protestants who are straightforward and manly can prevent their co-religionists from adopting these unworthy designs. Such artifices approach the poor-approach them are countenanced and encouraged proselytising societies with A good lady has taken a house in a abundant funds, and so long as that neighboring street or village. She is so, agents will be willing to vidual is that the rains of this month practise them. It is, however, are ruining the grain in the stook, tantism. The kindly soul cultivates certain that their labor will be wasted making it grow and spoiling the about its contents, commending or above all things the character of a for despite all their ill-directed zeal, sample. No doubt this is possible condemning this or that article. bountiful benefactress. She is there is not the faintest prospect is a few cases where the farmer is Read its advertisements and when astonishingly generous and open- that the people of Italy who have taking chances on farming twice as you make purchases from advertis- athletics; but no such substitution

she adds a jacket and a cap, and is faith of their fathers for the nebulous ing does not pay, the complaint will Hownot to support a paper. — Bor-

THE MISTAKEN CRY OF HARD TIMES.

Some business men and many nothing but she would provide him when his utterances tend to depress, with food and clothing. No mention or interfere with business, he beis made of religion. The father and comes something more than a eating. mother now strongly suspect that nuisance. If any change is felt in the funds wherewith the foreign trade I am strongly of the opinion lady procures the food and clothing that it will be more his fault than drunkard, make no inquiries, as a are supplied by a proselytising the supposed shortage in the wheat society, but they do not give utter- crop. I have had an opportunity express the hope that little Nicholas, men outside of Winnipeg during the ologists assert that overeating is who is a Catholic, will not be pre- past year, and what I have learned vented from honoring the Madonna, is that Manitoba was never in as through whose intercession they good a position to stand a crop have received so many favors. failure as it is at present. I found of nutriment, which is proportioned opened, "I am selling a new book Positive ascurances are given on that many farmers are holding last little Nicholas is sent year's grain, and some as much as to the lady s school. He is delight- three crops, waiting for higher ed with his reception. No serious prices. To do this they had, in efforts are required on his part to most cases, to pay storage and keep pace with the educational insurance, as well as interest upon work. A good deal of his time is money borrowed from the banks, or spent in play. At home it was a individuals to pay their current anything beyond menestra or a their grain, finding that they had Christmas dinner a month later, fed like the son of a noble. Meat required for immediate necessities, is plentiful, and he heartily relishes invested in more land. While doing the different courses set before him. this, the farmer, in both cases, would True, he is sorely troubled when feel somewhat hard-up, and would He discloses his difficulty to the keeping the money, that would have foreign lady. In her blandest man- been freely spent at other times, ner she conjures it away, telling him out of circulation. Another thing a when he could get it, particularly as to buy from the storekeeper on he is not strong. Later, when little credit, and make him wait until it nine tenths of us. Roman Catholics are deprived of part of the well-off farmers of this their freedom—that they are only country, the shortage will compel allowed to think and believe as the the one to sell, at least part of his priests wish. Thus the process of grain, and the other to defer the perversion goes on. Little Nicholas purchase of land for this year. as a matter of fact, thanks to the The drouth of this summer, I am indifference. The case may be them to pay their debts, and put money in circulation from a source that has been barren doing the good years. Another feature is that the late rains and the absence of frost have very much improved the yield over what was anticipated, giving a half or three quarter crop where

The last cry of the gloomy indi-

hardly seed was expected.

loaded with blessings by the father creeds of warring Protestants sects. not apply to a very great extent. row it regularly from your neigh-"Peg," in Winnipeg Town Topics.

INTEMPERATE EATING.

Volumes have been written and millions of words have been spoken against overindulgence, or any feel indignant at Protestant activity? thanks. Whilst they are pouring papers, are doing more or less indulgence, indeed, in alcoholic workers to gain as many proselytes as she teaches a class at her house that are going to prevail in Manitoba of opinion there may be as to the beverages, and whatever difference translation of the Holy Father's were sent to her day by day. He crops. The prophet of evil is wine or beer, there is none whatever letter in our present issue, and it would learn something. Not only altogether too common in this, and, as to the dangers of intemperance would the instruction cost him I suppose, every other country, and in that direction. But how many persons ever stop to think of the fatal effects of intemperance in

> Even insurance companies, which rule, concerning the applicant's habits about eating. Yet as regards more destructive than overdrinking.

> The organs of the body are able to assimilate only a certain amount to a nicety to the daily loss of substance in the different tissues.

If more food is taken than can be utilized the liver and the kidneys are called upon to get rid of the extra amount. This they are perfectly able to do once in a while, feast day when he obtained at meals expenses. Many others who sold Thanksgiving dinner, and even a can be disposed of with ease, if the organs are not habitually overworked. But if they have to dispose of a Thanksgiving dinner and two beef is offered to him on fast-day. pinch himself and his family, thereby year they will rebel, and finally give up, exhausted, long before the proper time.

> three "solid" meals a day are, it is safe to say, absolutely hurtful to

It is, of course, impossible to lay down any hard and fast rule as to the taking of food, which will apply to everybody under all circumstances. but it is pretty safe to advise almost everybody to eat less.

The Roman Catholic Church prescribes certain rules as to fasting during Lent, which all its members are commanded to observe. According to these directions, only one full meal can be eaten in a dayeither at noon or in the evening. In the morning nothing is allowed but a piece of bread with coffee, tea or chocolate; for dinner there may be served a full meal; then for luncheon or tea what is called a "collation," that is to say, a light repast is permissable.

The hygienic excellence of these rules is beyond dispute, and the only quarrel the physician has with them is that they are binding only upon them for only six weeks out of the fifty-two.-From the "patent insides" of a Protestant weekly.

TWO HOWS.

How to support a paper—Buy it regularly. Read it thoughtfully, and talk to your acquaintances boots; she buys him a pair and whose lives are permeated by the help for, but, as experience has advertisement. If you are in busi- St. Boniface College.

bor. When you speak of it, just say, in a contemptuous way, that there is nothing in it.

Make it a point to buy of those who seek to attract your custom by advertising; but should you find it to your advantage to patronize them, be very careful not to state that you have seen their advertise-

Never advertise your business in its columns in the usual legitimate way, but get all the gratis notices that you can.

Make it do all the advertising and job work for your pet charity for nothing and then forget to give it credit. You know the proper way to prove your charity is to abstain vigorously from parting with your own money, and to force others to spend theirs.—Catholic Sentinel.

TEACHING ETIQUETTE.

"Madam," he began as the door on 'Etiquette and Deportment.'"

"Oh, you are," she responded. "Go down there and clean the mud on your feet!"

"Yes'm. As I was saying, ma'am, I am sel "-

"Take off your hat. Never address a strange lady at her door without removing your hat."

"Yes'm. Now, then, as I was saying "-

"Take your hands out of your pockets. No gentleman ever carries his hands there."

"Yes'm. Now, ma'am, this work on 'Eti"-

"Throw away your pipe. If a gentleman uses tobacco he is careful not to disgust others by the habit."

"Yes'm. Now, ma'am, in calling your attention to this valuable "__

"Wait. Put that dirty handkerchief out of sight and use less grease on your hair in future. Now you look a bit decent have a book on 'Etiquette and Deportment.' Very well. I don't want it. I am only the servant girl. Go up the steps to the front door and talk with the lady of the house. She called me a downright, outright, no-doubt-about-it idiot this morning, and I think the book you're selling is just what she requires."

ATHLETIC SPORTS AT ST. BONIFACE COLLEGE.

The new committee on athletic sports is hatching great projects for the coming year. They intend to improve the plant that distributes the water over the skating rink, and they are now widening the pretty bicycle path through the college grounds so as to be ready for a on the members of that church, and long autumn or an early spring. But they need money and so they are getting up a dramatic and musical entertainment. It is hoped the public will patronize it liberally. Athletic sports are an excellent help to study so long as they are kept subservenient to the cultivation of the mind. Some of the great non-Catholic colleges allow them to overshadow the college curriculum. Here and there we hear of a Catholic handed. Little Nicholas has no done so much for Christianity and many acres as he can afford to hire ers, mention where you saw their of means for ends is to be feared at