LOVERS . ANTHONY Padua.

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Home for the Blessed

Catholic Mission. m, Norfolk, England.

gratefully and prompt-the smallest donation my acknowledgment a re of the Sacred Heart

ur New Bishop. Gray.—You have duly r the alms which you and you have placed in the names of Dioces. Your efforts have rade providing what is the establishment of a ission at Fakenham. It is to continue to solicit solpect until, in my has been fully attained, fully in full in fully in Christ, KEATING, ishop of Northampton.

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D REGULATIONS mered section of Domi-Manitoba, Saskatchea, ay be homesteaded by is the sole head of a male over 18 years of more or less. The control of one-quarter sectors, more or less. e made personally at office for the district ad is situated. xy may, however, be a conditions by the son, daughter, broff an intending homesteristics.

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THE MARKS of the CHURCH

A Telling Sermon by Father Barrett on the Immortality, the Unity and the Universality of the Church.

the Unity and the Universality of the Church.

The immortality, the unity and the universality of the Catholic Church were points discussed by Rev. Father Barrett during the sermon delivered at High Mass on Sunday at St. Patrick's. The reverend Dominican delivered in discourse with clarity delivered in discourse with clarity delivered it strikingly impressive to his dered it at such as a sonly for an immortal soul. What the outward man hanguage that conveyed to every evidence of the assertions made.

At night Father Barrett discussed the question of societism and this strikingly impressive the second of the Church Unity is the most strikents.

At he consists and this important topic was dealt with in no less convincing terms. At both services there was present a large congregation, indeed the seating capacity of the church is being heavily taxed on the occasions when the Lenten preacher occupies when the Lenten preacher occupies when the Lenten preacher occupies the pulpit. There has been noted the presence of a considerable number of non-Catholics; it is quite evident that they have found Faither Barrett, worthy of their closest attention.

THE MORNING SERMON.

On Sunday morning Father Barretti preached from the text, "Every king-dom divided against itself shall be brought to desolation," and said: There is one institution on earth There is one institution on earth that contrasts in a striking manner with all others. They are subject to certain laws—they grow and culminate, then decay and die. Man, together with the ideas which he originates and the institutions which he is over hastening to dissoluounds, is ever hastening to dissolu-ion. "If this work is of man, it tion. "If this work is of man, it will come to naught"—said the Jewish Sage. So it is. Mortal is labelled on all thy works, O child of man, even as on thyself. From this law thou canst not purchase exemption. There is just one beautiful institution which that law affects not. Time signs the death warrant of all Time signs the death warrant of all things else but can write no wrinkle on her queenly brow. She bears the mind back to the days when the Roman Empire achieved its greatest expansion and alter having traversed that enormous cycle of years, who can say that her vitality is impaired? She has seen Empires crumbles ed? She has seen Empires crumble, thrones fall, dynasties die, while thrones fall, dynasties die, while marching along with queenly gait, superior to the law of death. O Venerable Mother Church of all ages ever ancient and ever young, we thy Catholic children hail thee today.

ENEMIES OF THE CHURCH.

Nor is time the only enemy which the Church has to combat. Every resein it the human heart is hostile.

he Church has to combat. Every passion in the human heart is hostile passion in the human heart is hostile to her and would compass her descruction. She is as a city beleaguered by a strong army. Some strive to spring a mine, or sap her foundations, others direct a fierce artillery fire against the walls: while there is a third party mitted. ry fire against the walls: there is a third party within City—most formidable of all City—most formidable of all who embarrass the action of the defenders and this assault has lasted 19 centuries, so long have Infidels, heretics, and unworthy Catholics waged war on the impregnable City of God. Or again, she is a barque on the treacherous ocean of human passion and pride. Ever and aron the tempest roars and the billows rise in firm on the promptes shout, in

She is grateful. Does he frown? She fears him not. Does he build a scaffold and spill her blood? She will but expand all the more rapidly, for every drop of blood thus shed is the germ of a new life. Stone Stephen, she will win Paul. Execute Oliver Plunkett, she will avenge herself by

ATTO:

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Use Supprise the ordinary way if you wish but we recommend a trial the Supprise way.

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Barrows.

clad ruler of millions.

But of all the characteristics of the Church Unity is the most striking. How strong the antagonisms of races! How bitter their prejudices! Yet all these nations that the Church brings within her fold she lifts up into a higher body, and binds to a common centre by the double bond of faith and government. There is an old man in Rome whom over two millions of the human race obey. Political power he has none. No legions march to execute his behests. Yet kings come and kneel at his feet, and solicit his blessing One of his predecessors crowned Napoleon, another crowned Charlemagne, another crowned Charlemagne, another saved Rome from the recent. predecessors crowned Napoleon, another crowned Charlemagne, an-other saved Rome from the most fe-rocious of barbarians Attila—by the moral grandeur of his personality. That old man is the last representative of the most august dynasty in the world. He is the rock on which the world. He is the rock on which the Church is built, the centre of her unity, her Supreme Ruler and Teach-er on earth. What brilliant lumina-ries have shone in the firmament of the Church during nineteen centu-ries! What a galaxy of genius! Yet they all turn to this old man as the they all turn to this old man as the supreme exponent of God's law the one man who, in the domain of faith and morals, speaks with infallible voice. Let me give an example. Two eminent French Prelates of the 17th century, joined issue on a certain theological question. The dispute was referred to Rome. Shortly pute was referred to Rome. Shortly after, one of them—an Archtishop—is in his Cathedral on Sunday morning, preparing to preach. A document is placed in his hand, and it is the condemnation of his theory. He steps into the pulpit, produces that document, and in presence of his people reads his own condemnation. That was the great Fenelon.

THE CHURCH IS CATHOLIC.

Who but God can be the author of such an Institution? She is immortal—Death has no dominion over her. Time cannot subdue her. She is Catholic, the barriers by which Space opposes the expansion of all other institutions, she ignores, Finally the order and unity which characterize the works of the All-wise are her emphatic characteristics also. She bears impressed on her browlthe seal of her divine origin—manifestly and indelibly.

Further, let us open a certain book written over 18 centuries ago. Some have attempted to impugn its histo-Who but God can be the author of

City—most formidable of all who embarrass the action of the defenders. And this assault has lasted 19 centuries, so long have Infidels, heretics, and unworthy Catholics waged war on the impregnable City—officed value, but in vain. Authentic history that book is in the strictest sense the record of the public acts of One who lived in an age when history was no longer in swaddling clothes. Having proved that Hempest roars and the billows rise in fury, and her enemies shout in joy!"/lo, she has foundered at last." But look again—there she is still proudly riding on the creat of the billows, and the captain still on the billows. The still still

I am with you and will enable you to fulfil it. The Omnipotent guarantees your success."But why, O, Lord, dost Thou say, "I am with you all days, even to the consummation or end of the world? These apostles will all be dead within a century; how, then, canst Thou be with them to the consummation? He spoke to them, brethren, not in their individual but in their representative capacity. As individuals they would all be extinct before the end of that Century; but they are the teaching Church, and as such they will live on in their successors even to the trumpet of Doom, and until that trumpet Christ is with his Church. Magnificent promise! How can the Church fail! How can death have dominion over her? How can she be subject to corruption or decay or error—she over her? How can she be subject to corruption or decay or error—she with whom Christ has promised to abide even til! the trumpet of doom? "Go and teach all nations, and I am with you till the consummation." Christ's Church must be Catholic and she must abide for ever in perennial worth.

Again the last discourse of Christ Again the last discourse of Christ, as recorded by St. John, proves that he wished Unity to be the dominant note of His Church. It was to be the badge of His disciples. Did He adopt any measure to secure this unity, or did He abandon it to hazard? When did He abandon it to hazard? When Peter had made the celebrated profession of faith (Matt. XVI), the Saviour addressed him in this wise: "And I say to thee that thou art Peter, and on this rock I will build my Church, and the gates of Hell shall not prevail against her; and I will give to thee the keys of the Kingdom of Heaven," That is: Thou art a rock, and on this rock I will build my Church. Thence she will derive unity and stability (Matt. vii-24-25) so that the gates of Hell. Satan or death or corruption, shall not prevail against her. And to thee, Peter, I will give the Keys-supreme authority to rule my Church on earth." earth.

THE PROMISE FULFILLED

This promise Christ fulfilled after His Resurrection, when He said to Peter; "Feed my lambs. Feed my sheep." Here is a Church against sheep." Here is a Church against which Hell cannot prevail, built on Peter, because of his faith and love He has the keys, he is supreme ruler. He must feed both lambs and sheep—must teach and govern both Pastors and people. They is unity secured. and people. Thus is unity secured. The plenitude of authority in committed to one, and all are linked to him by the double bond of faith and

Here then in the Bible is the pre-cise counterpart of the Catholic Church. The same characteristics are impressed on both. The Gospe Church must abide intact for ever The Gospel she must teach all nations, the must she must teach all nations, the must be based on the rock of unity. The living Catholic Church realizes those three notes, and realizes them in such manner as to discriminate her from all other religious bodies. And thus, O Mother we recognize thee as the true Spouse of Christ, inaccessi-ble to death, with the whole carth the true Spouse of Christ, maccessible to death, with the whole earth for thy home, founded on Christ as the Rock of Agos, and on Peter as His ever-abiding Vicar here below.

THE QUESTION OF SOCIALISM.

On Sunday night Father Barrett dealt with the topic of Socialism.

He divided the general question into

He divided the general question into its divisions of Liberty, Fraternity its divisions of Liberty, Fraternity and Equality. He spoke of liberty of the body, of the mind, and of the will. He said that all men were born with a bond of fraternity. They were all created in the image of God. Their fraternity was not a light matter, indeed there was great need of fraternity and unity. He urged them to unite and combat the evils of the day. He urged them to unite and strike against all sin. He urged them to unite in this community, and to unite with their Protestant brethren for the general good of

ASE SICKLY BABILS

When babies are restless, sleepless and cross it is the surest possible sign that they are not well. Well babies sleep soundly and wake up brightly. Sleeplessness is generally due to some ailment of the stomach or bowels, or cutting teeth. A few doses of Baby's Own Tablets will put the little one right, and give it sound, natural sleep. Mrs. Jos. Goneil, St. Evariste, Que., says: "I have found Baby's Own Tablets a splendid medicine for constipation and stomach troubles. I give them to my little girl and they keep her When babies are restless, sleepless and stomach troubles. I give them to my little girl and they keep her lively and well." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Fitness in the Business Race.

(By Sir Fortune Free.)

Reproduced from Cassell's Journal.

"It was fitness did it."

Those are the words of the critics regarding Dorando's failure to beat Longboat in the Marathon race at New York. Hayes beat Dorando, Dorando in the same race beat Long-

boat, Dorando beat Hayes, now Longboat beats Dorando. One gets a bit mixed when one looks at it. Opinion may differ in end as to which is really the man, but for the beaten man is always one regular excuse: "He wasn't fit."

To get a man absolutely fit is a bigger job than one who has not tried it might imagine. Mr. Justice Hawkins once described how an old gentleman named Noyes, who used to train some of the most celebrated prizefichters. prizefighters of the day, groaned over the difficulties he had to fight against in getting his man "fit as a

fiddle."

"You see," he said, "you no sooner get a man fit in one way than he flops over in some other way, an' you want him fit all through. A bit ain't no good. Well, it's like puttin' a drunken man on horseback. You no sooner shove him up one side than you have to run round to stop him a-pitchin' off on the other. Always something wrong. No: I don't expect as L bets come.

side than you have to run roundto stop him a-pitchin' off on the
other. Always something wrong.
No: I don't expect as I have
had a fellow yet as was more than
nine parts fit. But that's more
than other fellows manage."

We don't all want to run twentysix miles in two hours forty-five minutes. Marathon races are not the
line of most people, but, all the
same, being fit or unfit makes a
terrible lot of difference in whatever business race we may be contesting. Sir James Paget, the great
physician, declared that he could
never make out how it
that, while people recognized
could do nothing physically
without some training, they would
not recognize that daily life not recognize that daily life want-

not recognize that daily life wanted some training for, too.

Disraeli was with a friend one day when they met Gladstone walking down a street in the West End. He was walking at his usual rate—something like six miles an hourand, with a flower in his buttonhole his head up in the air neath because his head up in the air, and his coat tails flying behind him, he whizzed by with a smile of greeting. Disraeli turned to look after him, and sigh-

"He is, perhaps, the most wonderful man in Britain," he observed.
"Wonderful in many ways, but none more wonderful than in how he manages to keep fit." It was a mystery, of course. He was working at that time about fifteen hours a day, and many of those workers.

mystery, of course. He was working at that time about fifteen hours
a day, and many of those hours were
spent in the House of Commons, in
an atmosphere as foul as, perhaps,
East End workshop could boast.

One of the most beautiful and hard
working actresses the other day—she
often does absurd things—meeting me
in a West End drawing-room, asked
me how old I thought her, I told
her thirty-five—meaning, of course,
forty-five—and she told me in a
whisper, that she was over fifty. I
asked her how she managed it, and
she replied: "It's care—not being a
fool."

The prescription did, not tell me

The prescription did not tell me much. I found out later that she meant bearing her work always in mind and never departing from a rigid system of keeping fit for it.

Some time ago a series of experiments were made by scientific gentlemen on the skilders.

some time ago a series of experiments were made by scientific gentlemen on the children in a number of schools. They wanted to find out how it was one child differed from another in getting tired—how one was able to keep bright longer than another. The youngsters were most carefully examined and then set to work. At the end of an hour or so, they were examined again. At the end of another hour or so they were examined again. At the end of another hour they were examined once more. I am sorry to say that a large number of those 'youngsters did not turn out satisfactorily. Then did not turn out satisfactorily. The did not turn out satisfactorily. Then the investigators put their heads together and began to ask questions so as to find a clue to how it was they were deficient in energy. They found five great reasons—want of proper food, want of proper exercise, want of proper air, want of enough water, and want of enough sleep.

sleep.

I pointed out that result to a cele-brated barrister the other day who was complaining of not "being up to the mark." I thought he might recognize among those causes of recognize among those causes of mental and physical flagging one that might fit his case. He said that, apart from the want of a bath he believed he had every want of those children. He made a note of them as things he did not mean to forget having enough of in future.

At a big West-End establishment where there are ever shutched.

where there are over a hundred a fifty young ladies employed. I read fifty young ladies employed. I read in the papers, the proprietors have, for a year or two back, been trying to induce their employes to become "fit" as they possibly can. They got a lady in to put them through a little six minutes' drill each morning. ous! As attendance at the lectures was not obligatory, none went. The lady lecturer found she had only to take care of herself! Recognizing the situation, the heads of the establishment changed the title of the lectures to "How to Keep Healthy, Young, and Beautiful." The place was packed. The management declare that they have found the lectures and drill one of the most paying departments. They have decreased sickness—got rid of the ordinary ailments of life—in a wonderful manner. The girls go about their work with a hundred per cent. added on to their cheerfulness. The only draw back, from the proprietors' point of

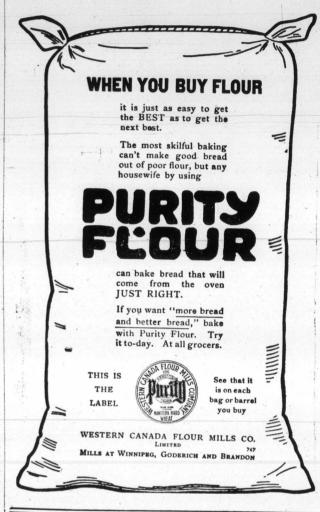
with a hundred per cent. added on to their cheerfulness. The only draw back, from the proprietors' point of view, is that the young ladies are getting married fast.

Fitness or unfitness for work often depends on such little things that, because the remedies are at everyone's doors and inside their doors, too, people won't attach importance to them. Quain, the great physician, when called in to a cer-

Time Proves All Things

One roof may look much the same as another when put on, but a few years' wear will show up the weak spots.
"Our Work Survives" the test of time."

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St. Joseph's Home Fund

\$ 12.50 12.5

The actual date of Father Holland's birthday has passed and we had hoped that a goodly sum would have been realized to present to him on Sept. 19 h; but so many have been out of the city during the summer that our appeal failed to reach them and consequently nothing like the necessary amount came in. However, every day is a birthday-somebody's-so if each one contributed, his number of years either in dollars or cents, quite a comfortable sum in a little while would be realized. We thank those who answered our appeal and trust that those who have not already done so will send in their mite to help a worthy cause-To pay off the debt on the St. Joseph's Home for Working Boys. A cent will be as welcome as a dollar and will be acknowledged in issue following

FOR		
ST. JOSEPH'S	HOME	FUND
Name		
Address		
Amount		O

tain gentleman, first of all insisted on having a forty-guinea fee. It seemed a lot, but the physician fided to a friend that he knew the

The girl confined to a place of business all day, and the young fellow confined to an office, want to think for themselves if they are to keep "fit."

confided to a friend that he knew the patient, and that every guinea he added on to his fee meant that the patient would all the more readily adopt his advice. Forty guinea advice would have doubled the weight of advice given for twenty. He impressed upon the patient, if he wanted to live, to take horse exercise.

"That means," objected the patient, "that I shall have to buy a horse for seventy or eighty pounds! I can't be seen on a mean beast."

"Life is not dear at that," said the physician gravely.

Feeling as if Death wère behind him ready to clutch his collar, the patient bought the beast and began to ride. It had a wonderful effect. The physician, however, explained to a friend that it only meant the gentleman's swallowing a few gasps of fresh air each morning. He might have stood at a window and done that and got the seme benefit at the