



Why not try WYETH'S MALT EXTRACT? Doctors highly recommend it to those who are run down; 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.

When the brilliant lines of the sun's face into amber and pale gold; When the wren and the robin sleep in the glade; And the shepherd shuts his fold; When the lamps are lit in the deep, blue skies; And the toll of the day is done— Pale, haunting ghosts of the past arise From the shadows one by one.

A WORD LIVES.

I shape my word, and fling it on the gale, Like bread cast on the waters to return In after days; or, if the fates be stern, To drift unheeded till some suffering soul May catch the sound, and hush his bitter wail.

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 masses of our present population."

the real end be not obtained by them, they can not remain without result. And that result is the fulfilment of a false conscience—a cloak of hypocrisy, deceiving our souls 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 as regards all she has truly sanctioned. But even so, may it not, as we were, be a poor compliance of our great mother is constrained to pay us in these degenerate days when she, who is ever in herself (in all her essential rites, in the exquisitely delineated laws of her rubrics, which contain a whole body of practical theology) so grand, so exact, and so full of a deep inner sense, has allowed such endless diversity in the observance of private devotion? While permitting it, may she not sometimes regret the simple simplicity of earlier ages when her children chose more solid food, and craved less for variety? It is not by this that she has fashioned her greatest and noblest saints. These are only the nets in which she catches the minnows. Religion is not a military discipline, nor a thing to be regulated by the ringing of a bell. It is consonant only with simplicity, earnestness, and self-denial.

When I examined their feet, I found them in a terrible condition; both being so badly frozen that for about two months they were unable 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 the time they came.

A Year in Alaska.

ST. PETER CLAVIER'S MISSION, NULATO, ALASKA, June 30, 1894. Rev. and Dear Brother—I think 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, a few days after my arrival. Father Ragarn left, having been called by Father Superior, leaving me alone with one Brother, to attend to these two villages one of which is within five minutes walk of the house, and the other about two miles down the river.

any more, or make medicine, as they call it, he got well, and as he seemed to be truly in earnest, I heard his confession and absolved him. It would have been well for him, if he had died then, but God gave him a chance to prove his sincerity, and allowed him to recover. But with returning health, the old passions revived, and he fell again into all his former sins. On the night of April 3rd, he played a Medicine Man here, and next morning he died suddenly, God calling him without a moment's warning. Many looked on his sudden death as a punishment from God for not keeping his promises. I had many confessions the following days, and among them some that had not been before.

The past winter was the longest and most severe they have had here for many years. The snow fall was by far the greatest I have seen, and the spells of severe cold more frequent and longer than usual. Generally we can only travel at night in April, because the trail is too soft during the day, but this year it was so cold that the sun was not able to effect anything. It was only at Pentecost, May 13th, that the sun got the better of Jack Frost, and began his work of destruction, when, as though conscious he had a mighty work to do, he went at it in good earnest, and took such a heavy toll of men, women, and children, that the number of the living was reduced to a few.

The Ice Field Breaks.

The place where the Archbishop was killed is about forty miles above this place. How far the cross went, we do not know. It looked as though the cross was sent ahead to give us warning to what was to come, for as soon as it passed, the river began to rise rapidly. We had to remain up at night, and at three o'clock in the morning we took everything from the church, which is near to the bank that our house. All that day the water continued to increase, forcing all the people in the village to take refuge on the mountain, and completely surrounded our house, so that we could not leave it, except in the boat. By noon on Thursday, our cellars were full up to the floors, so not knowing what was coming, we boarded up the lower windows, and prevented their being broken by the ice, and moved everything upstairs, but at two p. m. the water began to fall rapidly, as if a gorge had broken somewhere.

especially, the Indians pay no attention to time, but each one sleeps and eats when he feels like it, so that the camp is as busy at midnight, as at midday. I know the severity of our winters have frightened some who have not been where the cold is severe, but it has no terrors for those who have experienced it. It is therefore seems to be something about this country that fascinates all who come here, for I have never yet met one, even those who come only to make money, who wished to leave it, as long as they could get something to do.

At the Episcopal missionary council held in Hartford, Conn., last week, one of the missionaries from Alaska unconsciously paid a tribute to the zeal and energy of the Jesuits. He told his fellow-Episcopalians that one of the greatest obstacles to the missionaries here in Alaska, as indicated by this Episcopalian, is paralleled all over the world wherever these noble sons of the Church have penetrated. Their work is the more effective because they preach the gospel of truth.

Christmas in the Arctic.

Christmas Day was a happy one for us here. I read two Masses at the lower village, where I had nine communicants, and Father Ragarn had eighteen communicants here. At nine o'clock I sang High Mass here after which I had a Christmas tree for the children. Our tree looked well, although I had no candy. I made some small cakes, and with them and a large tin of sweet crackers which some good folks sent us last summer I filled a number of small bags, some of cloth, some of colored paper, which together with the toys you sent, set the tree off good style, and made the little ones jump with joy when they saw it. The tin dogs, fishes, etc., which moved by themselves, amused not only the children, but also the older ones. We raffled the toys, as there were not enough for all, and gave each child a bag of cakes. To the grown people we gave a piece of sweet bread and a cup of coffee, and all went away pleased.

Mount Stewart Debating and Literary Institute. Pursuant to notice a meeting was held at Mount Stewart, on Monday the 26th ult., for the purpose of re-organizing the Debating and Literary Institute. G. B. McEachern, Esq., was appointed chairman and in a few well chosen words stated the object of the meeting.

A Tribute to the Jesuits. At the Episcopal missionary council held in Hartford, Conn., last week, one of the missionaries from Alaska unconsciously paid a tribute to the zeal and energy of the Jesuits. He told his fellow-Episcopalians that one of the greatest obstacles to the missionaries here in Alaska, as indicated by this Episcopalian, is paralleled all over the world wherever these noble sons of the Church have penetrated. Their work is the more effective because they preach the gospel of truth.

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