

FATHER D. S. PHELAN ON CHURCH STORMING

The French have had enough church storming. The Rouvier ministry was wrecked in a violent encounter with the altar on Wednesday last, and Fallieres finds it a difficult matter to find anyone to take up the premiership. The Devils in Our Lord's day expostulated with him: "quousque animam nostram tollis?" "Why are you annoying the life out of us?" The followers of Beelzebub are being tortured in the same way by the Eucharistic Lord in the Tabernacle. Ministry after ministry will henceforward have to cry out: "Why are you annoying the official life out of us?" We warned these infidels that the moment they brought on a war with the Church they were undone. It matters not what their grievances, or what their provocation to violence; conflict with the Church always spells defeat. If an angel of God were to come down and embroil himself with the Church, she would not let up on him until she had landed him in hell. "If an angel of God were to teach you anything different from what I have taught you," said St. Paul, "let him be anathema." The policy of the Church may be sometimes at fault, and governments may now and then have legitimate grievances against Rome, but let them stop short of an open rupture. The moment the justest cause raises its armed hand against Rome it becomes iniquitous. The weapons which it is lawful to use against the Church of God are those of expostulation and prayer. "May the Church of God ever be in the right," but, right or wrong, powers and plotting politicians had better leave her alone.—Western Watchman, March 15.

FRUIT EATING

The lack of logic in some persons seldom appears in a more striking manner than in certain popular and mistaken fallacies on the subject of fruit eating. There are thousands of men and women who are within easy reach of orchards and fruit gardens or of fruit stalls, who sit down each day to a heavy, greasy, fried breakfast, which taxes their digestive organs to the utmost. Many of them never take fruit at all except in the form of pie.

The habit of serving fresh fruit in the morning has never been formed in their families, possibly because it has not seemed easy to get except in the summer. Yet even in the country, where there are no fruit markets, there are few families who do not have a barrel or two of apples in their cellars in the winter. No better use could be made of these apples than to serve them at breakfast. They are best raw, but for those who cannot easily digest uncooked fruit, they might be baked or made into apple sauce.

Another reason for the neglect to serve fruit at table is doubtless the fact that some special kind of fruit has disagreed with one or more members of the family. This, of course, is not sufficient reason. Instead of banishing fruit, the better way would be to discover what kinds can be eaten with impunity, and to use those.

Those who suffer from rheumatism or gout need a plentiful allowance of the acids furnished by many kinds of fruit. For these people, especially, apples are invaluable. There is no reason why they should not be cooked so long as they are not made into a pie; nor is there anything poisonous in a pie; but, medicinally, fruit is better in its simple state.

Oranges are among the most useful of fruits, and when eaten freely, tend to correct many sluggish bodily conditions. The smaller fruits—currants, strawberries, raspberries, and so on—agree with some people and not with others, and must be adapted to each case.

There are people who cannot eat the more acid red fruits without suffering from a rash or other disturbance. But oranges, grape-fruit, peaches, apples, pears and grapes, it is safe to say that most people would gain in health by making one or other of them serve each day for an entire meal.—Casket.

An American Disease.

Some doctors go so far as to say that indigestion is the national disease of America. There is but one national remedy for indigestion and that remedy is Dr. Hamilton's Pills which accelerate the action of the gastric glands and give tone to the digestive organs. They strengthen the kidneys and liver, cleanse and purify the blood and thus add general tone to every organ of the body. Flesh and strength are fast restored and the patient can eat and digest any food he pleases. Test Dr. Hamilton's Pills yourself,—25c. per box or five boxes for \$1.00 at all dealers.

OUR MIGHTY EMPIRE

It covers one-fifth of the World's Land Area and Has 4,000,000 People.

As the outcome of a suggestion by Mr. Joseph Chamberlain, when he held the post of Colonial Secretary, a unique blue book was published recently, recording and tabulating in 300 pages forty years' growth of the British Empire, as revealed by the census of 1901. The blue book shows that since 1861 the area of the Empire has increased from eight and a half million to nearly twelve million square miles, and the population from 250,000,000 to 400,000,000, of which only 54,000,000 are whites, and 58,000,000 Christians. The tables convey interesting information as to birth rate, proportion of sexes, religions and social conditions in various parts of the Empire, and shows that the Empire consists of more than one-fifth of the entire land area of the world. The population is roughly distributed as follows:

In Asia	300,000,000
In Africa	43,000,000
In Europe	42,000,000
In America	7,500,000
In Australasia	5,000,000

The most populous city after London is Calcutta. The highest proportion of married persons is in India, Natal, Cyprus and Canada. The lowest is in the West Indies. Depression in the birth rate is general almost everywhere, but is most remarkable in Australasia. The proportion of insane persons in the colonies is much below that in the United Kingdom. Insanity is markedly decreasing in India, despite consanguineous marriages. Indeed the theory that such marriage produce mental unsoundness is little supported by these statistics.—Exchange.

Knew His Purpose

Corporal James Tanner was talking about a grafter.

"He thinks all men are grafters," said Corporal Tanner, "because he is one himself. So does the coward think all men share his cowardice."

"There is a story about a young recruit who, in his first engagement, lost heart. The ping-g-g of the bullets terrified him. Spying a hole in the ground he broke from the ranks, rushed to it and threw himself within, cowering against the earth."

"An officer, disgusted, ran to the terrified recruit, clapped him on the shoulder, and said:

"Rejoin your company at once, sir." "The lad looked up at the officer and answered:

"No, you don't. You want this hole for yourself."—Kansas City Journal.

Put a seal upon your lips and forget what you have done. After you have been kind, after love has stolen forth into the world and done its beautiful work; go back into the shade again and say nothing about it. Love hides even from itself.

Men who are conservative for themselves often advocate a radical policy for their neighbors.

AWARDED PRIZE OF VIRTUE

Every year the Academie Francaise distributes what it calls "Les Prix de Vertu"—prizes for virtue—among the deserving from all parts of France. This year one of the foremost recipients of a prize is a Sister of Charity. Paul Deschanel, director of the Academy, paid the following beautiful tribute to her in the address in which he announced the prize winners of the forty immortals:

"Among this year's successful candidates for the prizes of virtue awarded by the Academie Francaise I find a Sister of Charity and a school mistress. The Sister is a teacher, the teacher an unchurched Sister of Charity. The nun has won the allegiance of the Free Thinkers, the school mistress that of the Catholics. Sheer goodness has raised both of them heaven high above considerations of sect or party."

"In 'the world' the Sister was called Julie Hartmann. She was born in 1830 at Sainte-Marie-aux-Mines, in the arondissement of Colmar, and her people were modest farmers. She was destined for the religious life and to become a teacher when at the age of twenty she was left an orphan, with five brothers and sisters, all younger than herself. For fifteen years she mothered them. When, at last, they were all of them capable of self-support she took the veil and entered the Order of St. Joseph of Cluny, assuming the name of Sister Emerentine.

"In 1869 she was made directress of a school for very little children at Beau-

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vais, where for thirty-six years she taught the tiny pupils who came to her from the homes of the poor. For her this labor was a sort of sacrament, her maidenly motherliness had fitted her for such a mission, or perhaps it is closer to the truth to say that she was one of those fine natures who have received the God-bestowed gift of shaping and controlling human hearts.

"She is now in her seventy-sixth year. Her pure, sweet face is shrunken, her form is bent and her very name has become abbreviated; in their touching familiar language the people call her "Mother Ancient," and they are not far wrong for she mothered the little children of three generations with unspeakable tenderness."

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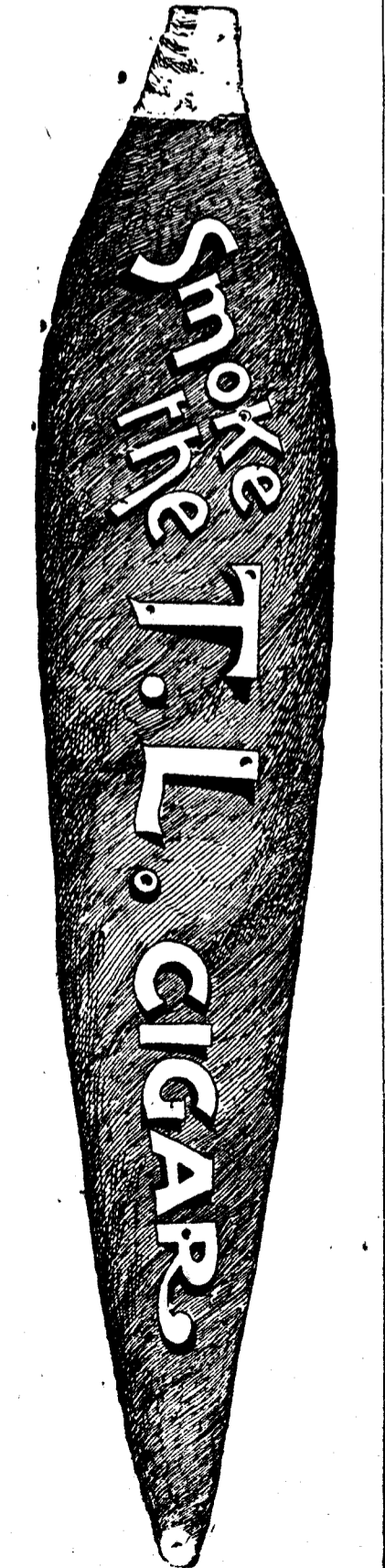
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