LENTEN THOUGHTS.

BY A REGISTER CONTRIBUTOR.

There is a beautiful and wholesome philosophy underlying the Catholic practice of fasting and abstaining. The benefits derived from this form of mortification are numerous and manifold. In the first place, abstinence teaches us that in which true practical virtue consists-a means between two extremes. Human nature, in its fallen state, is over prone to success. Now abstinence fortifies the will in its government of the passions. The objection sometimes mised by those who are unwilling to accept the teachings of the Church, that fasting and abstaining are unreasonable, injurious to life and health, is all visionary. There have been more premature deaths, more painful and dangerous sickness brought on by excess in eating and drinking than those produced by all the famines which have swept over this earth from the time of Jacob to the present day. Let us but look around us and note, in our own localities, the harvest which the monster Drunkenness alone is resping. Perhaps we never remarked this fact before; nevertheless it is real and startling. The sickle not only fills the glution, but also lays in its swath too often an innocent wife and wretched children. See the offspring of such parentage, who are eking out a sad existence in the hospital of pain and disease, as well as in the awful horrors of the lunatic asylum. Again abstinence is a grand practical lesson on the divine virtue of charity. How many are there who, strangers to the pangs of hunger, like Dives, turn Lazarus from the door. It is an old and trite saying, all the men commendable for being so, that the half of the world does not know what the other half suffers. While the bowl is filled to the brim and tables groan beneath the load of luxuries in the refectories of the rich, how many hunger for the necessaries of life in the cabins of the poor; Now even a short privation naturally reminds us of the bitterness of want, we become more sympathetic. When we know what it is to hunger and thirst we are brought face to face with many stern realities in life. And where is the heart, alive to the pangs of want, that will not warm to the needs of those who groan beneath the burden of suffering? There is another phase of voluntary privation whose motive is charity in a still higher, more heroic sense. It is a charity which regards not only the poor and wretched but which brings a message of love to the homes of the worldly rich, who are spiritually poor.

The late prince of charity—prince of the Church—Cardinal Manning, expresses the idea I wish to convey, in words more potent than any I can command. In his introduction to Father Bridgett's Discipline of Drink, he wrote: "When I see around me every day, the wreck of men, women and children, from the highest to the lowest class, the utter desolation of homes once happy and innocent, the destruction of the domestic life of the millions of our great working class, upon whom the whole fabric of our commonwealth must rest, I feel that temperance and total abstinence ought to be familiar thoughts in the minds of even those who have never in all their life been tempted to excess. If they would all conscientiously unite, by example, by word and by influence, to save those who are perishing in the dangers from what they themselves are happily safe, many a soul, and many a home, now fearfully wrecked, would, I believe, be saved." This is the keynote of a sublime anthem of love. The slight privation or abstinence from what is not necessary for health or real pleasure—and such is the use of intoxicants—is a strong aid, as an example of conduct, to many

who are on the downward path to ruin. In the banquet hall how many of our public officers, business men or hopeful youths, turn their glass downward and say: "I do not drink." In this Lenten season all cannot fast; all are not obliged by the law of fasting; but all should learn the practical lessons imparted by the Church and put them into practice.

When this abstinence is marked with the golden stamp of a divine virtue, ennobling the soul, exalting the mind and invigorating the body, why are we not up and doing?

T. DgB.

A Mid-Winter Luncheon.

The "winter table" was all white in decoration, with the exception of its centre-piece of holly, the dish concealed by a wide white satin ribbon, writes Mrs. Burton Kingsland in a charming description of a luncheon representing the four seasons in the February Ladies' Home fournal. Many thought this the prettiest table of all in its chaste simplicity.

The name-cards were white, glis-tening apparently with frost work the effect produced by mica, and painted in one corner of each was a sprig of bright holl; berries. On the backs were quotations about the season; for instance:

"Fair Winter, clad in bridal white Chaste virgin of the year !"

"Bluff old Winter, brisk and folly, Brieging Christmas in his train; Crowned with spruce fir and holly Welcome back again"

The ice cream represented snow-balls, perfectly round, and coated on the outside with colorless lemon ice.

The favors were round boxes, white and glistening, surmounted with sprigs of artificial holly.

Byron's Daughter.

A pathetic little story about the ignoranco of Lady Lovelace, Byron's only daughter, of her father's poems, which we flud in one of the volumes, has already produced an explanation that before her death she be came a constant student to them and conceived an intense admiration of the father whom she had been brought up to dislike. Here is the story.
She was an invalid for some time

prior to her death and seldom left the house, though her three children—Lord Ockham, Lord Wentworth and Lady Anne—rode out daily on their ponies. I have been told by the medical man who attended Lady Lovelace that he had from her own lips the astonishing statement that even after mariness and stat riage and up to a comparatively late period of her short life she had never read a line of her father's poems."

Little did Byron dream of such filial dereliction when he wrote the many tender

passages scattered through his works, and to which he doubtless trusted to rehabilitate him in the estimation of the child he loved so dearly, for surely those touching words, had they met her eye, should have counteracted any adverse impression made upon her infant usind by his calumniators.

Noble And Brave.

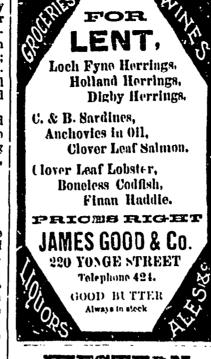
There are thousands of noble women who There are thousands of noble women who are bravely lighting life, a britles alone and far better is this than to give way to despair, or sacrifice themselves in unwise marriages. Many of the fairest pages in Time's history will be given to those whom the world calls "old maids," for their unselfish deeds of love have brought joy to many homes. These usually have buried deep in their hearts thoughts of dear days that have long since passed. These are usually surrounded by fond ones who love them for their ed by fond ones who love them for their real worth, and all are happy together.

But the woman who goes out from home to march in the lines of battle so long allotted to our brothers, must find it a weary pilgrimage, and feel that her feet are in strange and stony paths. How welcome would be the turning that leads the way to home! Domestic cares may often chafe, but woman's truest welfare comes through the home and its attachments.—New World Chicago. Chicago.

For Sprains and Bruises.

No other remedy cures sprains, bruises, cuts, wounds, chilbiains, sore threat, rhoumatism, etc., so promptly as Hagyard's Yellow Oil. It is an old standard remedy that has given perfect satisfaction for 30

Virtues which have gained us the love of man must gain us the love of God.



Western

INCORPORATED 1851.

CAPITAL, - - \$1,200,000.

Fire and Marine.

Head Office, Toronto, Ont

PRESIDENT: A M. Suriu, Esq. VICE-PRESIDENT DIRECTORS

Hon. S. C. Wood. Geo. McMurrich, Esq. H. N. Baird, Ecq. J. J. RENNY,

W R. Brock, Esq. A Y Fulton, Esq. Robert Beaty, Esq. - Managing Director

SOLICITORS. Messrs. McCarthy, Osle , Hoskin and Creelman.

Insurances affected at the lowest current rates on Buildings, Merchandize, and other property against toss or damage by fire.

On Hull, Cargo, and Freight against the perile of Inland Navigation.

On cargo Risks with the Maritime Provinces, by On Cargoos by steamer to British Ports.

Wm. A. Lee & Son, GENERAL AGENTS,

10 ADELAIDE ST. EAST. Telephones 592 & 2075.

St. Jerome's College

Berlin, Ont.

Complete Classical, Philosophical and Commercial courses, and Shorthand and Typewriting For further particulars address, Terms including all necessary expenses, except for books \$141 per annum. REV. THEO. SPETZ, C. R., D.D.,

Lowe's Commercial Academy

346 Spadina Avenue Terente

Shorthand, (Isaac Puman's System) Book-Keeping, Typewriting \$5 until proficient.

Shorthand by Mail \$5 until proficient.

Over 2000 graduates during past five years. Pupils assisted to positions.

CONTRACTOR OF THE STATE OF STREET Me Caustand & Son & Ox MEMORIAL TORONTO ON CHURCH & SECURITY CHURCH & SECURITY CHURCH & SECURITY CONDONIEST INDO STAINED GLASS

SELECTION OF STREET STREET STREET

"ANAKESIS" gives instant relief and is an infallitio Cure for Piles, Price SI. By Druggists or muit. Samples free. Address" NAKESIS," jiox 2418, Now York City.

SEASON OF LENT AND HOLY WEEK.

Meditations for the Holy Reason of Lent 03:
Passing Thoughts for Lent and Holy Wesk 050
Lenten Mission 050
Lenten Mission 16:
Lilistory of the Passion A. Devine 12:
Widde Lilistory of the Passion 16:
The Polorous Passion 16:
Lont. Paper 16:
Lont. Paper 17:
Prayers to Obtain Pro-Litably the Time of Lont. Paper 17:
Lont. Paper 18:
Lont. Paper 18:
Lone Practices of Nichashus 18:
Process of Holy Institute 18:
Process of Holy I Any of the above Books will de sont free by Post, on receipt of price.

D. & J. SADLIER. No. 123 Church street, | No. 1609 Notre Dame at. Toronto, Ont. | Montreal, P.Q

RUBBER BOOTS.

COATS. And Other Rubber Goods Repaired

J. La FORCE

Fine Boots & Shoes Made to Order 125 CHURCH STREET

Corner of Queon, Ont. Toronto,

GRATEFUL--COMFORTING.

BREAKFAST-SUPPER.

BREAKFAST—SUPPER,

"By a thorough knowledge of the actural laws which govern the operations of dig s.ion and nutrision and by a careful application of the fluor provided our breakfast tables with a deflectely flavored verage which may save us many heavy doctors' tills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to raist every tendency to disease. Hundreds of subtle malariot are floating around us ready to attack wherever time is a weak point. We may escape many a fatal shaft by keeping ourselves well fertilied with pure blood and a properly nourished frame."—Civil Service carefte Made simply with coiling water or milk, Sold only in packets by urocors, labelied thus.

JAMES EPT'S & Co., Homocopathic Chemsta, Lendon, England.

Toronto Savings & Loan Co. IO KING ST. WEST.

FOUR PER CENT. interest allowed on deposit from day put in to day withdrawn Special interest arrangements made for amounts placed for one year

or more.

Money to lend on Mortgages, Bonds and Mark able Stocks.

MOBERT JAFFRAY, A. E. AMES,

24.y MILINGO President.

J. YOUNG, (ALEX. MILLARD,) The Leading Undertaker

847 YONGE STREET.

CELEPHONE 679.



Whaley, Royce INFORTERS OF

MUSICAL MERCHANDISE

MUSIC EMPRICES

MUSIC EMPRICES

BANK INSTRUMENTS,
VOCAL WI INSTRUMENTS

MUSIC, CAN AND OTHER

THAN ANY OTHER

HOUSE IN the trade

Rend for existence Send for catalogue BAND INSTRUMENT

A PECIALITY

158 YONGE STREET TORONTO