

## The Finding of the Holy Cross.

ELEANOR G. DONNELLY.

"This written, dear, in this ancient scroll,  
This book of the buried ages,  
That the Empress Helen, (sainted soul!)  
In one of her pilgrimages  
Came, with her court, to Calvary's height  
(By inspiration bidden),  
To seek the long-lost Cross of Christ,  
By pagan hands there hidden.  
They sought—they found—(this written, dear,  
In this ancient book between us;  
The Cross of our Lord lay buried there,  
Under an image of Venus.  
Under the feet of a goddess lewd,  
(The queen of a love polluted)  
O Heavenly Love! Thy blessed Rood,  
Like a scarlet rose, was rooted!  
Red with the drops of the Precious Blood,  
A treasure pure and lowly—  
O Heavenly Love! Thy blessed Rood  
Was hid in the clay ambly.  
We shudder, dear, as we ponder here  
The sin of that profanation;  
But why should infidel hearts reverse  
Our symbol of salvation?  
Alas! it is Christian crime, (the while),  
The blood with horror freezes,  
When, under the shadow of a Venus vile,  
They bury the Cross of Jesus.  
Goddess of passion and sensual sin!  
They crown her, they exalt her,  
Till the purest and holiest hopes of men  
Lie hidden under her altar.  
And the days of the present reproach  
The deeds of a past unlearned  
O darling! pray that the Lord may loose  
Our name from a curse so awful!  
O pray that the grace of the Crucified,  
From the wreath of any scepter,  
And, never again, His Cross we'll hide  
Under the altar of Venus!"  
—Catholic Mirror.

## HALF HOURS WITH THE SAINTS.

## Saint Conran.

PATIENCE AND GOODNESS.—The name of the good king Conran was long popular in the kingdoms of Burgundy and Orleans, which fell to him by inheritance on the death of Clothaire I, the son of Clovis. Being obliged to make war on his brothers Carlbert and Sigebert, he vanquished but to extend forgiveness to them. Exposed to the animosity of his sisters-in-law Fredegunda and Brunehaut, who had several times attempted his life, he only knew how to return them good for evil. He governed his subjects as a father governs his children, loved the Church in the character of a respectful and devoted son, and administered justice with an indefatigable zeal and unvariable mercy. The lowly and the poor had ready access to him, and the unfortunate did not invoke him in vain. His patience turned aside all insults, and the calamities that he had to encounter were never greater than the strength of soul with which he met them. In a time of dearth he gave away all that he possessed—gold, silver, jewels, costly furniture, and even to his royal garb, in order to procure food for his people. This holy king died in 555.

MORAL REFLECTION.—There is no means of salvation more reliable than to practise mercy, since our Lord has said it: "Blessed are the merciful, for they shall find mercy."—(Matt. v. 7.)

## St. Jonas and Baruchus.

CHRISTIAN DEVOTEDNESS.—He who knows his brethren to be in peril and does nothing for their benefit scarcely deserves the name of a Christian. Sapot, king of Persia, having decreed, in the eighth year of his reign, a violent persecution against the Christians, two brothers, named Jonas and Baruchus, of the town of Bethasa, hastened to Habbahum, where they knew that a certain number of Christians were imprisoned, in order to bring them out and strengthen them in the faith. They exposed themselves thereby to certain death, but this consideration did not weigh with them. After the first nine confessions indeed had received the crown of martyrdom, the brothers themselves were denounced and imprisoned. The judge, being unable to obtain any avowal from them either by means of threats or promises, ordered them to be kept apart, in order to gain them over separately. They held out manfully, however, and were in consequence condemned to death. Jonas, having been forced into a pressing machine, was crushed in two; Baruchus was stifled under a mask of boiling pitch, which was poured over his face. This happened in the year 327.

MORAL REFLECTION.—It is not a sterile love of one's brethren, but a love manifesting itself by acts, which the Saviour has enjoined in these words: "Little children, a new commandment I give unto you, that you love one another, even as I have loved you."—(John xiii. 34.)

## Saint John Climachus.

THE CONTEMPLATIVE LIFE.—St. John Climachus had cultivated polite learning from his childhood, and retired at the age of sixteen to Mount Sinai, which was then peopled with a vast number of solitaries, devoting themselves to a contemplative life and manual labour. He speedily equalled, perhaps even surpassed them, in the practice of perfection, under the guidance of a holy man named Martyrius. Silence, avoidance of the world—saving on occasions where charity otherwise required, and humility, were his favorite virtues. Having been elected superior-general of the monks of Mount Sinai, he resigned the charge at the expiration of three years, and entered anew his beloved solitude, in order there to give himself up more freely to prayer and contemplation. The religious, not reconciling themselves, however, to the thought of losing the fruit of his lessons, begged him to write for their benefit. Then it was that he composed "The Mystic Ladder," wherein he teaches the art of raising one's self to God by thirty successive degrees; which he obtained the name of Climachus, which signifies steps or degrees. He died in solitude in 606, after having exceeded the age of eighty.

MORAL REFLECTION.—The active life is necessary, the contemplative life is more perfect: happy they who are called to it! It is of this that our Saviour spoke when saying, "Many have chosen the better part."—(Luke x. 42.)

A CURE FOR CHOLERA MORBUS.—A positive cure for this dangerous complaint, and for all acute or chronic forms of Bowel Complaint incident to Summer and Fall, is found in Dr. Fowler's Extract of Wild Strawberry; to be procured from any druggist.

## CHARCOAL SKETCHES OF CANADA AND CANADIANS.

Quebec, July 17th, 1888.—I have discovered a land here less known to Americans than the remotest parts of Europe; and to their shame be it said. Verily, in the language of Solomon, "The eyes of the fool are in the ends of the earth."

A hundred miles down this noblest of all rivers lie the ruins of the first stone and mortar house ever built by white men in America. Here as I write I look down upon a modest little Notre Dame; a church that was reared full half a century before the famous old South of Boston. How little we know of this truly great land; great in history, comparative antiquity, material progress, and in truth, all that makes a country truly great and desirable to see.

Canada, or "Kanata" an Indian word signifying a village of huts, is literally a land of water. I find thousands of lakes here not laid down on any map, lakes which are long and tortuous, deep and cool and clear, and hiding fish along their woody banks by the basket full. I find lakes like rivers in their length and clearness and purity; rivers that are like seas in their vastness and strength. In fact this is a land of room and space, a land of tremendous possibilities. For reasons I have not space to explain, I count it forty-fold more desirable than Mexico, towards which America has set her face of late.

I have been roaming industriously up and down Canada now for weeks, and as one of the general results of my observations, I am bound to bear testimony that there is no solid happiness to be found in the Canada than in the United States.

These sturdy Canadians, it seems to me, have read and well understood that the Creator of the earth took whole days to complete it and that He rested on the seventh day, well content with his work. And so the honest and industrious Canadian is not particularly ambitious to surpass his Maker in achievement of toil. But I venture to say that it had been possible to let out creation to the average New Yorker he would have completed not only the earth but the whole planetary system in five days.

But the whole planetary system in five days, put up a stock in his neighbor in the sixth and twisted the very vitals of him and finally have gone to Long Branch and Coney Island on the seventh day and had a champagne dinner at each place. And that is like as not he would have even been dissatisfied with his work and complained that he was not doing very much.

But while the Canadian is a little slow comparatively, let it be kept in mind that he is sure. Let us not forget the table of the tortoise and the hare. And yet, looking away out yonder to the great North-West where they are building a railroad with a speed that far outstrips our own, we find achievement in this tremendous department of progress. I do not quite know which we shall call a tortoise.

ON THE MODEL FARM, ONTARIO.

This Province pays \$30,000 a year to maintain a school for the practical education of farmers. This institution turns out annually from two to three hundred well disciplined and splendidly equipped men to take charge of the most important localities of our Province. Let us not forget the table of the tortoise and the hare. And yet, looking away out yonder to the great North-West where they are building a railroad with a speed that far outstrips our own, we find achievement in this tremendous department of progress. I do not quite know which we shall call a tortoise.

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riches to be of great importance. When England conquered the land they numbered less than fifty thousand. They are now more than a million, and they have had but little accession from immigration. These men are the largest I ever saw outside of some select regiments in England. And such patient industry and perfect housewifery I despair of finding anywhere as here. A gentleman from Boston who has built a wooden mill on this river said to me: "Crime is unknown among these people almost entirely." Wishing to be certain of this statement I sought out the Clerk of the Courts and found that in three years' time in a city of five or six thousand inhabitants there has been but two criminal trials. Good testing this of the morality, the sense and the purity of the people. Henceforth I shall greatly respect the Canadian French.

It may not be generally known that in all France there is not a single farm house. It is an important truth nevertheless. The French will not live alone like the Saxon, in France or America. If you see an isolated house here you may set it down as the habitation of a priest, or a soldier, or a man who is trying, unconsciously, to live out and up to the old Baronial traditions of his ancestors. All along the Richelieu, even the St. Lawrence, you see miles and miles of isolated houses. And is not this constant intercourse the reason of the Frenchman's ready politeness? I think so.

A LAND TO REMEMBER.

I saw not one beggar or even the semblance of one in all my wanderings among the French Canadians about the banks of the Richelieu and St. Hyacinthe. I should presume it is the paradise of tramps, for I found it frequently impossible to get the people to accept anything for hospitality and even when they did consent to take pay, it was so disproportionate to what I have paid on the other side the line that I almost felt as if I was swindling them.

Now right here I want you to stick a pin and consider if this is not a very desirable place to spend the summer in. I should say that young students, of either sex, would find it very pleasant, healthful, instructive, economical. Only French is spoken here, of course, and it would be a bit of practical training to try to understand this language. And I think they speak pretty pure French, too; at least the better class. For at St. Hyacinthe I found a stately and a crowded college. I mean to use any stick in our union might be very proud. Think it over, you who contemplate a trip abroad, and see if there would be more economy, common sense in fact, in spending the summer here.

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A fact which even political economists are apt to forget is that a manufacturer's rate of profit is not the only essential element to success; the aggregate profit at the end of the year is of far greater importance, and this in most cases is greater out of a low rate of profit than out of a high rate, because of the increased business which the lower price gives rise to. It was on this principle that Messrs. Tuckett & Son acted in introducing their now famous "Myrtle Navy" tobacco, and to this principle they have ever since adhered. This is one of the reasons why the people of Canada are smoking the best tobacco which can be produced, at a cheaper price than any other people can buy a similar article.

Mr. W. A. Wing, Westport, writes: "I wish to inform you of the wonderful results which followed the use of Northrop & Lyman's Emulsion of Cod Liver Oil and Hypophosphites of Lime and Soda. A cough of six months' duration, which I was unable to work, I tried many remedies without effect; at last I tried this Emulsion, and before three bottles were used I am glad to say I was restored to perfect health."

Ayer's Sarsaparilla is designed for those who need a medicine to purify their blood, build them up, increase their appetite and rejuvenate their whole system. No other preparation so well meets this want. It touches the exact spot. Its record of forty years is one of constant triumph over disease.

Remember This.

If you are sick Hop Bitters will surely aid Nature in making you well when all else fails.

If you are constipated or dyspeptic, or are suffering from any other of the numerous diseases of the stomach or bowels, it is your own fault if you remain ill, for Hop Bitters is a sovereign remedy in all such complaints.

If you are wasting away with any form of Kidney disease, stop tempting Death this moment, and turn for a cure to Hop Bitters. If you are sick with that terrible sickness, Nervousness, you will find a "Balm in Gilead" in the use of Hop Bitters.

If you are a frequenter, or a resident of a miasmatic district, barricade your system against the scourge of all countries—malaria, epidemic, bilious, and intermittent fevers—by the use of Hop Bitters.

If you have rough, pimply, or scaly skin, bad breath, pains and aches, and feel feeble generally, Hop Bitters will give you a rich, pink skin and sweetest breath, health, and comfort.

Stomach, Bowels, Blood, Liver, Nerves, Kidneys, Bright's Disease, \$2.00 will be paid for a case that will not cure or help.

That poor, bedridden, invalid wife, sister, mother, or daughter, can be made the picture of health, by a few bottles of Hop Bitters, costing but a trifle. Will you let them suffer?

FOR THE KIDNEYS, LIVER & URINARY ORGANS THE BEST BLOOD PURIFIER.

There is only one way by which any disease can be cured, and that is by removing the cause. Whatever it may be, it must be removed. The large, long, narrow, deep, Here I have journeyed to the West, Here I have set him down to rest.

ABOVE YOUR GLIMMERING GOLD OF GOLD ONE LITTLE IMPERIAL PILL IS SEEN; While gathered at his feet in green Ten thousand foresters are seen. That duty drops the web of care.

RENEATH THE SUNSET'S GOLDEN SHEAVES THE FARMERS HOLD THE WORLD ON THEIR SHOULDERS AND ARE STANDING TRULY BY THEM. They have altogether in the Dominion more than eighty associations devoted to the culture and development of stock and grain. This Province of Quebec has an institution peculiarly unlike that of Guelph, Ontario, only on a much smaller scale. I did not visit this, but am told that it is conducted entirely by a lady. The Province pays \$5,000 bounty towards its maintenance. As against them we have only little to show except the school in Michigan. Yet, it is true, that we have many institutions that profess to be for the benefit of the poor, but are in reality a Model Farm. Of course I cannot enter into details or attempt to digest the big book making up of their annual report on this place. But I may say as a cardinal rule, that the Province of Quebec is severely so; to keep the feet of the students set down firmly on the hard earth. They ignore Greek and all such nonsense and try to teach common sense. Yet no grammar is admitted here by a great deal. Each applicant must be at least sixteen years old, must be of sound morals and good health and pass a very severe matriculation examination if not a graduate of the many high schools of the country. So you see, as a rule, only well born and well bred young men can be admitted. The expense to the student is merely nominal now, as the institution, by the sale of firebrick and the product of its 500 acres is almost self-sustaining. I shouted with delight at their little farm of dogs. Such a pretty lot of puppies tumbling over each other, barking, leaping with delight to see a stranger, I never saw. This cultivation of dogs must be a scheme of the French part of the Dominion, for their dogs at home are as numerous almost as their children. And that is setting dogs down pretty thick, among the French I can tell you. I hear that such a thing as a mad dog is unknown among these people. Is it because they are kind to their dogs?

THE PROGRESS OF MEDICAL ENLIGHTENMENT has led to the abandonment of many antiquated remedies of questionable value, and the adoption of newer and more rational ones. Prominent among the latter is Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure, the justly celebrated Blood Purifier, a comprehensive family remedy for liver complaint, constipation, indigestion, loss of physical energy, and female complaints. Sold by Harkness & Co., Druggists, Dundas Street.

Amos Hadgin, Toronto, writes: "I have been a sufferer from Dyspepsia for the past year, and the remedies I tried proved useless, until Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure was brought under my notice. I have used two bottles with the best results, and can with confidence recommend it to those afflicted in like manner. Sold by Harkness & Co., Druggists, Dundas Street."

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This Famous Institution was organized in 1878, and incorporated in 1882, under Act of the Legislature of the State of Michigan, for the exclusive treatment of

## Chronic Diseases &amp; Deformities!

From its commencement it has shown itself to be fully worthy of the vast patronage which it has gained, over 15,000 Cases having passed through its hands during the five years of its existence. Of this immense number of Chronic, Obsolete, and Complicated Cases, over 12,500 persons reported themselves cured after treatment by its Surgeons in 1882 alone. The number of cures effected in that year by each of the seven subdivisions into which the actual medical business is divided are as follows:—

1. Eye and ear.....	1,287
2. Head, throat, lungs, and heart.....	3,106
3. Stomach, liver and kidneys.....	2,309
4. Spine, bones and joints.....	401
5. Diseases peculiar to men.....	2,316
6. Diseases peculiar to women.....	2,584
7. Tumors, cancers, and skin diseases.....	405

Total number of patients discharged cured in 1882..... 12,608

Of this immense number of cases cured, over 4,000 were treated at headquarters, while the remainder are apportioned between the Canadian and American divisions of this colossal practice, the former being credited with 3,733 and the latter with 4,551 (exclusive of Detroit and vicinity). At the present time there are 1,423 patients under treatment in Detroit alone.

## THE REASON WHY.

The system by which these Wonderful Results have been attained is one which has gradually grown out of the rich experience of the Directors of the Association, and may be accounted for by the following reasons:—

- I. Because each physician or surgeon is not only an old and experienced practitioner but a skilled specialist, having made long and extensive research into his particular specialty.
- II. Because each of the medical departments is placed in charge of those members who have made that subject their special study.
- III. Because every case treated is prescribed for by the Medical Council composed of six professional gentlemen, whose profound knowledge of the pathology of chronic diseases and intimate acquaintance with the effects of every known remedy are absolutely unrivalled.
- IV. Because the Association owes allegiance to no school or "patny," but uses in every case that treatment which its vast experience has shown it will cure.
- V. Because its surgeons are skilled and experienced operators, whose constant contact with the most delicate cases have given them an unequalled dexterity in their branch of the profession.

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Should call on or write to the above Celebrated Association which treats exclusively and successfully

## ALL CHRONIC DISEASES

Eye, Ear, Head, Throat, Lungs, Heart, Liver, Kidneys, Stomach, Genito-Urinary Organs, All Diseases peculiar to men and Women, and all Catarrhal, Rheumatic, Serofulous, Neuralgic, or Nervous Complaints, together with all

## DEFORMITIES

Such as Club-foot, Bowlegs, Hip-joint Disease, Pott's Disease, and all Curvatures of the Spine, Cleft Palate, Harlequin, or any other Malformation or Deformity of the Head, Spine, Bones, and Joints.

SEND TWO 3-CENT STAMPS FOR GUIDE TO HEALTH AND GOLDEN MONITOR.

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## THE MOST POPULAR HEALTH AND PLEASURE RESORT IN THE UNITED STATES IS THE

## River Park Sanitarium &amp; White Sulphur Springs

Over Ten Thousand Testimonials have been Received from persons who have been cured at this Famous Sanitarium.

J. D. KIRGAN, M.D., Director & Medical Superintendent. Among our vast patronage there are many patients who wish to place themselves under our daily surveillance, besides we annually perform hundreds of difficult surgical operations, and in other ways have had constant demands made upon us for the establishment of a suitable home, both for those brought directly under our care and for the public at large.

Detroit is without exception the most beautiful, as well as the most centrally situated city in the North, and the same reasons which called it to be selected as the Home of our Association caused us to endeavor to obtain near here a suitable location for our proposed Sanitarium. In this endeavor we have been eminently successful, having secured the far-famed River Park Hotel, and White Sulphur Springs, of Wyandotte, which, besides being the most delightful and popular summer resort of the West, is known throughout the world for the health-giving properties of its waters. This is now known as the River Park Sanitarium and is under our sole control, we having bought out all other interests. It is our purpose to make it a health resort which shall be worthy of the patronage of those who desire health, pleasure, and quiet amusement, from which every disturbing element will be excluded and to which those who have received its hospitality will be glad to return.

In July last Dr. J. D. Kirgan visited Europe for the purpose of investigating the methods which have in several departments of medicine and surgery placed the European physicians and surgeons far in advance of our native professional men. Besides visiting the famous colleges and hospitals in London, Paris, and Berlin, he also visited the celebrated Hydropathic and Massage institutions of England, Scotland, France, and Germany. All the most improved systems of these various sciences have been introduced at the River Park Sanitarium, including the Mineral bath, Russian bath, Electro-Magnetic bath, and the celebrated Massage treatment. For diseases peculiar to women especially this watering place is unequalled, for not only is the resident physician, Dr. F. B. Smith, an expert in that branch of the profession, but every appliance that science has devised is at hand, besides the entire skill of the famous Medical Council, and of the Association Surgeons.

The waters of the Springs are invaluable for Rheumatism, Neuralgia, Liver Affections, Kidney Diseases, Dyspepsia, Catarrh, Scrofula, Paralysis, Skin Diseases, Piles, Nervous Debility, and many other complaints. The beautiful River Park offers all the enjoyments of the country with the luxuries of the city; the buildings being all modern, heated by steam, lighted by gas, furnished with electric bells, and within easy distance of Detroit by railroad, or river, being also connected by telephone with the city and with our business offices, corner of Griswold Street and Michigan Avenue.

It is not a hospital; it is a sanitarium in which those who suffer from chronic complaints can receive every attention, a health resort where all who desire to obtain the benefit of the famous White Sulphur Springs will be cordially welcomed, and a home where those who desire rest will find it. For full particulars and Analysis of Waters at River Park Sanitarium, Wyandotte, Mich., or River Park Sanitarium, Wyandotte, Mich.,

## DR. HOLMAN'S PAD CURES MALARIA

DYSPEPSIA, NERVOUS AND SICK HEADACHES, All Liver and Stomach Troubles, Biliousness, Constipation, and all other Chronic Diseases, Summer Complaints, Children's Diseases, and conditions from which many suffer in all climates. Beware of imitations. For further information, for sample or trial of Dr. Holman's Pad, if not found at your nearest druggist, send postpaid letter direct to the office and get your Pad by return mail. Address: DR. J. D. HOLMAN, P. O. Box 212, 93 William St., N. Y.

For sale by Mitchell & Platt and G. Caland, London.

MEANEY BELL FOUNDRY. Famously known to the public since 1838, Church, Chapel, School, Fire Alarm and other bells cast. Address: MEANEY & CO., West Troy, N.Y.

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TERMS—Board, Tuition, Washing and Doctor's yearly in advance. Commercial Course. Drawing, Vocal Music, man, free of charge. For full particulars send Very Rev. J. H. TAYLOR.

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