MAR. 15, 1884.

THE CATHOLIC RECORD.

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suality. The practical inference suggested by this experience and these observations

Monthly.

Press.

Hagyard's Pectoral Balsam, the most reliable and pleasant remedy for coughs, colds, bronchial and lung complaints. It is so agreeable that even a child will takait Respectfully inscribed to those members of the community of the Sisters of St. Joseph, Hamilton, who celebrate, on the Feast of St. Joseph, the twenty-fifth anniversary of their religious profession. takeit

Losing and Forgetting.

Not robes of fairest splendor doth these brides-elect adorn. Nor human accents tender tell of love for them long borne: 'Its Jesus, the Bridegroom holy, for whom their souls doth yearn. Mighty King, with subject lowly, alliance He doth not spurn. A successful business man said there were two things he learned when he was eighteen, which were ever afterward of great use to him, namely "Never to lose anything, and never to forget anything." An old lawyer sent him with an impor-tant paper, with certain instructions what to do with it. "But," inquired the young man, "Suppose I lose it, what shall I do then i?" "You must not lose it." "I don't mean to," said the young man, "but suppose I should happen to; I shall make no provisions for such an occur-ence; you must not lose it !? This put a new train of thought in the young man's mind, and he found that if he was determined to do anything, he could do

His bridal gift a miniature,-their pledge of union too, His image,—sh! with thorn-crowned head, and hands and feet pierced through, And open side whence crimson tide for them so freely flowed, Henceforth to be, in joy or woe, their souls' secure abode.

A Tribute.

With such a pledge,-such a token, ah, who could doubt His love? And gladly the yows are spoken, to be sealed in Heaven above: "Our riches shall be poverty, obedience prompt, our swax, Thee, Jesus, "upritas Virginum" we choose our spouse to-day."

And of palms and thorns entwining will be the crown of light, Which day by day, for each one, angel-hands are weaving bright; Those crowns, throughout endless ages, your radiant brows will bear, When Heaven's eternal jubilee He shall call you home to share. Hamilton, March, 1884. M. M.

The Moral Influence of Good Cooking.

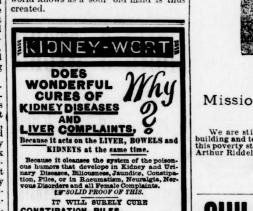
Some people may be inclined to smile at what I am about to say, viz., that such savory dishes, serving to vary the monot-

savory dishes, serving to vary the monot-ony of the poor, hard working man's ordinary fare, afford considerable moral as well as physical advantage. An instructive experience of my own will illustrate this. When wandering alone through Norway in 1856, I lost the track in crossing the Kyolen fjeld, struggled on for twenty-three hours without food or rest and arrived in a without food or rest, and arrived in a sorry plight at Lom, a very wild region. After a few hours' rest I pushed on to a still wilder region and still rougher quarstin where region and stin rougher duar-ters, and continued thus to the great Jostedal table-land, an unbroken glazier of five hundred square miles, then descended the Jostedal itself to its open-ing on the Sognedfjord—five days of ex-treme hardship, with no other food than flathrod (yary correspondence) and bil flatbrod (very coarse oatcake), and bil-berries gathered on the way, varied on one occasion with the luxury of two raw turnips. Then I reached a comparatively luxurious station (Ronnel), where ham and eggs and claret were obtainable. The first glass of claret produced an effect that alarmed me—a craving for more and for stronger drink that was almost irres-istible. I finished a bottle of St. Julien, and nothing but a violent effort of will

prevented me from then ordering brandy. I attribute this to the exhaustion con-I attribute this to the exhaustion con-sequent upon the excessive work and in-sufficient, unsavory food of the previous five days; have made many subsequent observations on the victims of alcohol, and have no doubt that overwork and and have no doubt that overwork and scanty, tasteless food are the primary source of the craving for strong drink that so largely prevails with such deplor-able results among the class that is most exposed to such privation. I do not say that this is the only source of such de-praved appetite. It might also be engen-dered by the opposite extreme of exces-sive luxurious pandering to general sen-suality.

our spouse to-day."
Twenty-five years have passed away on the found that if he was determined to do anything, he could do determined to do anything, he could do determined to do anything, he could do determined to do anything the d man's mind, and he found that if he w hearts ensnare.
hearts ensnare.
Your only aim to please Him, your only law His love.
Asso humbly He dwelt with you, the Tabernaie Dove;
His little ones, ye fed and clothed, and weary pillows smoothed.
Nor always on Mount Thabor,--not long was Jesus there.
Gethsemane's night ofsorrow with Him your souls did share:
Itsinging, ye cast paim-branches, "Hosanna to our King"
Still closer to Him drew ye as the thorny crow nu they bring.
And of palms and thorns entwining will be the crown of light;
Mor always nu thous the same to perform the state of the the same sufficient excuse for neglect-ing any important task to say, "I for-got." I told him that would not answer.
I to palms and thorns entwining will be the crown of light;
Hose crowns, throughout endless ages,
Mands are weaving bright;
Hose crowns, throughout endless ages,
Hose crowns, throughout endless ages, ing the last of the three years he was utterly changed in that respect. The Girl Whom Nobedy Likes. Have you ever met the sarcastic young woman? No ! Well, I have, and I'm sorry for it. She is a pest. The giddy girl, the gushing girl, and the lackadais-ical miss are not ornaments whose loss would enough the model which that the second secon would cause the world grief, but they can

would cause the world griet, but they can be tolerated. The sarcastic maiden should be suppressed by law. Suffered? Yes I have, and will not again. The school is growing. Nobody likes the sar-castic girl; everybody fears and many the the the stock in trade may origin. hate her. Her stock in trade may origin-ally have been satire, but has long ago degenerated into impudence, and with the degeneration has slipped her ability to see the difference between what was and what is, between satire and impu-dence. She has been fostered in the family circle, and generally stays there. She began with mild criticisms of her friends, and ends by lampooning them. Now she has none, and carica-tures her acquaintances. Her par-ents applauded her early efforts, and she retailates by staying on their hands. The family think her brilliant, young men avoid her, and what the world knows as a sour old maid is thus



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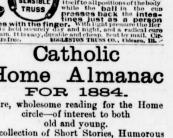
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