

DILIGENCE.

The certainty that life cannot be long and the probability that it will be much shorter than nature allows, ought to awaken every man to the active prosecution of whatever he is desirous to perform. It is true that no diligence can assure success, death may intercept the swiftest career, but he who is out off in the midst of an honest undertaking has at least the honor of falling in his rank, and has fought the battle, though he missed the victory.

KERRY

The following changes have taken place in the diocese of Kerry. Father Quill has replaced Father Crowlee in Tralee; the latter being at present en route for America with Father John Griffin, of Cherviveen, to collect for the O'Connell Memorial Church. Father Denis McGillicuddy, of Castleisland, is to replace Father Griffin in Caherciveen. Father Carmody, of Newtownsands goes to castleisland, vice Father McGillicuddy and Father Trant replaces Father Carmody in Newtownsands.

LONGFORD

Lord Longford has called in the rents now payable on his Killucan property, and has intimated his intention of giving a reduction of 3s in the pound.

DOWN

An Englishman named Arthur Pendie has victimized the loyal citizens of Newry by falsely representing himself as a person deputed to collect money to go toward defraying the expenses incurred by the Irish Patriotic Union in their opposition to Home Rule. The Orangemen caused the "loyal brother's" arrest, and he was remanded.

TYRONE

On April 27, a soldier named Thomas Crony was drowned while bathing in the river Struie, behind the military barracks Omagh. Deceased, who could not swim, went in to bathe in a deep part of the river known as "The Thunderbolt Hole." It appears he got out of his depth immediately on entering the water, and a comrade who was bathing at the same time endeavored to save him, but in vain. Deceased belonged to Dublin, and has been a very short time in the service.

WATERFORD

On April 24, the attention of District Inspector Dagg, of Dungarvan, was attracted to the conduct of a man of the laboring class apparently a tramp—who was loitering about O'Connell street and causing annoyance. At the request of the inspector he was taken to the police station on a charge of vagrancy; and lodged in the lockup. Constable John Murphy, in whose charge the prisoner was placed, noticed that whenever any person was observing him the prisoner kept his right hand concealed from view. On being asked by the barrack orderly to remove his hand from his pocket he appeared very reluctant to do so, and this excited a good deal of suspicion. It was subsequently discovered that the prisoner had lost the forefinger of the right hand, and his discription is said to tally with that of a person accused of having committed the horrible murder at Ballygurteen, near Dungannon; on the 2d of April.

TIPPERARY

This is befitting Tipperary, it is the banner county of Ireland; and in reviving the old game of Common or hurring as it is now termed, they are only practicing what their Fenian forefathers did in order to give their frames physical strength and energy to combat their enemies. We wish all the other counties would follow the lead of Tipperary.

The death is announced in Limerick in the 24th year of his age, of Dr. Hugh Whelan, medical officer of the Nenagh Dispensary District, to which position he was recently appointed on the resignation of Dr. Cahalan. The deceased was a victim of his profession. While in the discharge of his duty he contracted fever which terminated in death.

ANTRIM

The Belfast Conservative Association has forwarded a protest to Mr. Morley expressing indignation at his prejudiced and unsatisfactory replies to questions affecting the interest of Irish loyalists and especially to his answer to Mr. Lewis stating that if the Arms Act were renewed it would be chiefly operative against the assembly of armed men in the North of Ireland.

The "armed men" in the North of Ireland are the Orangemen. In '48 they were armed by the British Government to cut the throats of their Catholic countrymen. The "Conservative Association" never entered a protest against the Arms Act when it was applied to Munster, but it is different when brought to bear on Ulster. Justice depends on whose ox is gored.

LCUTH

A farmer named Edward Hamill, 53 years of age, living in the townland of Cortial, left his house Easter Sunday night about nine o'clock, to look after his cattle, as his wife believed, but not returning, she got alarmed and a search was made for him during the night. At five o'clock next morning his dead body was found in a bog hole, about a quarter of a mile from his house. An inquest was held, and his wife deposed that he was subject to fearful headaches, every Spring season for years, and that this year he was so bad his mind became weakened, and he refused to go out of his house, even to pray for the past two months, and she was constantly watching and in dread of him. A verdict of "Found drowned" was returned.

WESTMEATH

Rev. Thomas Fagan, P. P., of Turim, is dead. Father Fagan was the brother of the Rev. Edward Fagan, P. P., Ardeath, for some time curate of St. Mary's Drogheda. Like Father Edward, Father Tom, as he was popularly called: was most gentle and winning in his manner. There were few priests in the extensive diocese of Meath who had so many friends among the Catholic clergy and laity.

LIMERICK

The tenantry of the Butler estate at Glenroe, County Limerick, met by appointment the agent Mr. R. J. Gaton, R. M. Mitchelstown on April 30th for the purpose of paying their rents, and were allowed a general reduction of 20 per cent. An extension of time was further given to those not in a position to meet their rents. A few months ago Mr. Eaton allowed the tenantry on the property an unprecedented concession of about 50 per cent.

THE AFTER DINNER NAP

There is much difference of opinion concerning the desirability of an after-dinner nap. Those who advocate it cite the example of animals, but these gorge themselves with food whenever opportunity offers and are heavy and drowsy in consequence. A short rest is however, different from lethargic sleep and often appears to do good. Brain work should certainly be forbidden after dinner, the interval between it and bed time should be devoted to recreation and amusement. In the case of elderly people a short nap after a late dinner often aids digestion, but as a general rule it is better for such persons to make their principal meal at 2 P. M. The digestive powers of most elderly people are at a low ebb in the evening. When sleeplessness is troublesome, relief should be sought for in the discovery and removal of the cause whenever possible. The condition is often due to indigestion, and when this is the case the ordinary remedies for inducing sleep are worse than useless. The nervous relations between the brain and stomach are so intimate that disorder of the organ is almost certain to effect the other.

Excitement, worry and anxiety, which have their seat in the brain, interfere with the functions of the stomach, and in like manner anything that unduly taxes the power of or irritates the stomach disorders the circulation and nutrition of the brain. The sleeplessness often complained of by gouty people is due to the poisonous effect of the morbid material upon the nervous system. Excessive smoking, too much alcohol, tea and coffee, often resorted to by overworked persons, are frequent causes of sleeplessness. In all these cases the cause is removable, while the effect may be counteracted by appropriate treatment. Nothing is more mischievous, however, than to continue the habits and to have recourse to drugs to combat the effects. A due amount of exercise tends to induce normal sleep, and much exercise need not be of a violent character. A walk of two or three miles daily is sufficient, and is perhaps as much as a busy man can find time for. A ride on horseback, the Palmerstonian cure for gout, is probably the best form of exercise for those whose minds are constantly at work. It has been well said that a man must come out of himself when in the saddle; he is forced to attend to his horse and to notice the objects he meets. Walking may be a merely automatic process, and afford little, if any, relief to the mind, and carriage exercise may be practically valueless, if the mind is not diverted from what had previously occupied it.

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