

Why not try WYETH'S MALT EXTRACT? Who have lost appetite: Who have difficulty after eating: Who suffer from nervous exhaustion; And to Nursing Mothers,

as it increases quantity and improves quality of milk. PRICE, 40 CENTS PER BOTTLE.

And that result is the awful

the noble simplicity of earlier ages,

when her children chose more solid

food, and craved less for variety.

It is not by these that she has fash-

oned her greatest and noblest saints.

These are only the nets in which

she catches the minnows. Religion,

piety and devotion is not a military

nestness, and self-denial. . . .

selves and of Almighty God."

A Year In Alaska.

(Catholic Standard.)

NULATO, ALASKA, June 30, 1894.

it for a church.

the Blessed Sacrament.

I SICK CALLS AT FORTY BELOW.

ST. PETER CLAVER'S MISSION.

GHOSTS

When the brilliant lines of the suns Into amber and pale gold; When the wren and the rob glade, And the shepherd shuts his fold;

And the toil of the day is done-Pale, haunting ghosts of the past arise From the shadows one by one.

The ghosts of the words we did not say The ghosts of the words we did not say.

In the days forever fled,

Come out of the shadows dim and gray;

And the ghost of the words we said,

Of the cruel word, of the bitter word, Of the word of blame or scorn. That was keen as the point of a warrior'

on a fateful battle morn. The ghosts of the woes of age and youth

That we passed unheeding by; Of the grists we did not ask to soothe, Of the tears we did not dry; Of the ills of which we took no heed; Of the grievous wrongs unfought— Cone with that of many a churlish deed, Or of good deed left unwrought.

shades, These ghosts of the days of old, As the cheersul glow of the daylight fades.
In the twilight dim and cold;
And in vain we moan, and in vain we

They cluster round us, these phanto

weep,
And we may not from them hide;
Closer and closer these shadows creep In the twilights to our side. -M. Rock in Chamber's Journal

A WORD LIVES

I shape my word, and fling it on the gale, Likebread cast on the waters to return In after days; or, if the fates be stern, interior works at will, living a separ-To drift unechoed till some sufferer pale ate life from the outward appear.
May catch the sound, and hush his bitter

wail,
To welcome the unshrinking hopes that
burn

ance. We make out
the unconscious prayer mills of the
Eastern fanatic, and flutter little burn
In its full utterance, and, it may be, learn
That lives to truth devoted never fail!
I may not hear an eche of that word
Come from the hollow air that wafts it

Or know what depths of conscious being our itching for outward activity, and

No word of earnest faith was ever breath- the sacred ministry, once declared For good or ill the words we speak have were always either clear explanations

One finding prey returns not to the ark, of the Christian life, when books. And one for peace the greening clive brings, though comparatively scarce, were of But some are venomed insects armed with the order of the "Imitation" and the

stings,
That strike and fly, and leave their bitter mark
While here the ween, and there the was small, and solid piety flourished

In some fair bower to some fair listener Oh for the noble simplicity of ear-

nest can crush the evil heart, and the energies of every life Storm out the ravening prey-birds, gray and black, And nurse the fledging swans with gen-

erous food.

Profane not, then, the silence of the air
By any word of prey let loose to sting and

The Ribbons of Religion.

In the course of a recent address before the Catholic Social Union of England, the Rev. Bernard Vaughan quoted the declaration of a distinguished Protestant writer that "the chief facts of the Gospel history and the doctrines of the Creed were more universally known and more vividly realized in the Middle Ages than they are among the the masses of our present population." It can not be denied that this indictment applies with equal force to Catholics. There is a sad lack of dogmatic teaching; the stern truths of the having been obscured in many minds by insipid books and sentimental germons. The consequency is that many fall away from the Church while thousands of others, though clinging tenaciously to devout practices, have lost what might be ca led active habit. They have beautiful ideas of religion, are eager about functions and church decorations, engrossed with the latest litany and the newest scapular, but failing in acts of virtue. The following of fashions is fatal to the devout life, and there are fashions in devotions as in bonnets and hats. It is a fact that persons much taken up with the ribbons of religion are not apt to neglect their armor. The piety that breaks out in badges is not deep, But this is delicate ground, and we are bashful. Let us quote a passage apropos from a little book which we

"Our devotions too often resemble a pot of honey, with a buzz of venial sins like clouds of flies hovering around and utterly defiling it. Daily Mass and daily gossip; rosaries and the spirit of personal criticism; enormous waste of time and a predilection for Benediction; a taste for Vespers and a taste for dress and luxury; a snappish temper and a love for lenten sins like clouds of flies hovering Holy Cross. snappish temper and a love for lenten evan gelize ourselves nor our neigh over again; and, alas! the homes of leave his house. Thus we see how broke, thinking they would be perthe living are full of these tenements God makes use of the wicked even, fectly safe there on the high bank, of dead bones. The whole is cover- to accomplish His designs, and turns had a narrow escape. When they ed over with the frequenting of pious all to the good of His Elect. associations, and constantly renewed and lengthened conferences with our spiritual director, and who is often made director of a great deal which has nothing to do with the priestly functions, and only requires that amount of common sense which everybody is bound to possess. A army of Teresas and Catherines would have found their way to heaven, through all kinds of supernatural states, with one fourth part of what these silly souls demand to keep them happily at their night and morning prayers.

"There is no panacea except union with God; and outward practices are only valuable as conducing to that. They are means to an end. But i

Mission, having visited all the villages between there and here. The trip

CHRISTMAS IN THE ARCIICS.

the real end be not obtained by them, they can not remain without one of a false conscience—a cloak of hypocrisy, deceiving our soul and vitiating our judgment. It is this abuse of practices which almost makes us grieve at their multiplicity. The seal of the Church reassures us some good folks sent us last summer as regards all she has truly sancfilled a number of small bags, some tioned. But even so, may it not, as of cloth, some of colored paper, which, it were, be a poor compliment our together with the toys you sent, set great mother is constrained to pay us the tree off in good style, and made in these degenerate days when she, who is ever in herself (in all her they saw it. The tin dogs, fishes, essential rites, in the exquisitely detect, which moved by themselves, lineated laws of her rubrics, which amused not only the children, but contain a whole body of practical also the older ones. We raffled the theology) so grand, so exact, and so theology) so grand, so exact, and so toys, as there is the solution and gave each child a bag of cakes. To the grown people we gave a piece of sweet bread and a cup of coffee,

On the 8th of January Father Ragarn left here, to make a mission ary trip up the river, and a few days after he sent me word that there were two white men in great destitution, thirty miles above here. At once I sent a Brother, with two sleighs, warm clothes, and a good provision of bread, tea and fish, to

discipline, nor a thing to be regulated by the ringing of a bell. It is bring them down. He found them with their feet so badly frozen that consonant only with simplicity, earthey could not use them. The We are all, or nearly all, too much Brother made the trip in three days, and although it was fifty degrees bein danger of making our piety artifi-cial, and not a living part of ourlow zero when they arrived here, selves. The exterior is regulated they were so well wrapped up that they did not feel it Until Father Ragarn met them, they had not tasted bread for seven months; at ance. We make our very souls into petitions and practices unheeding through the day, like the fragments with only one small salmon.

of paper turned round by the handle They are two young men, each of his machine. We are satisfying about twenty-one years of age, one a Scotchman, a sailor by profession, at the same time losing sight of our-A venerable Irish priest, of holy life, who had a wide experience in byterian.

When I examined their feet, I that "in his time," when sermons ound them in a terrible condition; both being so badly frozen that for of the great truths of the Gospel or about two months they were not earnest exhortations to the practice able to use them, and it was nearly four months before they could wear shoes. They left on the first steamer to go to the mining country to seek their fortune, just five months from "Spiritual Combat," devotions few and simple, the number of apostates the time they came.

THE ICE FIELD BREAKS.

The past winter was the longest Gospel were brought home to every for many years. The snow fall was In a mission like this everything is were directed mainly by the obser- the spells of severe cold more fre- provisions, and especially flour, rice, vance of the teaching of Christ's Ser-mon on the Mount!—Ave Maria. erally we can only travel at night in every description, as blankets, quilts, Rev. and Dear Brother-I think as though conscious he had a mighty use, or for food, clothing, bedding my last letter to you was written in July, 1893, while I was on a visit to Holy Cross Mission. In the latter part of August I returned here, and Ragarn left, having been called by Father Superior, leaving me alone while the whole river was one mass of labor is so vast, the largest may be broken ice forcing its way out, a large turned to the glory of God and the with one Brother, to attend to these cross, which we had erected two years salvation of souls. five minutes walk of the house, and the other about two miles down the

Seghers was killed, passed down the present only, but to continue year two villages one of which is within

sold it to me very cheap, because one of his children had died there about The place where the Archbishop Man, or Teyen, as they call him, told our Indian that his other children would die if he remained in that

house. With little work I fixed it It looked as though the cross was should be paid at least that far. up, made a temporary altar, and be- sent ahead to give us warning to

the beads and teach catechism in the the church, which is nearer to the and stormy, so that I could not see the seads and teach catechism in the afternoon, so that every day each village had either Mass or the beads and catechism, and on Sundays all come here, when we have High Mass, instruction and Benediction of the sundays all completely surrounded our house, so near the trail. Presently I saw the Blessed Sacrament. that we could not leave it, except in something black ahead of me, and the first Friday of the month, for the boat. By noon on Thursday, our could not imagine what it could be, always keep within arms reach—a volume highly praised by the late Archbishop Porter, S. J., of Bombay:

Inchief Priday of the month, for the bow. By hoof of Thursday, our cellars were full up to the floors, so not knowing what was coming, we munion of all who have made their boarded up the lower windows, to surprise when I found it was the very First Communion; in all about orevent their being broken by the large ice, and moved everything upstairs, but at two p. m., the water began I had turned around, and instead of to fall rapidly, as if a gorge had going towards home, was retracing

saw the water coming on them and had no higher ground to retreat to, they built themselves an elevated On the 8th of December, the house on poles as high as they could, Feast of the Immaculate Conception, and there they took a last reluge. inmediately after Mass, I had to Fortunately it was just high enough, start on a sick call to a village about but with nothing to spare, for their ing to pass the night in the snow, thirty miles down the river. We feet were already in the water when I heard some one call. It left here, an Indian and myself, with it began to fall. All the villages for of the night and after a new content of the night and n a sleigh and seven good dogs, about at least a hundred miles below here of the night, and after answering the nine o'clock, stopped at noon at an Indian house for our dinner or tea, dried fish and bread, and then continued our journey are wasted away. Last January the most noted Medicine Man here dried fish and bread, and then continued our journey are trained our journey are t tinued our journey, arriving at our dying. He sent for me saying he house. destination about four o'clock. It wanted to save his soul; as he had

For immediate relief after eat- Is your digestion weakened by K. D. C. Pills tone and reguling, use K. D. C. late the liver.

any more, or make medicine, as they especially, the Indians pay no attenany more, or make medicine, as they especially, the Indians pay no acceptance of him, heard his Confession and call it, it he got well, and as he seemtion to time, but each one sleeps and addited him. He was well discussed and died a few days after I left confession and anointed him. It him.

On the 15th of December Father Ragarm returned from Hely Cross change to prove his sincerity, and who have not been where the cold is chance to prove his sincerity, and who have not been where the cold is allowed him to recover. But with severe, but it has no terrors for those returning health, the old passions re- who have experienced it, and there vived, and he fell again into all his seems to be something about this

covered was about three hundred former sins. On the night of April country that fascinates all who come miles and, he played as Medicine Man here, for I have never yet met one, here, and next morning he died even those who come only to make Christmas Day was a happy one moment's warning. Many looked long as they could get something to for us here. I read two Masses at on his sudden death as a punishthe lower village, where I had nine ment from God for not keeping his communions, and Father Ragarn had promises. I had many confessions I get time to send you a few words

which I had a Christmas tree for the children. Our tree looked well, although I had no candy. I made the steamer came up. They are some small cakes, and with them and truly a credit to the Sisters. They a large tin of sweet crackers which speak English without hesitation, have all made their First Communion

and been confirmed. As soon a they came, I noticed how much more courageous and open they were in the practice of their faith than those who came back last year and before, but the cause of the difference did not occur to me until now, namely that they are the first to receive Confirmation, for it was only when Father Tosi was in Rome last winter, that the Holy Spirit for thus manifesting His power in these first fruits of the sacrament, for their own sanctification and the great edifica-

ion of all who see them.

full marriage ceremony. Two of the girls from the school were married to Bye-laws Committee—D. F. Egan, two young men, brothers, one of B. D. McDonald and J. A. Mc-Barris fer Attorney-at-Law, whom has been living with us here Donald. for several years, as interpreter. The A sul day was the finest we have had this then chosen, viz., "Which ruling summer, warm and bright, and our power would be more beneficial to a litt'e church never looked so well, as country, Capital or Labor?" Next only lately we put up a new altar, night of meeting 6th December, which was adorned with all the lights and flowers we have, although not ed. grand was neat and devotional. I think you would have been a little

surprised had you seen the two brides in their new calico dresses, made for the occasion, with all the skill they one time they had been two weeks acquired during the four or five years without anything but a kind of wild with the Sisters, and their long white rhubarb, which we have here, and veils and wreaths ot flowers. We again they had passed sight down again they had passed eight days had the Nuptial Mass, with all its to the zeal and energy of the Jesuits. blessings, at which the four contracting parties received Holy Communion, all of which was well calculated to impress the Indians with the dignity of this sacrament, and make They have a larger working force, he

> who receive it. I am sure there are many people in the States, who would be happy to help us, if they knew our paralleled all over the world whe needs, so whenever you have the opportunity, you will do a good work by making them known, so that all who wish may aid us in gaining to God this most remote corner of the Union, for although so far away from you, we are still on United States soil, of which we are constantly reminded by the flag and by hear-

ing the school children singing our

by far the greatest I have seen, and useful—all kinds of groceries and April, because the trail is too soft calico, muslin, etc, hardware, stoves during the day, but this year it was and kitchen furniture; church goods, so cold that the sun was not able namely candles, oils for sanctuary to effect anything. It was only at Pentecost, May 13th, that the sun altar linen, etc., boots and shoes for got the better of Jack Frost, and began his work of destruction, when, thing for church, school or house work to do, he went at it in good etc., provided it is good, for the earnest, and in two weeks this im- freight is too much for worn out or mense river had risen about twenty useless things, as old books and feet. On Sunday, May 27th, the papers, and the like. We are poor, ice began to go out. The next day, and therefore will not disdain the

middle of the river, borne along by after year, it would be desirable that Here we have a small church and have begun to build a better one, but at the lower village we had none until last November, when an Indian there, who had a good log house, sold it to me very cheap, because one Michael's, Alaska, care of the Alaska Commercial Company, Sansone street,

I nearly forgot to tell you about a gun on the 1st of December to use what was to come, for as soon as if little experience I had on the 29th of passed, the river began to rise rapid- January last, Feast of St. Francis de My plan was to say Mass there ly. We had to remain up all night Sales. I had been at the lower three times a week, and here three to watch it, and at three o'clock in village, and about half-past five times, and on the other days to say the morning we took everything from started to return. It was very dark

sh temper and a love for lenten least once a month.

The Medicine Man could not have conferred a greater favor upon me, it is the whited sepulchre than he did by causing that man to the other side of the river before it than he did by causing that man to the other side of the river before it the snow was to back, leaving them a heap of ruins for good. It was so dark that when I tried to retrace my steps I could not see the last footprint I had made Once off the trail, the snow was above my waist, and every step was labor. After trying some time I made a hole in the snow to rest, but I felt so sleepy I was afraid to stop long, and started off again, resolved to keep up as long as I could. So wandered on for several hours, and was on the point of stopping, intendwhen I heard some one call. It The Sun is printed from

> We have beautiful weather here was a cold day, forty degrees below two wives, and knew very well that it zero, but the wind was at our back, and we did not suffer. I found there declared before all the people that he so that we almost forgot during these. an old man, the father of one of the children at our school, who was very that he did not believe in the what a star looks like, for we never sick with something like pneumonia. medicine men, and would not play see one. In the fishing camps

Good bye for another year, unless eighteen communions here. At nine the following days, and among them by the last steamer. In the Union o'clock I sang High Mass here after some that had not been before. of the Sacred Heart, I remain, your

> Mount Stewart Debating and Literary Institute.

Pursuant to notice a meeting was held at Mount Stewart, on Monday Hundreds of subtle maladies are floating Fine white Cotton, 5 the 26th ult., for the purpose of re-organizing the Debating and Literary Institute. G. B. McEachern, Esq, was appointed chairman and it a few well chosen words stated the object of the meeting.

Hundreds of subtle maladies are floating ar the object of the meeting. After several remarks from those present the following officers were apthic Chemists, London, England.

President—Isaac Jay.
Vice Pres.—B. D. McDonald.
Sec'y and Treas—V. X. McDonald.
Managing Committee H. F. Feeh-On Wednesday, the 27th of this Managing Committee H. F. Feehmonth, we had for the first time the an, J. B. McDonald and G. B.

A subject for next meeting was

A Tribute to the Jesuits.

when a lively discussion is expect-

At the Episcopal missionary coun cil held in Hartford, Conn., last the missionaries have to contend parents, from Minnesota, and a them understand how holy and in-Catholic. The Scotchman is a Pres-byterian Jesuit missionaries in Alaska, as in ever these noble sons of the Church have penetrated. Their work is the

more effective because they preach

the gospel of truth.

If you have a sewing machine, a clothes wringer or a carpet sweeper (all new inventions of modern times), it's proof that you can see the usefulness of

new things. housekeeper who is interested in

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HAWKER'S NERVE & STOMACH TONIC A LADY'S EXPERIENCE. Mr. Wm. Thompson of Musquash, N. B., says "For 2 years past my wife has suffered with Acute Dyspepsia accompanied with complete merous prostruction and a mothering seasation about the heart which frequently produced an attack of faintness. She became weak and nervous, lost all energy, and had a constant feeling of dread. She suffered with intense pain in the stomach after eating, which was usually followed by the smothering sensation about the heart and fainting spells. She tried a great frany remedies and was treated by the doctors for some time, but obtained no sensation about the heart and fainting spetis. She tried a great finny remedies and was treate by the doctors for some time, but obtained nelief. She became so discouraged that is gave up all hope of ever getting better, whe near pastor suggested that she try HAWKER! MERVE AND STOMACH TONIC and LIVER PILLS which had negatived remarkable cure which had produced remarkable our in several cases he knew of. We did so as she obtained immediate relief from the distre

after taking the second dose, and has continue to improve ever since until today she is as we as ever, and can enjoy her food without fear c suffering. I cannot speak too highly of the valuable medicines which have restored m wife to health and strength and saved much suffering and expense."

Rev. Henry M. Spike, Rector of Musquash N. B., says: "I am personally acquainted with Mrs. Tompson's case, and am greatly please that the medicine which I recommended to he produced such remarkable results."

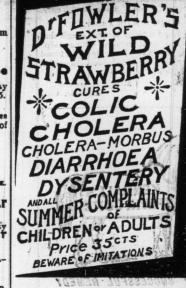
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R. McMILLAN. Charlottetown, Nov. 14, 1894.

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