Irish News.

At Buncrana all previous catches in connection with Lough Swilly herring fishing were surpassed Jan. 21, when the total catch by steam drifters amounted to fifteen hundred crans, representing nearly £2,000.

The following awards in cases from Ireland were made by the Committee of the Royal Humane Society. Testimonials and 15s each to John Coyle and Paddy Herraghty fishermen, for the rescue of Owen Boyce, at Downing's Pier, County Donegal.

The masters of the steam trawlers Stoic, Lucerne, Arkarnes, Connie (two cases), and Lizzie, were, at Falcarragh, fined £50 and £5 costs in each case, a total of £330, for illegal trawling off Tory Island. A few more arrests and heavier fines would soon put such poaching rogues out of business.

It seems that the cottage industries of Donegal are threatened by the latest improvements in machinery for embroidering. The Donegal peasants have for a century been celebrated for the excellence of their embroidery. Belfast firms are setting up new machines, and to that extent discontinuing their Donegal hands.

The town of Donegal has the unique distinction of having residing in it a brother and two sisters named Hilly, all of whom are in receipt of old age pensions, while another other sister living with the three also qualified for a pension, and another, who resides at Laghery, has first mentioned is expected to qualify at the beginning of next year.

The death is announced of Mr. Michael Horan, Moanreel (Clare). He had been a member of the Ennistymon Board of Guardians for 32 years.

The resignation is announced of the senior Irish Bishop, the Most Rev. Dr. MacCormack, Bishop of Galway, and Kilmacduagh, and its acceptance at Rome is notified.

At the last meeting of the Glennamaddy Guardians deputation of between 30 and 40 tenants attended from the Pollock estate to demand the resignation of Mr. William Naughton as a result of his action in connection with the sale of the Pollock property.

The five retiring Town Commissioners for Tuam, viz., Messrs. Patrick Byrne, Patrick Canavan, Francis Keane, Francis Meagher and Michael Goggins, have been re-elected to the seats they hold on the Tuam board, no other nominations having been received.

Mr. R. J. Kelly, B.L., Land Commissioner, has been the recipient from the Galway Industrial Development Committee of a beautiful bronze medal in recognition of his past services in support of that excellent movement. The medal is a gem of the engravers art, tastefully designed and artistically cut with the famous arms of Galway done in enamel. The design and execution are the workmanship of Messrs. West & Co., of Dame street, Dublin, and reflect great credit upon that well known house.

The Shambles Barracks, Galway, formerly the headquarters of many a regiment of infantry, was put up for sale by auction by Messrs. Joyce, Mackie & Co., auctioneers, at their salesrooms, on Jan. 120, by direction of the War Department. There was very keen bidding for the premises, which were finally knocked down to the Very Rev. Father Dooley, P.P., V.F., for the sum of £1205. It is generally believed that Father Dooley intends to erect a Catholic Cathedral on the site at present occupied by the barracks buildings.

At a committe meeting of the Sligo Harbour Commissioners held on Jan. 21, a certificate and an order for £1 from the Royal Humane Society were presented to Patrick McMorrow, of South Gallows Hill, Sligo, for his bravery in jumping into the tide and rescuing a man named Henry, who fell over the Sligo quay on the night of December 21.

Mr. R. S. Moore, a well-known Irish railway official, has been appointed Assistant Manager of an important railway corporation in England. Mr. Moore was for eighteen years assistant manager of the Sligo and Leitrim Railway, and for the past seven years has occupied the position of traffic manager of the Derry and Lough Swilly line. Mr. Moore during his stay in Derry was recognized as a most efficient and courteous official, and his appointment to an important position in Stratford-on-Avon has given general satisfaction.

Belturbet bids fair to be the very up-to-datest town in the good old country of Cavan. On the evening of Jan. 12, the town was lighted by electricity, which now takes the place of the antiquated "gas lamps," and bye the bye, the town will be the richer in its splendid educational facilities by the addition of a brand new commercial school, being erected by the Sisters of Mercy, whose mother house is located in the town.

Opening the Ennis Quarter Sessions, County Court Judge Bodkin, K.C., said there was only one case of assault to go before the Grand Jury. It was a matter for congratulation that in that wide district there was but a single offence for trial—that there was not a single offence against property. The only offence before them was in the nature of an assault. He thought it was a matter of congratulation that, so far as ordinary crime was concerned, Clare—and he believed the same remark applied to all Ireland—compared favorably with any district or country in the world.

The Sinn Fein candidates sustained a crushing defeat in Wexford urban elections. Mr. William A. Brown, returning officer, declared the result as follows: St. Iberin's Ward— F. O'Connor (N.), 272 (re-elected); John O'Connor (N.), 241 (re-elected); David Reid (Sinn Fein), 90; John Sinnot (Sinn Fein), 72. St. Selskar's Ward—James McMahon (N. Labor), 166 (elected); Benjamin Hughes (N.) 137 (re-elected); John Kehoe (Sinn Fein), 92.

Thousands of people have visited the scene of the bog slide at Kilmore, Co. Galway, and follow with interest the line taken by the bog from its slip till where it has now stopped in all probability permanently. ! All danger from a further slip in the same direction seems to be now at an end, and the people seem to be recovering from their fright. Large gangs of men are still employed in the vicinity of Kilmore keeping the drains and river open so as to let away the water collected. The main road at some points is still flooded.

His Eminence Cardinal Logue, in a letter to the Very Rev. Dr. Kielty, P.P., Ballygar, enclosing a generous subscription for the victims of the Galway bogslide, says the sad occurrence emphasizes a want which has been long felt and acknowledged in Ireland—the want of arterial drainage. Large tracts of the country are waterlogged, and there is no means of drawing off the water, which is rendering those districts almost useless.

The magnificent glass window purchased by the priests and people of the parish of Wicklow to commemorate the memory of the late pastor, Rev. Thomas Carberry, P.P., was put in position in the parish church recently. The window is a fine piece of art, and will be a lasting tribute to the memory of a devoted priest and a true friend of the flock whose spiritual and temporal interests he had so much at heart.

The parishioners of the united parishes of Castlemartyr, Mogeely, Dungourney, and Clonmult, Middleton, are taking practical steps to perpetuate the memory of their late pastor, Rev. Michael Aherne, who had been, prior to his death six months ago, in charge of the united parishes for more than fifteen years.

County Court Judge Fitzgerald, in opening the Quarter Sessions at Grace's Oldcastle, congratulated the jury on the very light calendar to go before them.

Col. W. P. Carson, brother of Sir Edward Carson, met with a serious accident on Jan. 22. He was hunting with the Meath hounds, and when near Drumree the horse stumbled and Col. Carson was thrown to the ground and sustained fractures of the ribs and bruises about the body. He was conveyed to Dublin, where he was treated by Dr. F. P. Newell and Sir Lambert Ormsby.

The lands of Four-Mile-House, on the Campbell property, near Roscommon, have been dustributed amongst tenants by the Estates Commissioners' Inspectors, Messrs. Tynan, Bigger and Hogan, the tenants receiving from 9 to 23 acres. The farm of about 99 acres at Toulagee, on the property of the late Sir N. O'Conor, has been distributed by Mr. Carroll on behalf of the Commissioners. It is reported that the Ardkeerin farm, at Cloverhill, comprising about 100 acres, has also been apportioned amongst neighboring tenants.

A cattle drive took place off the lands of Cartown, on Jan. 20. The Cartown ranch is about a mile from Carrick-on-Shannon, and contains 90 acres. The Resident Magistrate's residence is built on the centre of the farm. The cattle were found near Aughacashel.

The death occurred on Jan. 25, of John Treanor, P.L.G., Dublin street, Monaghan. The deceased, who was about 83 years, was in failing health for some weeks. Mr. Treanor, who was an ardent Nationalist, was one of the oldest residents of Monaghan. He had been a member of the Board of Guardians, being the first Catholic member who sat on a public board in the county for a number of years, and since the passing of the Local Government Act until last year was a member of the Urban Council.

Once More from The Great West

Comes Evidence of The Great Work Dodd's Kidney Pills are Donig.

Cyrille Maginel Cured of his Rheumatism and Diabetes by the old Reliable Kidney Remedy.

Findlay, Man., March 1.—Special) —Cyrille Maginel, a well known farmer living near here, furnishes further evidence of the great ork Dodd's Kidney Pills are doing in the west.

"I suffered from Rheumatism and Diabetes," Mr. Maginel says in telling the story of his cure. "My sleep was broken and unrefreshing, and I was tired and nervous all the time. I was treated by a doctor, but he failed to cure me. Reading that Dodd's Kidney Pills were good for brick sediment in the urine led me to try them, and after using twelve boxes I am as well as I can possibly be. Dodd's Kidney Pills have made anew man of me and I am thankful."

Dodd's Kidney Pills are no cure-all. They cure sick kidneys, and that is all that is claimed for them. But sick kidneys are the root of numerous diseases caused by impure blood. For you can't have pure blood with sick kidneys. It is the work of the kidneys to strain the impurities out of the blood. Dodd's Kidney Pills cure Diabetes because it is a kidney disease; they cure Rheumatism because it is caused by sick kidneys failing to strain the uric acid out of the blood.

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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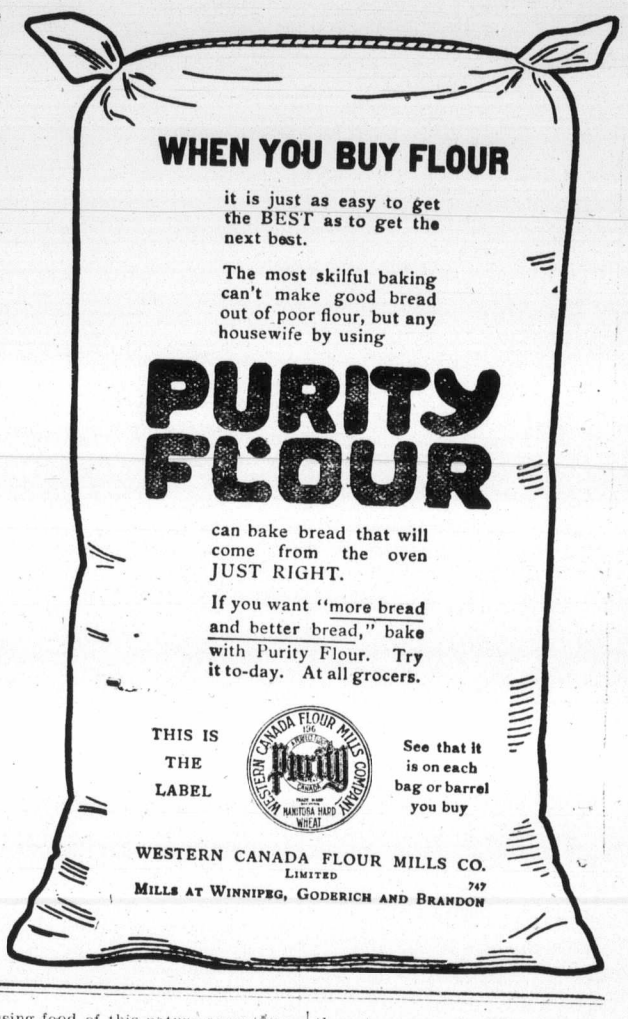

Health Talks.

The Care of the Teeth.

(By J. M. Robeson, in Physical Culture.)

In the last issue, I called attention to the imporatnce of the care of the teeth from a viewpoint of cleanliness.

The value of this advice cannot be emphasized too strongly, if one desires to retain his teeth to the end of life. There is really no excuse for the loss of one's teeth, and there is little or no excuse for the decay of the teeth if they are cared forproperly. Where the ordinary diet is followed, this care is really essential. The teeth should be thoroughly cleansed at least once each day, and if this process is gone through twice daily, it will be greatly to one's advantage.

But no matter how carefully you clean the teeth it should be remembered that the teeth need nourishment just the same as any other part of the body. The various elements that feed the bones, which are richly supplied in many of our foods, are really necessary to properly supply the nourishment needed by the bones of the body. The various elements that feed the bones, which are richly supplied in many of our loods, are really necessary to properly supply the nourishment needed by the bones of the body. The teeth, therefore, need to be nourished in order to maintain them in a proper condition of health, just as does any other part of the body.

The various complicated and tasty dishes that are so popular with many of us are often grossly deficient in bone-making material. The nourishment necessary for feeding these parts of the body is found largely in the exterior parts of grains and fruits and various vegetables. As is well known, these exterior parts are often taken off and thrown away, or else fed to the domestic animals, while we consume the interior parts. The peeling of the apple, for instance, contains far more nourishment from this standpoint than does the inside of the apple. The husks of various grains, and the material that usually adheres to them, are very rich in elements that feed the bones, and when we understand that this is in nearly all cases removed when preparing the grains for use as human food, you will then understand one of the very prominent causes for bad teeth. In many districts of this country the people are actually starving their teeth to death. White flour, for instance, which is supposed to be the staff of life is ruinous to the teeth, if a large proportion of your diet consists of products made from this partial food.

I once lived in a section where the diet was limited. It was in a country where grocery stores were not close at hand. The farmers did not understand the importance of a garden, and most of them had become a little too "high-toned" to eat cornbread, though in many cases, they had been largely raised on it. White bread, therefore, was the staple article of diet. Of course, hog in various forms, bacon, ham, etc., was usually added to it, but as can readily be realized the combination really made a starvation diet, at least as far as the teeth were concerned. And I must admit that the muscular and nervous system must have suffered to an almost equal degree, because I have never been in a community where there were more weak women and poorly developed men than there were at that particular place.

But referring back to the teeth, I was at that time working in a dentist's office, and although the small town in which he resided did not have over a thousand population, there was no lack of patronage. Again and again, while employed in this office, I have seen young women not over twenty-five or twenty-eight years of age, have every tooth in their head removed solely because their teeth had been starved to death. The dentist on examining them would find frequently that they were nothing more than mere shells. There was no need of trying to fill them, or bridge them over. The only thing that could be done was to remove them, and to use false teeth in their place.

On a diet of white flour products, the teeth become brittle and soft, they will often break off if you happen to be chewing anything especially hard. If you manage to retain your teeth in spite of such a diet, beyond thirty, you must indeed be possessed of extraordinary vigor, through inheritance or otherwise. One must remember that the teeth must be fed. Furthermore, the teeth must be used. You cannot expect to retain your teeth if you eat nothing but soft, mushy food at all times. You have often heard the remark that the teeth of a cow fed on slop food will fall out, and it is exactly the same with human beings. If the food you are eating does not require chewing, then you ought to indulge in some other food. Attention has already been drawn to the necessity of mastication, but it is so important that it is reiterated. Horace Fletcher, who is such a strong advocate of thorough chewing, deserves a high place in the regard of the people.

In addition to the necessity for mastication, if you expect to have good teeth, you must avoid products made from superfine flour. Do not be afraid of eating the covering of the various grains that you may use for food. Eat whole-wheat bread instead of white flour. Do not worry about the bran irritating the alimentary canal. That conclusion is "bosh" absolutely. Those who maintain that injury results from using food of this nature cannot produce a single instance to prove their statements. They are simply so engulfed in theories that they have not the intelligence or the leisure to search for facts. To be sure, if you are eating white bread and a great variety of other things, you may not notice its effects upon the teeth. You may be able to secure nourishment from various other articles, but I would certainly advise you to use the whole grain. If you cannot get bread including the bran, then buy the wheat and grind it yourself. It is a very easy matter to secure a small mill, and you can grind up wheat for a loaf or two of bread in a very short period, and wheat freshly ground in this manner always makes far better bread, it is really delicious.

Instead of searching for food that is soft and easy to masticate, try to cultivate the opposite habit. Do not be afraid of the peelings of apples, peaches, pears and various other fruits. They are rich in nourishment, and if you are really and truly hungry, they usually taste appetizing. This is especially true if the fruit has been properly ripened. Of course, I do not mean to convey the idea that you should eat the peelings of fruit like bananas, but whenever the outer covering has a pleasant flavor, it can be recommended as being advantageous. Naturally all the various green vegetables such as are used in salads, can be recommended, not only for the value of the elements they contain for feeding the teeth, but also for other properties.

It is really deplorable to find so many toothless men and women. Remember, if you take care of your teeth, your teeth will take care of you. There is no need of being without good strong teeth, provided you give them the nourishment they need and the ordinary care necessary for keeping them thoroughly clean.

CONSTIPATION

IRREGULARITY OF THE BOWELS

Any irregularity of the bowels is always dangerous, and should be at once attended to and corrected.

MILBURN'S LAXA-LIVER PILLS

work on the bowels gently and naturally without weakening the body, but, on the contrary, toning it, and they will if persevered in relieve and cure the worst cases of constipation.

Mrs. James King, Cornwall, Ont., writes: "I was troubled with sick headaches, constipation and catarrh of the stomach. I could get nothing to do me any good until I got a vial of Milburn's Laxa-Liver Pills. They did me more good than anything else I ever tried. I have no headaches or constipation, and the catarrh of the stomach is entirely gone. I feel like a new woman, thanks to Milburn's Laxa-Liver Pills. I used in all about half a dozen vials."

Price 25 cents a vial, 5 for $1.00, at all dealers or mailed direct by The T. Milburn Co., Limited. Toronto, Ont.

Ireland and the Old Age Pension.

Ireland's large proportion of claims received by the Old Age pension officers is evoking comment. She has half as many as England, and considerably more than twice as many as Scotland and Wales put together. Among the Irish claimants, Charles Kelly, of Lettermore, in one of the wildest and most mountainous districts of Donegal, deserves notice. His family are in possession of information which proves conclusively that he has reached the extraordinary age of one hundred and eleven years. Notwithstanding this, his sight and hearing are but slightly impaired, and he still takes an interest in the working of the little holding on which he resides, and which for the past thirty years has been in the possession of his son Denis, a man approaching his sixtieth year, with two fine, strapping sons twenty-five and twenty-six years of age, and a couple of daughters already blossomed into womanhood. Donegal boasts of the number of its ancient inhabitants, but there is none more interesting than Charles Kelly.

When interviewed recently he was seen watching with interest his daughter-in-law spinning wool on an ancient Irish spinning-wheel. As the old man does not speak English, the interview was conducted through his son. He has never lived out of the parish of Inver, in which he was born one hundred and eleven years ago. He was over thirty years of age when he married, and has a vivid recollection of the struggles he underwent in tiding over the awful years of the famine. Remote from towns, and unable to read or write, he has but little recollection of the historical or political events which took place during his life, but speaks with sorrow of the friends of his youth, the majority of whom were carried by the emigrant ships across the Atlantic. He jokes with animation on the labors of his early days, when he carried on his back from the adjoining moors every stone for the construction of his house, and the blue clay and manure which have made the surrounding fields comparatively fertile.

Death of Famous Irish Jesuit.

At the great age of eighty-five there passed away two weeks ago at Milltown Park, Dublin, a famous Jesuit preacher and missioner, Rev. William Kelly. He was one of three brothers who were distinguished members of the Society of Jesus. Father William, the eldest of the three, studied for some years in Maynooth College, and later on joined his two younger brothers in the Dociety of Jesus. He was afterwards sent to Australia as the pioneer of Jesuit missions in that country. In a few years he occupied there a position of great prominence as a preacher. He returned to Ireland some twenty years ago, and his later years were passed at Milltown Park as professor of ecclesiastical history and Hebrew. He had a wonderful fund of learned lore and a fine taste in literature, and he was as familiar with Homer, Pindar and Dante as with Sir Walter Scott. He was well versed in Eastern languages, and was an authority among the Persian scholars of the day. Joined to these gifts were a sweet simplicity and humility of character which endeared him to every one with whom he came in contact.

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Whether the corn be of old or new growth, it must yield to Holloway's Corn Cure, the simplest and best cure offered to the public.