HALF HOURS WITH THE SAINTS. Saint Celestine

PASTORAL VIGILANCE.—St. Celestine succeeded Pope Boniface I. in the year 422. His solicitude was called to every portion of the Christian world at the same time. First towards Africa at the instance of St. Augustine, who pointed out abuses that were to be corrected; next, towards Gaul, where, through an exaggerated severity, certain Churches refused to such as had led a scandalous life the benefit of reconciliation, even when at the point of death. Subsequently, towards the East, where the errors of the Nestorthe East, where the errors of the Nestorians were beginning to make ravages. Against this heresy he held the Council of Rome, and there, in the year 430, caused the heresiarch to be deposed. The latter having refused to obey, Celestine assembled the Council of Ephesus, which condemned him anew. Not satisfied with thus governing the Church, he sent apostolic men to the several countries where the Gospel had not been preached. "My vigilance," he wrote to the bishops of Gaul, "is not limited by space, it extends into every spot." These words were true to the very letter. St. Celestine died in 432.

MORAL REFLECTION .- Vigilance is the virtue truly needful to those to whom the care of souls has been confided. "Plessed are the servants whom the Lord at His coming shall find watching."—(Luke xii. 37.)

Saint Aphraates

FLIGHT FROM DANGER.—Aphraates was living in a hermitage at some distance from the town of Edessa, in Mesopotamia, during the reign of the Emperor Valens, towards the year 375. He was there given up to a contemplative and penitent life, dividing his time between prayer and work. The Arians, who were very numerous in the town of Edessa, had no more redoubtable opponent, and although numerous in the town of Edessa, had no more redoubtable opponent, and although rarely quitting his retreat, he lost no opportunity of attacking them, by demonstrating from the Scriptures that Jesus Christ was truly God, and upholding by miracles the truth of His doctrines. The cures he effected attracted a great crowd about him, but his extreme modesty was nevertheless the theme of general remark. He avoided the presence of persons of a different sex, did not speak to them save when necessary, and then only in few words. He averted from them his gaze in such wise that it was said he had never seen a woman. The period of this pious solitary's death is not fully ascertained. about him, but his extreme modesty was nevertheless the theme of general remark.

Moral Reflection .- Let us draw profit from this example, and yet more from the maxim of the Wise Man: "He that loveth the danger shall perish therein."-(Eccles. iii. 27.)

Saint Edesins.

DEFENCE OF THE OPPRESSED. -St. Edes ius, brother of St. Appian, the martyr of Cæsarea, had been converted to Christian-Casarea, had been converted to Christianity after having vainly sought in philosophy the satisfaction for which his soul yearned. He had already been condemned several times to exile and to labor in the mines for having taken up the defence of the Faith, when, towards the year 237, he entered Egypt during the persecution of Maximinus. The prefect there ruling was Hicrocles, one of the most atrocious persecutors. Edesius was unable to witness in cold blood the most eminent personages condemned to labor unable to witness in cold blood the most eminent personages condemned to labor at the public works, young children cast before the raging beasts, and young virgins and women, consecrated to God in the religious life consigned to places of debauch or sold into slavery. He sought out the prefect and with a holy hardihood of speech explained the purpose of his visit. Hierocles had him seized, beaten with red tortuned in many cruel ways. with rods, tortured in many cruel ways, and finally hurled into the sea, whereby his martyrdom was achieved.

them that kill the body, and are not able to kill the soul."—(Matt. x. 28.)

A FINE PAINTING.

From the Fond-du-Lac (Wisconsin)
Daily Commonwealth of Friday, August
10, we copy an article relating to a picture
painted by Miss Ida Joy, second daughter of Dr. Sylvanus Joy, of this town. It
is as follows:—"At the residence of D.
W. C. Priest on Forest street is a painted portrait of Leon Gambetta, the great Frenchman. It is one of the finest pieces Frenchman. It is one of the linest pieces of art ever seen in the city. The picture, which is a two-thirds life size portrait, is from the brush of Miss Ida Joy, of Tilsonburg, Ontario, who is now in Paris, where the picture was painted from a model taken during life. Miss Joy is the model taken during me. Also so, and sent the picture to her with instructions to keep it unless she could sell it for \$2,000. The artist she could sell it for \$2,000. The artist is only 22 years of age, yet she has been three years in Paris after completing her three years in Paris after completing her studies in this country and spending a year in London. The picture, together with another by the same artist, called The Smoker, will be forwarded to the Chicago Exposition to-night. The portrait represents the statesman and politically in the contract of the cal leader standing with arms loosely folded, the attitude and expression indicating that he was waiting for an instant, perhaps listening to an opponent—before opening his mouth to reply. At this distance from his home the correctness of the likeness cannot be judged, but several of tance from his home the Gambetta's intimate friends pronounced it perfect. The striking features of the picture are its excellent relief and minpicture are its excellent relief and min-uteness of execution. The artist has hap-pily caught the attitude and expression of her subject at the very instant preceding some important action, which at once at-tracts and rivets the attention of the be-holder." The Editor of the Common-wealth is in error about the time spent abroad by Miss Joy. She was a year and a half in London, England, and has been in Paris four years—Tilsonburg, Ont.,

Young men or middle aged ones, suf-fering from nervous debility and kindred weaknesses should send three stamps for Part VII of World's Dispensary Dime Series of books. Address World's Dis-PENSARY MEDICAL ASSOCIATION, Buffalo, N. Y.

Thomas A'Kempis-The Author of the

Many have seen his name after some sage piece of advice or quaint criticism, and have wondered who he is or was. His name was not Kempis, but Hamerken. He lived at Kempen, and as a means of distinguishing him from other Thomases he was called Thomas Kempen. He was born in 1379, and when 21 determined to devote himself to the service of God, and so entered a monastery, where he led a secluded life for more than ninety years. His character for sanctity and learning stood very high among the people of his own time, but his name has come down through ages more on account of his writown time, but his name has come down through ages more on account of his writings, which consist of sermons, treatises on the moral virtues and theology, pious biographies, letters, and hymns. Of these only one remains famous; it is the celebrated treatise "On the Following (or Imitation) of Christ." The original is now in the Burgundian Library in Brussels, and next to the Scripture had the largest number of readers of any book in sacred and next to the Scripture had the largest number of readers of any book in sacred literature, ancient or modern. Dean Millman said that upon its pages there "gathered and concentrated all that is elevated, passionate, profoundly pious in all the older mystics." The handwriting in the original volume is good and generally clear. The manuscript first belonged to the Monastery of Mount St. Agnes, in which Thomas a Kempis spent his life. Besides being a very rare old book, with an everlasting treasury of good things in it, it has a history.

A Brave Soldier and a Gallant Rider.

The following incident occurred during a general review of the Austrian cavalry a few months ago: Not far from 30,000 cavalry were in line. A little child, a girl cavalry were in line. A little child, a girl of not more than four years, standing in the front row of spectators, either from fright or some other cause, rusbed out into the open field just as a squadron of hussars came sweeping around from the main body. They made a detour for the purpose of saluting the empress, whose carriage was drawn up in that part of the parade ground. Down came the flying squadron, charging at a mad gallopdown directly on the child. The mother was paralyzed, as others were, for there could be no rescue from the line of spectators. The empress uttered a cry of was paralyzed, as others were, for there could be no rescue from the line of spectators. The empress uttered a cry of horror, for the child's destruction seemed inevitable—the trampling to death by a thousand iron hoofs. Directly under the horses was the little one—another instant must seal its doom, when a stalwart hussar, who was in the front line, without slacking speed or losing his hold, threw himself over the horse's neck, seized and lifted the child, and placed it safely upon his saddle-bow; and this he did without changing his pace or breaking the correct alignment of the squadron. Ten thousand voices hailed with rapturous applause the gallant deed, and other thousands applauded when they knew. Two women there could only sob forth their gratitude in broken accents—the mother of the child and the empress. And a proud and happy moment it must have been for the hussar when his emperor, taking from his own breast the richly enamelled Cross of the Order of Maria Theresa, hung it upon the breast of his brave and gallant trooper.

Must Make Her Own Standard.

This is the opinion of Mrs. D. H. B. Goodale in an article in "Education" on "Mothers as Educators," "If God made man and woman unlike, for different work—and this we believe—then no man can teach woman what she most needs to know. In the fields of life there is a great realm of common riches, common pursuits, which may be shared or divided in a thoupart of a Christian would be more inexcusable than on that of a soldier. Woe to him who would, under fear of danger, refuse to defend truth and innocence. Has not Jesus Christ said, "Fear ye not them that kill the body, and are not able with the soldier of the soldier. Work should be more firmly act more enthusiastically and the soldier of the soldier. Work should be more firmly act more enthusiastically and the soldier of the soldier. Work should be more firmly act more enthusiastically and the soldier of the more firmly, act more enthusiastically and devoutly on her own true lines, than man can do or can suggest. She must make her own standards, her own methods.

> It is the cheery worker that succeeds. No one can do his best, or even do well in the midst of worry or nagging. Where fore, if you work, work as cheerily as you fore, if you work, work as cheerily as you can. If you do not work, do not put even astraw in the way of others. There are rocks and pebbles and holes and plenty of obstructions. It is the pleasant word, the hearty word, that helps, and a man who has these at command is sure to be a helper to others in the highway of life, along which so many are travelers.

Two Highlandmen, kilted in primitive Two Highlandmen, kitted in primitive order, dropped inadvertenly into an Episcopal Chapel on a Sunday, and seated themselves in a respectable pew. Having never been in an Episcopal Chapel before their astonishment cannot be described on a beautiful symphony being struck up by the organist. At that instant a gen-tleman came to take possession of the seat, and civilly laid his hand on the shoulder of one of them, and pointed to the door. "Hout tout!" cried the High-lander, "tak' out Donald there, he be a far better dancer than me."

Mrs. W. J. Lang, Bethany, Ont., writes: I was one of the greatest sufferers for about fifteen months with a disease of my about litteen months with a disease of my ear similar to ulcers, causing entire deaf-ness. I tried everything that could be done through medical skill, but without relief. As a last resort, I tried Dr. Thomas Eclectric Oil, and in ten minutes found relief. I continued using it and is found relief. I continued using it, and in a short time my ear was cured and hear-ing completely restored. I have used this wonderful healer successfully in cases of inflammation of the lungs, sore throat, coughs and colds, cuts and bruises, &c., in fact it is our family medicine.

fact it is our family medicine.

Mr. R. C. Winlow, Toronto, writes:
"Northrop & Lyman's Vegetable discovery is a valuable medicine to all who are troubled with indigestion. I tried a bottle of it after suffering for some ten years, and the results are certainly beyond my expectations. It assists digestion wonderfully. I digest my food with no apparent effort, and am now entirely free from that sensation, which every dyspeptic well knows, of unpleasant fulness after each meal." Sold by Harkness & Co., Druggists, Dundss St. Dundas St.

OUR SAVIOUR AT MOUNT TABOR.

At St. Vincent de Paul's Church, North Sixth street, Brooklyn, recently, the Rev. Father McCabe preached an eloquent ser-mon. In the course of his remarks he said that probably the most beautiful spot in Palestine was Mount Tabor. Here one day, before His death and passion, Christ, our Saviour, brought St. Peter, James and John, who ere this, knew not the meaning of their journey up the mountain side. He appeared before them in a beautiful vision, His face shining like the sun and His appeared before them in a beautiful vision, His face shining like the sun and His garments as white as snow. He then stood before them in His true position as Master of life and death. He stood in the middle, full in the glories of Heaven's brightness, on one side Moses, who had been snatched from the grave, on the other Elias who had never died and is still living. The Apostles fell to the ground in fear as they beheld this wonderful thrilling vision, and listened to the sweet recital of the Redeemer of the coming agony in the garlen and awfuldeath on the cross. The Apostles represented the virtues of faith, hope and charity—Peter as faith, John as hope and James as charity. Life is too short to put off our change from evilto ways of good. We must believe in God hope in Him and love Him with our whole heart and soul and mind. We must not believe in Him now, but always. We must fasten in our minds the beautiful vision on Mount' Tabor. And again we must think of Him when He was transfigured in Bethlehem, on Calvary, the moment of His resurrection and His humble transfiguration in the shape of bread and wine on our altars. We must all assemble one day in the Valley of Jehosaphat for judgment, and let us not appear there in fear of hell. Let me not know you as a pure man, and see you before the throne of God in the frightful aspect, as false to your wife—to the woman you swore to care for in purity before the throne of God in the frightful aspect, as false to your wife—to the woman you swore to care for in purity and truth. Fear cast down Peter, James and John, but Jesus took away their fear when He touched them and told them to arise; and He will do the same to you. He will touch your souls, and you can stand before Him in all His beauty on the final day, without fear or trembling, to be lifted up from the valley of God's justice and placed on the Tabor of God's eternal, God's everlasting glory in heaven.

in heaven.

The sermon was listened to with rapt attention throughout.

Six Mortal Sins.

The following important decisions were published not long ago by Bishop O'Reilly, of Liverpool. They are based on the teaching of the best Catholic theologians; and should be attentively studied by all who are responsible for the management of retail liquor stores:

1. Whoseever drinks deliberately to such an extent as to lose his reason com-

2. Whosever knows by past experience that when drunk he is accustomed to

ence that when drunk he is accustomed to blaspheme, or utter other improper lan-guage, or to injure others about him, be-sides the sin of drunkenness, is guilty of those other crimes committed during the state of intoxication.

3. Whosoever does not adopt the proper means for the correction of this vicious habit of drunkenness, remains in a contin-

ual state of sin. ual state of sin.

4. Whosoever entices and urges another to excess in drinking, whom he foresees will be intoxicated, commits a mortal sin.

5. Any seller of liquor who continues to supply to any individual that he knows will become intoxicated therewith, commits a mortal sin, because he deliberately co-operates in the grievous sin of another.

6. Whoseever is quilty of excess in

Bonaparte's Love of Church Bells.

The sound of bells produced upon Bonaparte a singular effect, which I could never account for; he listened to them with delight. When we were at Malmaison, and walking in the avenue leading to the plain of Ruel, how often has the tolling of the village bell interrupted our most serious conversations! He stopped short lest the moving of our feet should short, lest the moving of our feet should cause the loss of any of those sounds which charmed him. He used even to be vexed charmed him. He used even to be vexed because my feelings on these occasions did not accord with his own. So powerful was the effect produced upon him by the sound of these bells, that his voice would faiter as he said: "Ah! this recalls to my mind the first years I passed at Brienne, (Napoleon's first school, conducted by monks.) I was then happy." When the bells had ceased he would resume his gigantic speculations, and launch into futurity, place a crown upon his head, and hurl kings from their thrones.—Bourrienne's ity, place a crown upon his head, and hurl kings from their thrones.—Bourrienne's Memoirs of Napoleon Bonaparte.

The political contest being over, the popular vote of the people is now cast in favor of Dr. Fowler's Extract of Wild Strawberry—the matchless remedy for Cholera Morbus and all Summer Com-

Malarial poison can be entirely removed from the system by the use of Ayer's Ague Cure, which contains a sure specific, in the form of a vegetable product, used in no other remedy. Warranted.

THERE ARE CHEAP PANACEAS for various human aliments continually cropping up. Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure has no affinity with any of these. Unlike them, the article is derived from the purest sources, is prepared with the utmost chemical skill, is a compine remedy and not a realisation. prepared with the utmost chemical sain; is a genuine remedy and not a palliative for Biliousness, Constipation, Kidney troubles, impurity of the blood, and female complaints. Sold by Harkness & Co., Drug-

gists, Dundas St. The most miserable mortal in existence the most inserance mortal relations is probably the confirmed dyspeptic. Burdock Blood Bitters cure Dyspepsia and all diseases of the Stomach, Blood, Liver and Kidneys. Do not trust our word simply, but address the proprietors for proof.

THE "ANGELUS" IN LIMA.

A man of the world thus describes the plety of the inhabitants of Lima, and their devotion to the Angelus. What traveler has not been impressed by similar scenes in Catholic countries?

in Catholic countries?

"Each time that I found myself on the the bridge, at the decline of day I witnessed a spectacle which at first surprised me very much. While the noise of traffic, the clatter of busy feet, and the hum of animated conversation were at their highest, the stroke of a bell was heard. The magic wand which, in the fairy tale, suddenly rendered the eyes of the famous sleeper immovable, could certainly not have had a more sudden or irresistible effect. All heads were instantly uncovered and inclined; all conversation hushed—even the sentence begun was interrupted. The horse and his rider and every vehicle stood still. The men, who by their dresses seemed to belong to Peru, all fell prostrate on the ground; only those who wore a sort of black garb (priests) remained standing, and even these were deeply inclined, as if it were at the elevation during Mass. A death-lide silence had replaced the boisterousness of a moment ago; the sound of a bell alone was heard. It continued ringing for the space of two minutes. I had instinctively taken off my hat, and was interrogating my neighbor in regard to the sudden transition, but he did not answer. Soon a melodious chime resounded through the air, then all the people stood up again; footmen, knights, cavaliers, and vehicles continued on their way; the "Each time that I found myself on the up again; footmen, knights, cavaliers, and vehicles continued on their way; the sound of voices was again heard, on all sides action was resumed with the same suddenness with which it had been interrupted. Now I learned that every one had been reciting the Ave Maria. No matter been reciting the Ave Maria. No matter what part of the city I might be in, I observed that the same effect was produced at the sound of the bell for night prayers.

at the sound of the bell for night prayers. This spontaneous adoration communicated itself to sixty thousand souls—there seemed to be, at this moment, a sort of electricity of religious faith. As for my self, I experienced one of those tender and unspeakable emotions which recalled the days of youth, with all their holy beliefs and sweet joys. I love, above all, to hear the Ave Maria recited in times of tribulation, when my heart would ever turn lation, when my heart would ever turn towards my country and those I love: I felt near to it and them. In other Catholic countries that I have visited, the spectacle is the same. At the first stroke of the Angelus bell all noise ceases as if by enchantment; the bustling crowds stop and becomes quiet and collected; only when the music of the bell ceases does the scene change to animation and the tide of life flow on."

The Angelus Bird.

In the forests of Guiana and Paraguay

A DESPICABLE DIVORCE.

Chicago Living Church The Springfield Republican gives an account of what it calls "a despicable

Mrs. Lawrence sued for "limited divorce" after a married life of very nearly 28 years, and on the ground of "cruel and inhuman treatment." She came into court, a "well-preservel, pleasant-looking" woman, about 45 years old. He came into court, a "jolly, good-natured" man a little older. The wife's grievances were that he "had not properly contributed to her support," "had used improper language to her," "had uttered threats which caused her to fear personal violence," had paid too much attention to the comfort of the family housekeeper. Mr. Lawrence on his part testified that his wife had neglected her household duties; he had to get his own dinners and make up his own bed, and this so generally that he finally told her she had better clear out, and accordingly she "cleared." Mrs. Lawrence sued for "limited divally that he hnally told her she had better clear out, and accordingly she "cleared." There was a quarrel about household pets. Lawrence had taken home a kitten; Mrs. Lawrence had a black and tan terrier given her; likewise she had a parrot that used to swear at him, and the housekeeper fetched in a canary. He made up his used to swear at him, and the housekeeper fetched in a canary. He made up his mind to abolish the menagerie. "So I boxed up the dog," he said, "and expressed him to Brooklyn. I sent the parrot to a neighbor's to board; took the cat in a bag and lodged it in a hay-mow two miles away and told the housekeeper to remove her bird. I cleaned the whole business out, and then I thought I'd have some peace; but it was worse. The first I knew Mrs. Lawrence had cleaned the house out and left it on my hands." On this showing the judge decreed a separation with-

ing the judge decreed a separation with-out alimony.

This is a fair sample of the petty family squabbles with which the majesty of the law in divorce suits is occupied. The judge who listens to such stuff ought to be fined for contempt of court, were it not that he administers laws which are beneath contempt.

For the prompt and certain cure of erysipelas, use Ayer's Sarsaparilla, which is the specific endorsed by the most eminent medical authorities.

Precautions Against Cholera.

Not a few imagine cholera to be an incurable disorder that sweeps all before it like a pestilence, and is practically as irresistible and overwhelming as an earthquake. Nothing can well be further from the truth. In its incipient stage, we are told on the highest scientific authority, "it may be almost with ease arrested," while from beginning to end nurses—as proved by the testimony of eight thousand attendants—"suffer no mere than other people." So long, indeed, as the germs of infection are kept outside the body, and are neither swallowed nor inhaled, the disease may be ordinarily regarded, we are confidently assured, with impunity. So long, therefore, as the local authorities and householders adopt a few simple sanitary precautions there is no cause for either panic or dismay. No doubt wonderful progress has been made within the last few years in arousing rural and other sanitary authorities to a sense of their duty in these respects, as well as everywhere stimulating, if not compelling, the executions of complete systems of sewerage and water supply. But the complaints that ever and anon find their way into the newspapers prove that the work of sanitary reform is far from complete—that here and there pestiferous open ditches and heaps still pollute the air with noxious odors, and constitute a standing menace to the public health. Let us hope that the very possibility of the introduction of cholera may awaken everywhere negligent authorities to the necessity of remedial action—to the danger of permitting their districts to become so many prolific centres of infection.

Vegetables and Salads.

All vegetables have an effect on the chemistry of the body, so that we cannot speak too highly of their importance at table. We will mention a few of these matters first, and dispose of this aspect of mix matters first, and dispose of this aspect of the subject, so as not to seem to mix pharmacopocia with the kitchen. Asparagus is a strong diuretic, and forms part of the cure for rheumatic patients at such health resorts as Aix-les-Bains. Sorrel is cooling, and forms the staple of that soupe aux herbes which a French lady will order for hearth of the a long and tiring journey. for herself after a long and tiring journey. Carrots, as containing a quantity of sugar, are avoided by some people, while others complain of them as indigestible. With regard to the latter accusation it may be remarked, in passing, that it is the yellow core of the carrot that is difficult of digestion—the outer a red layer, is tender tion—the outer, a red layer, enough. In Savoy the peasants have re-course to an infusion of carrots as a specific for jaundice. The large, sweet onion is very rich in those alkaline elements which very rich in those alkaline elements which counteract the poison of rheumatic gout. If slowly stewed in weak broth, and eaten with a little Nepaul pepper, it will be found to be an admirable article of diet for patients of studious and sedentary habits. The stalks of cauliflower have the same sort of value, only too often the stalk of a cauliflower is so ill-boiled and unpalatable that few persons would thank you for proposing to them to make part of their meal consist of so In the forests of Guiana and Paraguay it is not uncommon to meet with a bird whose music greatly resembles that of an Angelus bell when heard from a distance. The Spaniards call this singular bird the bell-ringer, though it still might be more appropriately designated as the Angelus bird, for like the Angelus bell, it is heard three times a day morning, noon and night. Its song, which defies all description, consists of sounds like the strokes of a bell succeeding one another every two or three minutes so clearly and in such a resonant manner that the listener, if a stranger, imagines himself to be in the vicinity of a chapel or convent. But it turns out that the forest is the chapel, and the bell a bird.

The beauty of the Angelus bird is equal to his talent; he is as large as a jay and as white as snow, besides being graceful in form and swift in motion. But the most curfous ornament of the Angelus bird is the tuft of black, arched feathers on his the tuft of black, arched feathers on his co-operates in the grievous sin of another.

6. Whosoever is guilty of excess in drinking, though not to intoxication, in such a way as to cause distress to his family by squandering that which is needed for their support, commits a mortal sin.

6. Whosoever is guilty of excess in drinking, though not to intoxication, in such a way as to cause distress to his family by squandering that which is needed for their support, commits a manner, whosoever thus renders himself unable to pay his lawful debts, although he may not drink to intoxication, commits a mortal sin.

6. Whosoever is guilty of excess in form and swift in motion. But the most which a French old woman, like a French old wond which a French old wond when beautiful head; it is of conical shape and about four inches in length.

Whenever the Angelus bird is the tuft of black, arched feathers on his beautiful head; it is of conical shape and about four inches in length.

Whenever the Angelus bird is the tuft of black, arched feathers on his doctor, well knows the value, and when properly cooked it is really very easy of digestion. But in our country, though lettuces are duly grown in every garden, you often hear the remark, "I can't est a salad," and as few cooks know how to use with their shril its raw state, the lettuces are all wasted, and so is the ground in which they were grown. Oh, the wilful waste, and consequent woful want, of our English tables and kitchens!—Mr. Reeves's Cookery and

Holidays.

Housekeeping.

Some are apt to view a holiday as a luxury; but it is more than this, it is a necessity. Nor is it only those who indulge in physical exertion, but perhaps least so, who require periodic remission of accustomed toil. All workers, says the British Medical Journal, if they are to last they must have holidays. For some persons and for some occupations frelast they must have holidays. For some persons and for some occupations frequent short holidays are the best; with other natures, and in other circumstances, only comparatively long periods of release from routine are of service. Few real workers, if any, can safely continue to deny themselves at least a yearly holiday. Mere rest, that is, mere cessation from work, while it is better than unbroken toil, does not recreate the fairly vigorous so thoroughly as does a complete change of activity from accustomed channels. so thoroughly as does a complete change of activity from accustomed channels. For the strong worker, either with brain or muscle, diversion of activity recreates better than rest alone. or muscle, diversion of activity recreates better than rest alone. The whole body feeds as it works, and grows as it feeds. In a well arranged holiday we do not cease from activity, we only change its channels. With such change we give a new and saving stimulus to assimilation and the transmutation of its products into force. As a rule, the hardest workers live longest, but only those live long who sufficiently break their wonted toil by the recreating variety of well-timed and wellrecreating variety of well-timed and well-spent holidays.

Poor Boys.

Never sit down despairingly and say:
"It is impossible for me to rise in the world. I am only a poor boy. There is no chance for me." Why, my boy, it is just such as you who have risen highest and become men whose names are known throughout the world, who thoroughly understand at the outset that their fortunes were in their own hands, and that hope and energy, and effort were better hope and energy, and effort were better than all the "family influence" in the world. Talents often lie disused in the hands of rich men's sons. What need of striving? they think; competence is theirs, and such men squander the for-

tunes they have not earned, and those that began in luxury often end in beggary.

Despair because you are poor? Why that is the very reason that should bid you hope. The biographies of most great men, of most successful men, of most rich men, will tell you that if you but read them.

Remember This. If you are sick Hop Bitters will surely aid Nature in making you well when all else

fails.

If you are costive or dyspeptic, or are suf-fering from any other of the numerous dis-eases of the stomach or bowels, it is your own fault if you remain ill, for Hop Bitters own fault if you remain ill, for Hop Bitters

eases of the stomach or bowels, it is your own fault if you remain ill, for Hop Bitters are a sovereign remedy in all such complaints.

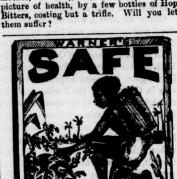
If you are wasting away with any form of Kidney disease, stop tempting Death this moment, and turn for a cure to Hop Bitters. If you are sick with that terrible sickness, Nervousness, you will find a "Balm in Gilead" in the use of Hop Bitters.

If you are a frequenter, or a resident of a miasmatic district, barricade your system against the scourge of all countries—malarial, epidemic, bilious, and intermittent fevers—by the use of Hop. Bitters.

If you have rough, pimply, or sallow skin, bad breath, pains and aches, and feel miserable generally, Hop Bitters will give you fair skin, rich blood and sweetest breath, health, and comfort.

In short, they cure all Diseases of the Stomach, Bowels, Blood, Liver, Nerves, Kidneys, Bright's Disease. \$500 will be paid for a case they will not cure or help.

That poor, bedridden, invalid wife, sister, mother, or daughter, can be made the picture of health, by a few bottles of Hop Bitters, costing but a trifle. Will you let them suffer?



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