### SHORT INSTRUCTIONS FOR LOW MASSES.

[Delivered by the Rev. James Dono-hoe, rector of the church of St. Thomas Aquinas, Brooklyn, N. Y.]

XX. HOLY COMMUNION.

The effects of Holy Communion, accord ing to St. Thomas, are four. It sustains the life of the soul; it fortifies it sgainst whatever might be injurious or destrucwhatever might be injurious or destruc-tive; it gives it growth and increase; and lastly, it gives the soul bleasure. You may observe that these effects in the scul are similar to the effects which food pro-duces in the body. Holy Communton sustains the life of the soul, in the first place, by preserving it from mortal sin, which is death; and in the second place, by preserving it from venial sin, which is a disease of the soul. St. Bernard puts this well: "Holy Communion removes "Holy Communion removes this well : far from us all danger of yielding to mor

this well: "Holy Communion removes far from us all danger of yielding to mor-tal sin and diminishes in us the tendency to lesser faults. Without food our bodies would soon die. Without Holy Com-munion our souls would soon fall victime to mortal sin, which is spiritual death; or to venial sin, which is a disease tending towards death. The second effect of Holy Communion is to preserve the soul from whatever might prove in jurious or destructive. The two great sentmics of our soul's spiritual life are our own passions and the tempta-tions of the devil. St. Thomas asys that although this sacrament was not expressly instituted for the lessening of our passions, still it has this effect on account of its kindling fervor and increasing dero-tion. The Angelic Doctor also says that when the devil sees us united to Christ, a leader stronger than himself, he will not venture to seriously statck us, and even if he did assail us his attack would be to no purpose.

purpose. The third effect of this sacrament is to Increase our spiritual life. Just as the body wastes away by the constant wear and tear of life, and needs to be restored constantly by food, so, too, our souls by the distraction of business are subjected to the distriction of outsides are subjected to a loss of fervor and charity. Devotion is diminished, the interior spirit become dis-elpated. Holy Communion is the remedy for these losses. Other Sacraments are the channels through which divine grace is conveyed to our souls, but in Holy Com-munion we receive the very fountain of all grace. When a king bestows an alms all grace. When a king bestows at anne-in persons he is more generous than when he gives it through a servant. What graces may we not hope for when the author of all graces comes to bestow it personally ?

The fourth effect of Holy Communion is to fill the soul with delight. Those who receive this Sacrament with the proper dispositions experience such de-lights as detach them from and make lights as detach them from and mske them disgusted with carnal pleasures. Sometimes this delight is sensible, some-times it is not, but in every case where proper preparation is made Holy Com-munion brings peace and light and con-tentment, a feeling of refreehment, an inclination to do good, and a readiness to practice virtue. Cast a glance at your past life. Do you not remember having made such Communions? Worldly plea-sures you have tasted since then. Would you exchange the serene happiness of your fervent Communions for any pleasure the world can give? Perhaps you are not

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under my roof." Be deeply penetrated with sentiments of humility, of rever-ence, of holy swe and fear. In making your immediate prepara-tion for Holy Communion, never omit these acts of faith and humility. The third act to be made immediately before receiving is an Act of Love. Try to love God with your whole heart and soul. Meditate on His infinite perfections, His love for you, the number of times He has pardoned you, His desire to be united to you in Holy Communion, un-worthy as you are; and, since He gives Himself to you, give yourself to Him without reserve. Faith, humility, love, these are the three dispositions you should endeavor to have when you approach the holy table. Remember that the more exactly you try to have these dispositions, the more fruit you will derive from Holy Communion. If we were all properly careful in preparing for Holy Communion, how happy would we be! We would soon see whole fam-ilies coming weekly to the holy table. The erring members of the family would The erring members of the family would econ be converted by their prayers and good example. There would be purity and peace and contentment in every home. Weekly or daily Communion would be the rule instead of the excep-tion as it is not tion, as it is now.

# HOW TO STOP DRINKING. HOW TO AVOID THE PITFALLS-SURE CUR

FOR THE DANGEROUS APPETITE.

FOR THE DANGERCUS APPETITE. "How shall I quit drinking?" is a question oit put to himself by the man of moderate use of alcoholic stimulants. He is a professional or a business man upon whom the strain falls heavily, and his three or four drinks a day have increased to ten or a dozen. Aside from the financial considerations, he has felt the keen edge of retribution for over indulgence and desires to put himself again on the plane of self control. Would it be wise for him to stop or taper? Is there any way for him to escape the unpleasant incidental consequences? Is it reaily hard to stop drinking? Can the doctors help him to tide over the first bad days? There are, says the New York Graphic,

bad days? There are, says the New York Graphic, probably several thousand men in this big town to whom these questions recur with ever-increasing force. They are neither Bohemians nor drunkards. They are strictly moderate users of stimulants, but the kidneys or stomach are giving tokens of rebellion. They don't feel as well as they used to before they knew the taste of liquor. They would like to get back to that unconsciousness of heart, liver and kidneys which is perfect health. Even their moderate consump-tion of beer, wine and whiskey is a grow-ing appetite, and abstention means a tion of beer, wine and whiskey is a grow-ing appetite, and abstention means a sense of goneness that is very trying. They carry this load around with them and they would like to know how to emancipate themselves. Can the doctors help them?

WHAT THE DOCTORS SAY.

What the bootons sai. Some doctors can help them. It, however, is the sympathetic physician, one who has been there himself, who can do them most good. Dr. Rufus L. Wilder has been connected with the Wilder has been connected with the Health Department or the Department of Charity and Correction for many years. His trained hand has touched the pulse of many men in all stages of alcoholism. He knows whereot he treats and to him were put the following ques-tions:

tions: What is the pathologic condition that enslaves a man to the alcoholic habit making it difficult for him to stop? Would you advise the short stop or tappering off on fewer drinks and lighter barearer?

beverages ? In the short stopping should the patient be treated with drugs, bromides or chloral ?

or chloral ? What course of diet would you suggest during the breaking off process ? How soon ought a man to feel himself again ? How many days, weeks or months would it take to restore his sys-

tem to normal tone? Is the man who has drunk moderately

for a dozen years ever as good morally or physically as he was before he acquired the habit ?

acquired the habit ? Is he permanently injured even by his moderate indulgence ?

 the diguit scale anable, some a child child anable, anable, some time it is not, but in every case where the sequence is anable, some time it is not, but in every case where the sequence is anable, some time is a constant by anable of the sequence is the sequence is anable, some time is a constant by anable of the sequence is the seque purpose 1 might exhibit the orbindes of mild doses of the fluid extract of coca leaves. This is a diffusible stimu-lant with some of the beneficial qualities of alcohol and none of the deleterious. In either case I should recommend great care in diet. They should eat nothing greasy or difficult of digestion. Rare roast beef, juicy steak, mutton chops, oysters and eggs. I don't take any stock in beef tes, it is mere detritus. If the drinker is also a smoker f should recommend the curbing of the latter indulgence also. Not stopping it, for the gentle, soothing influence of the cigar would probably be beneficial in its psychologic effect: "I have grave doubts whether even the most moderate drinker is ever in as good physical condition as he was before he began indulgence. Loud continued

I prefer the bromide of ammonium. The fluid extract of cinchona in one or two grain doses is very satisfactory, or the monobromate of camphor in two or three grain doses. Nux vomica is also an ex-cellent substitute for alcoholic tonics. In merceriance it takes a patient two or

drink of the liquor, however, will cure him forever " George Wisner is an old bartender and he knows enough to be a good ad viser. "If a man means to stop drink-ing my advice to him would be to stop right short off and keep away from drinking places. It is no sort of use for a man to try to keep a good resolu-tion and hang around bar-rooms. If a steady whiskey-drinker calls for milk, and seltzer the expression of pitying contempt in the eye of the bartender who serves him will be enough to over-turn his resolution. The only way to stop is to stop. stop is to stop.

USEFUL BAKING POWER FACTS.

The following hints may prevent some The following hints may prevent some housekeeper from being imposed upon: If, when two samples of baking powder are tested by mixing with cold water, one of them boils up quickly, effervercing like seidlitz powder, and the other rises more slowly, foaming like yeast, and per-haps standing over the top of the glass, it is an evidence of the purity of the former and the adulteration of the latter. The different action of the second is caused by the addition of flour or lime, or both, Put a little flour in the other and mix it thorourbly, then stir into the water, and thoroughly, then sit into the water, and the same result is produced, the action being more or less slow according to the amount of flour added.

THE MADONNA OF THE CROSS.

THE TESTIMONY OF AN ANCIENT IRISH SHAFT TO DEVOTION TO THE BLESSED

VIRVIN. Messenger of the Sacred Heart.

Descendence of the Sacred Heart. Dear old Ireland, as its sons and daugh-ters call it in whatever far-off part of the world they may be, has many things "quite unlike anything to be seen else-where."

Now there were two Mulredachs, abbots --one who died, as the poor Masters tell, in the year of grace S44, and the other in 923. Perhaps it was the latter built up rain doees is very satisfactory, or the monobromate of camphor in two or three grain doses. Nux vomica is also an ex-cellent substitute for alcoholic tonics. The weeks to recover normal tone. It depends upon the individual. If the greater personage, and the sculptures ment the recovery is slower, and normal tone is rarely attained. Coarse, rough natures probably never get back to where they started. They lose little and don't have far to go to get back." They started. They lose little and don't have far to go to get back." They started. They lose little and don't have far to go to get back." They started. They lose little and don't have far to go to get back." They started. They lose little and don't have far to go to get back." They started. They lose little and don't have far to go to get back." To day we will simply glance—because it out. One drink of that liquor of the man you want to reform a live eet, is Leave it there until it dies. Then take it out. One drink of that liquor of the man you want to reform a live eet, is naseate the most inveterate toper. He will never take a second drink. I don't pretend to say how or why: I only know that it is so. Many a suffering mother in larael will rise up and call that eet blessed if they will only try it. Of course the man need not know the trick. One drink of the liquor, however, will cure him forever." George Winner is an old bartender wiser. "If a man means to stop drink: ing my advice to bim would be to stop ing th short off and keep sway from ing th short off and keep sway from ing the short off and keep sway from ing the

has become man and our Saviour in her chaste womb. "Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Think how many time, over and over through all these hundreds of years devout souls in Ireland have said this prayer. And meanwhile, this CROSS OF THERE RALLY FAITH

CROSS OF THEIR EARLY FAITH has stood upright against the sky, bearing has stood upright against the sky, bearing witness that they have chosen the better part. Far better than earthly greatness or false pease is the meek following of the Star of Bethlehem leading to the Mother and Child. St. Bridget had already introduced

St. Bridget had already introduced among her disciples the practice of recit ing prayers devoutly from a long string of beads. Afterwards the Blessed Virgin herself, through St. Dominic adopted the Rossry as her devotion in the Chürch, and this has remained always the loved practice of the children of Ireland. Few of her children perhaps have seen the practice of the children of Ireland. Few of her children perhaps have seen the M: donna of Muiredach. But they have labored to keep the love of her and her Divine Child alive in the world, and the whole world testifies this month of May that they still say, while the beads slip through their fingers worn with worship and toil—Hall Mary full of grace ! our Lord is with thee ?

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To the Editor ;— Please inform your readers that I have a positive remedy for the above named dis-ease. By its timely use thousands of hope-less cases have been permanently cured, I shall be glad to send two bottles of my remedy FREE to any ef our readers who have consumption if they will send me their Express and P. O. address, Respectfully. To the Editor :-

Respectfully, DR. T. A. SLOCUM, 37 Yonge St., Toronto, Ont,

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good physical condition as he was before he began indulgence. Loud continued indulgence is sure to produce many organic lesions. The 'gin liver' is one manifestation of this and requires special treatment. A long suffering wife puts antimony or other emetics into her bus-band's rum, but I would not recommend any such dreatic means." any such drastic means.

any such drastic means." THE MEDICAL TREATMENT. Dr. Louis L. Seaman, who for many years was the chief of the medical staff of the Charity Hospital, has seen enough "drunks" to speak with authority. "It is difficult for men to stop drinking be-cause use or abuse of stimulants has produced certain actual congestions, pathologic changes which demand stim-ulation to keep up sufficient circulating the Charity Hospital, has seen enough "drunks" to speak with authority. "It is difficult for men to stop drinking be-cause use or abuse of stimulants has produced certain actual congestions, pathologic changes which demand stim-ulation to keep up sufficient circulating force. Cessation of stimulation causes reaction which is very distressing in many cases. The question of stopping short or tapering off depends wholly upon the individual's strength of will and purpose. With stme a charge to lighter stimulation would be absolutely necessary. There is less suffering by that method. To a man unaccustomed to controlling himseif nothing less than physical restraint would accomplian the object. If bromides are indicated lez-hibit them in ten or twenty grain doses.

Mass, for the hearing of which so many died along these shores, may henceforth be said. Cromwell's religious massacre, and the political disaster of the Boyne Water, two miles and more below the city, need not be forgotten.

But for this May month of Mary we will cross over into the county Louth, and

try to live back in earlier times. We are to see "the most beautiful specimen of Celtic stonework now in existence." It is Celtic stonework now in existence." It is at Monasterboice—the site of the ancient monastery built in honor of Built or Boetins, a bishop who died in the year of our Lord 521. But it was much later when all that now remains was built. There we find one of the famous round towers, one hundred and ten feet high, with two small churches and — what most

with two small churches, and ten rect high, with two small churches, and - what most interests us—three sculptured crosses. One of the crosses is broken, but two still stand as they did A THOUSAND YEARS AGO,

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the city. Children's pictures a specialty. CATARRAH, CATARRHAL DEAFNESS. AND HAY FEVEN-NEW THEATMENT.-Sufferers are contagious, or that they are due to the presence of living parasities in the lining membrane of the nose and eukachian these. Microscopic research, however, has proved this to be a fact, and the result is that a simple remedy has been formulated whereby catarth, catarthal desiness, and hay fever, are cared in from one to three simple ap-plications made at home. Out of two thou-sand patients treated during the past six months fully ninety per cent. were cured. This is none the less startling when it is re-membraned that not five per cent. of patients tioner are benefited, while this is the only treatment which can pressibly effect a per-mendered that not an ufferers from catarth, catarthal desfiness, and hay fever should at once correspond with Messre, A. H. Dixon & Son, 203 West K ing street, Toronto, Canada, who have the sole control of this new re-medy, and who send a pamphet explaining this new ireatment, free on receipt of stamp, -Scientific America.

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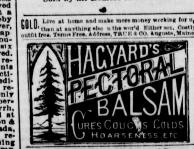
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best cathartic in use." The Massachusetts Staie Assayer, Dr. A. A. Hayes, certifies : "I have made a careful analysis of Ayer's Pills. They contain the active principles of well-known drugs, isolated from 'inert mat-ter, which plan is, chemically speaking, of great importance to their usefulness. It insures activity, certainty, and uni-fornity of effect. Ayer's Pills contain no metallic or mineral substance, but the virtues of vegetable remedies in skillful combination."

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