Through First and Second Com Conde

THE ADVANCE IN THE PRICE OF MEAT

NEED NOT WORRY ANY ONE WHO

UNDERSTANDS THE LAWS OF

HEALTH AND HYGIENE

housewife or cook to do so many things

Deformity in Chronic Rheumatism

low protein diet.'

" WE OWE IT TO OURSELVES TO RID OUR SPIRITUAL SYSTEM OF THE VIRUS OF INHERITED ANTIPATHIES," SAYS REV. DR. SHIPPEN

A recent sermon by the Rev. Dr. Eugene Rodman Shippen (Unitarian) of Detroit, Mich., ought to be repeated from every Protestant pulpit in the land, and we feel sure that if it were not a few listeners in every congregation would approve of the sentiments expressed. Dr. Shippen is strongly of opinion, and seems to have had no hesitancy whatever in saying so, that it is time for Protestants to rid their spiritual system of the virus of inherited antipathies. The discourse is characterized by a daily paper of Detroit as a "fling at Protestant bigotry." Dr. Shippen said (how refreshing it must have been to hear him!) that anti-Catholic feeling is utterly un-Christian. "In the name of our common Christianity, we must protest against Protestant Catholic feeling is utterly un-Christian.
"In the name of our common Christianity, we must protest against Protestant
bigotry, pleading for inter-denominational amity. * * * Moreover, we
protestants owe it to ourselves to throw
off the burden of our ancestral grudge
and to rid our spiritual system of the
virus of inherited antipathies. Not
only this, but, for the sake of religion
itself, the Christian churches must present an undivided front to the forces of
materialism and secularism temporarily
triumphant.

our attitudes characterize Protestants facing Rome—hatred, indifference, patronage and sympathy. Hatred is the illegitimate child of opposition.

* * * The blind fury of Puritans of the seventeenth century, desecrating Catholic shrines, or of so-called Amerimutilating the statue of Pere Mar-

"Patronage is another possible attitude. Protestants go to Notre Dame
or St. Peter's to admire the architectural splendors, but not to enter into
their inner meaning—acting as sightseers rather than worshipers. Some are
like Chinamen who go to Sunday school not for the sake of the gospel, but for
the English they thus pick up. From
such academic interest in 'Romanism,'
from the mere ecclesiastical patronage,
Protestants must rid themselves. It is
time for a new reformation—a reformation of ourselves.

"Sympathy is the highest, the only
true attitude for Protestants to assume
toward their Catholic brethren. *
The Catholic Church is the mother
Church. While we Protestants may never

Church. While we Protestants may never return to her roof tree, while we may never again be under her discipline, we

never again be under her discipline, we must be reconciled to her as a mother from whom we have been estranged."

If Dr. Shippen receives abuse for these manly utterances, we venture to predict that it will come from the clergy rather than the laity. But he is not likely to be disturbed by censure from any quarter. Honest men are as little apt to care how their opinions will be received as to hesitate in expressing themselves. Dr. Shippen was evidently convinced that the time had come "to speak right out in meeting," and he "made no bones" about doing so.—Ave Maria.

IN THE PHILIPPINES

Some Protestant missionaries explain their presence in the Philippines by saying that they are there not to prose-lytize the Filipino Catholics but to look lytize the Filipino Catholics but to look after those who have no religion whatsever. In passing we may note that a goodly number of religionless folk of this kind are to be found in this country and among the Americans in the Philippines. In many cases the excuse of non-interference with Catholic Filipines will not hear critical examination. pinos will not bear critical examination, for we find at least the Protestant Episcopalians there aping Catholic ways to an extent that would bring them into conflict with most American Bishops of their communion. They have altars, images, processions and ceremonies copied from the Catholic Church; even celebrations of Catholic feasts and "Masses." If these are not "springes to catch wood-cocks" we are much mistaken.

Other Protestant missionaries, how-Other Protestant missionaries, now-ever, do not resort to such means. They are frankly hostile to Rome and all its works and ways. They make no excuse of seeking out Filipinos without faith, but proceed to attack the Church with venom, and enthusiastic ignorance We know what measure of success they are meeting. As President Taft has declared so often the Philippines were Christianized and civilized by the Catholic Church and "for the great mass of the Filipinos our present hope of making them good and useful citizens is to make them good Catholies." When, however, the Protestant missionaries write home to those who sent them and whose money keeps them in the Philip We know what measure of success they are meeting. As President Taft has write home to those who sent them and whose money keeps them in the Philippines, they are quite enthusiastic about the prospect of making bad Protestants or utter atheists out of good Catholics—for that is what Protestant intermeddling with Catholic faith usually amounts to. A letter in a recent Baptist Standard of Chicago from a preacher at Bacolod, Negros, P. I., is a sample of the ignorance mixed with zeal of the average Protestant missionary in that country. It is blindly and savagely anti-Catholic, and misstates and misinterprets in almost every sentence the Church's work and the Church's effect upon the lives of its people. Yet we find in it, strangely enough, a note of admiration for the self-abnegation of the ten young Catholic priests recently provided in Pagadolf from Will IIII Col-



this sectarian not only admiration for themselves, but may beget in him a desire for some real knowledge of the Church he now attacks so bitterly and so blindly.—Sacred Heart Review.

Dept 9

THE KING'S DEATH

Rev. Father Tobin, in St. Mary's church, London, on Sunday last, made appropriate reference to the death of Edward VII. From the Advertiser we

Edward VII. From the Advertiser we take the following synopsis.

"The king stood for peace and advancement, and he left the greatest empire the world has ever seen greater and better than when he commenced his rule. His people loved him, and none were more loyal to him than his Catholic subjects.

lie subjects.

He had a proper conception of religious liberty, and for his Catholic subjects, and especially for the Irish people, he did a great deal. His memory will always be lovingly cherished by the Roman Catholics of the empire, for in him they had a noble and honest friend.

A touching incident occurred only a few days before His Majesty's death. When returning from Biarritz, he stopped

cans mutilating the statue of Pere Marquette, or of Protestant bigots abusing the Pope—all this is abominable. *

The Roman Catholic Church is too powerful for the practical man to ignore, too spiritually rich for the thinker to neglect, too human for the humanitarian to despise.

"Patronage is another possible attitude. Protestants go to Notre Dame or St. Peter's to admire the architectural spinedors, but not to enter into marched by. Contrast his conduct with that of the infidel rulers of France, who if present would be ready to revile the faith of those taking part in the proces-

In the death of King Edward VII. the Roman Catholies of the empire have two great sorrows. One is caused by the passing of so good a ruler, and the the passing of so good a ruler, and the other by the fact that his successor, King George V. must take an oath which is an outrageous insult to his millions of Catholic subjects in the British Dominions. King Edward took this oath not because he relished it, or believed in it, but because under the law he was compelled to take it. And King George will be compelled to take it for the same reason. This oath calls upon the king to publicly proclaim his disbelief in certain articles of Catholic aith, and moreover to brand them as idolatrous, especially the holy Sacrifice of the Mass. This gratuitous insult to Catholics is a relic of the unreasoning bigotry of other days, and it should not be perpetuated. be perpetuated.

The most important jar is the one within, the discord in the mind; and if we take that with us, no matter where we go, we shall still be discontented, and other circumstances will arise to fan the flame in our souls.

What the world wants to know in regard to the Catholic Church is this: oes it make men more honest, more chaste, more industrious, does it make nen more motherly, more daughterly, unselfish?

It is the duty of every member of the to is the duty of every member of the Catholic Church so to live, that he will impress his fellows with the beauty and goodness of his religious principles, that he will be an exemplar of Catholic morals.—Rev. John W. Cavanaugh.

FATHER LEO

MARVELOUS FACTS BROUGHT TO LIGHT BY THE OFFICIAL STEP LOOKING TO HIS CANONIZATION

Father Leo, the victim of the anarchist's bullet in Denver, will doubtless be raised from the floor of the sanctuary where he fell a martyr, to the altar

where he fell a martyr, to the altar wherefrom his great piety shone.

There is a chapter of his life that has not yet been written, as it has been treasured by the God he loved in silence, but which will soon be made manifest for the edification of those who look to the saints and the skies.

After his death, so brilliant with great faith, Right Rev. Bishop Matz, assisted by the prior of the monastery where Father Leo labored, held an ecclesiastical court, in which were examined wit-

put his hand up to stop the course of the bullet that poor little hand, so feeble, so white and so wasted with disease. As for the holy father, Leo Heinrichs himself, he was a true disciple of the seraphic St. Francis, whose name is written on all the art and literature of Tuseany, and whose life beautifies the written on all the art and literature of Tuscany, and whose life beautifies the fairest pages of Italian Church history. On examining the body after death, all, even his own brothers in religion, from whom he completely concealed his mortifications, were amazed to find that his flesh was lacerated from the arm-pits to the bins with a unique system of penflesh was lacerated from the arm-pits to the hips with a unique system of pen-ance. He wore chains around his body, tightly bound so that the rough end of the lines would protrude, and thus inflict constant pain. Thus suffering did the holy Franciscan smile upon everybody. If ever there was a case in Church history in America where the devil in the person of a murderer and the Christ in His priest were brought face to face, it was in the tragic hour when Father it was in the tragic hour when Father twas in the tragic hour when rather Leo Heinrichs bent to give Communion to his hypocritical assassin, alike a blas phemer and a sacrilegious wretch. It was a question of the glare of the light of sanctity attracting the black creature of night.

The utter absence of excuse in the criminal goes to show that our Lord was

The utter absence of excuse in the criminal goes to show that our Lord was satisfied with His servant, grew anxious for his company, and so called his soul from one sanctuary to another.

Anyone looking at the photograph of the Denver martyr will quickly declare that the nimbus of canonization would add nothing, not even an accentuation, to the beautiful goodness and the heavenly calm that lights his generous councily calm that lights his generous counenly calm that lights his generous c enly calm that lights his generous countenance. Fitting peer is he of St. Thomas of Canterbury, who like him, mixed a human sacrifice with the altar's divine oblation. And how he loved the Blessed Eucharist! Although he was dying from the moment the bullet, sharpened by the brutal murderer for its deadly work pierced his heart, his whole generary was to save from descention. deadly work pierced his heart, his whole concern was to save from desceration the consecrated species that were scattered on the ground about him. Curiosity to know why he had an enemy, the roar of rage coming from the congregation, frenzied at the crime not these things turned him from solicitude for the dignity of the great Sacrament he had in his keeping.

does his death convince us, that he merits to dwell forever as a saint of the its to dwell forever as a saint of the Church near the tabernacle where he stood an angelic sentinel and a pious minister. The many miracles wrought at the saintly priest's grave at Paterson, N. J., will be authenticated, and anarchy will receive a double curse — one in his death and the other in the resurrection of his fame for picty. — Buffalo Cathernactics of the fame for picty. — Buffalo Cathernactics of the fame for picty. of his fame for piety. — Buffalo Catholic Union and Times.

COL. JAS. MASON

HOME BANK'S MANAGER GOES ON COAL BOARD

Colonel James Mason, General Man-Colonel James Mason, General Manager of the Home Bank of Canada, now holds a director's seat on the Board of the Dominion Coal Company. With Sir William Van Horne he was elected at the important meeting held in Montreal on April 19th, Sir William to represent the "steel interest" and Colonel Mason to represent a group of Toronto share-holders.

A great many persons who eat Shred-ded Wheat for breakfast with milk or Of late Colonel Mason's name has cream do not know how easy it is to make delicious dishes with it in combinabeen insistently appearing in the public press in one connection and another. In February last he was elevated to the



military rank of full Colones, and weeks later despatches from London announced his elevation, with his Excellency, the Governor-General, and Sir Blanch Shaughnessy, to the title of Thomas Shaughnessy, to the ti Knight of Grace of the Order

After his death, so brilliant with great faith, Right Rev. Bishop Matz, assisted by the prior of the monastery where Father Leo labored, held an ecclesiastical court, in which were examined witnesses, all of whom bore ready testimony to the exalted virtues and deeds of the devoted Father Leo. The result of the finding was sent to Rome, and thus the initial step to canonization has already taken place.

Some marvellous facts saw the light in this legal process. The mother of the little boy who served the saintly priest's Mass had a premonition that some great calamity was about to happen, and so the day previous she sent her child to the priest, requesting him to say Mass for her intention, at the was suffering in feeling and fancy. The priest granted her request and said his last Mass really for himself, as the was subject of his pious parishioner's fears.

The boy fell sick from fever, induced by the terrible experience in the sanctuary. They who tended him aver with the area of the pathetic raving of the child, who tossed in his delirium and continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually lamented the fact that he did not all the continually la pines, they are quite entinusiastic about the prospect of making had Professions of the prospect of making had Professions of the prospect of the prospect of making had Professions of the prospect of the pr

THE PASSING OF MARK TWAIN

Samuel Langhorne Clemens, "Mark Twain," died at his home in Reddiug, Conn., on April 21, in his seventy-fifth year. The celebrated humorist was born in Missouri and after an eventful experience as steamboat pilot on the Mississippi and as a journalist, rose to fame by the publication in 1869 of "The Innocents Abroad," a volume of extravagantly humorous travels, not devoid of coarseness, offensive both to literary taste and to religious feeling. His chief fame rests on books, like "Tom Sawyer" and "Huckleberry Finn," of the picturesque variety. Whether they will have the permanence in popular esteem which is accorded to classics may be doubted. As an author, however, Mr. Clemens was, perhaps, the most popular and successful of his time. His "Joan of Are" written in serious vein is generally admitted to be one of HOMESEEKERS' **EXCURSIONS** WESTERN LOW ROUND TRIP BATES Apr. 5, 19 Jens 14, 20 Aug. 6, 25 Hay 3, 17, 31 July 12, 20 Supt. 6, 20 THROUGH SPECIAL TRAINS TORONTO TO WINNIPSS AND WEST His "Joan of Arc" written in serious vein is generally admitted to be one of the noblest tributes to that heroic figure in our literature, winning for him universal admiration and respect, and throwing into the background the flip-Leave Toronto 2.00 p.m.

R L Thompson D. A. Barante. pant disrespect, sometimes amounting tolblasphemy, of some of his more popu-ASI FOR ECRESEREES PARTELES lar works.

Mr. Clemens, it has been declared, will exert a better influence for good in the future by the courageous example of his life than by his literary achievements taken as a whole. In the opinion of many he deserves to be remembered with Walter Scott, if not for the magic of his year, at least for the same manly WM. FULTON, Agent London, Ont EATING MEAT IN SUMMER

of his pen, at least for the same manly qualities of fortitude in adversity and qualities of fortitude in adversity and resolute honesty of private life. Like Scott he engaged in the expensive business of publishing; like him, he failed and found himself burdened with debt at a time when most men are looking to rest from their labors; but, unlike Scott, he had the satisfaction of living to triumph where others would have to triumph where others would have succumbed.—America.

The statement is given out that there are to be still further advances in the price of mear. If this is so it is fortunate that the advances are to be made at this time of the year. Summer is at hand and in the warm months body and mind are kept in better health and much more efficient working condition by adopting what the scientific men call "a low protein diet." Mrs. Baker, a suffragette from the Western States, said at Washington that in ten years it would be accounted a disgrace to be the parents of a large family. For answer we beg to present to the notice of Mrs. Baker and others who possibly are of like opinion, the family group photograph which appears on the That it is possible for any person to maintain more even and uniform standards of health and a high degree of working efficiency on a low protein diet has been demonstrated by hundreds of possibly are of like opinion, the family group photograph which appears on the first page of this issue. We would like to ask if the beaming countenance of the mother, the subdued pride of the sged father, or the reverent attitude of the seven stalwart sons toward their beloved parents has aught to suggest the prediction of Mrs. Baker?

We fance that this unhappy suffragette experiments, the more notable ones having been made by Prof. Chittenden, of Yale University, and Horace Fletcher. You don't have to be a college pro-fessor or a dietic expert to try the exfessor or a dietic expert to try the experiment of cutting down the supply of meat in the daily diet. Even those who eat merely to please the palate will suffer no hardship by cutting meat and other protein foods out of the diet entirely, for the summer months furnish an abundant variety of delicious vegetables fresh from the gardens, as well as fruit and cereals. A diet of cereals, fresh vegetables and fruits will soon give the skin a clear and healthful appearance and will restore the torpid liver and impaired digestion to new life and normal activity. When it comes to cereals the best food is Shredded Wheat Biscuit, not only because it contains all the strength giving material in the whole wheat, prepared in a digestible form, but because it is made in the form of a "little loal" which enables the housewife or cook to do so many things

We fancy that this unhappy suffragette We fancy that this unhappy suffragette knows nothing at all of the joys that swelled within the bosom of father and mother as they posed for this photograph before the camera of one of Loudon's expert photographers. Womanhood could rise to no higher ecstacy than to be the mother of a group of young men such as here we see. Three of them have given their lives to the priesthood of the Church in which they were rearred. One of them in which they were reared. One of them has just been honored in a signal manner by elevation to an important bishopric. Another serves in the civil service of his country. Others are engaged in honorable and successful business pursuits.

Mrs. Baker, you are all wrong.-Lon-

Scott's Works in the Schools

Editor CATHOLIC RECORD, - Will you Editor CATHOLIC RECORD,—Will you kindly inform me through your valuable and able Catholic journal whether "Marmion" or any of Scott's Works are prescribed and used in the Catholic Schools of Ontario since the time the late Archbishop Lynch of Toronto took objection to "Marmion."

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os., New York, have just published a "Buds and Blossoms" by Right Rever-H. Colton, D. D., Bishop of Buffalo, Father Damen's i. Colton, D. E., net, \$1.25.) from the pen of Bishop Colton, from the pen of Bishop Colton,

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