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W. CORY,

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HFDN IIII urance Co'y

LONDON, Eng. ng as the Strongest."

**FUNDS, 1906** 

....\$47,410,000 .... \$8,805,000

\$398,580

John MacLean, 88 Notre Dame St. W. Tel. Main 1539

True Witness Bld'g. Tel. Main 5073

Corn Cure is ap-wart it kills the sity comes out he flesh.

PARTMENT O. H. THIBAULT.

Manager for Canada. ITY AGENTS PARTMENT
FRED. G. REID,
30 St. John St.
Tel. Main 1222
3 St. Nicholas St.

Though cannon batter'd, you're yet unshattered, And give invaders each time a

Your spirit haunted, brave men undaunted,
That yet shall guard you, Old Cashel's Rock.

Old Rock! 'tis grieving to see them Thy sons and daughters to cross 10 Bleury Street, Montreal.

Health Talks.

THE ARTISTIC RESTORATION OF FACIAL CONTOUR.

THURSDAY, FEBRUARY 11, 1909.

(Copyrighted.)
What has become of the old-fashioned grandmother? She whose chin
almost touched her nose is rarely
seen, and still more rarely pictured

The absence of the old-fashioned The absence of the old-fashioned granny is easily accounted for: Firstly, by reason of the fact that people do not have their teeth extracted so early in life as they once did, and, secondly, if they do have the natural teeth extracted, they have them replaced by artificial and have them replaced by artificial sub-stitutes that in some measure off-set the shrinkage and contraction that would follow if no artificial

that would refer to the activities the tweeth were inserted.

It has been shown by statistics that the term of human life has been materially lengthened—that health has been vastly strengthened and improved, and that the appearance of the initial part of the statistical of the individual has been wonderful added to by the art and skill of ly added to by the art and sain of the modern dentist, for by use of artificial teeth food is properly mas-ticated, nourishment and nutrition have been ensured, and healthy bo-dies have been indicated in healthy uthful faces.

need look old who is not No one need look old who is old, and many who are old not look as old as they do. improvements made in methods need improvements made in methods employed in restoring contour, youth, tone and expression to the face are ch that it is possible for a skillful such that it is possible for a skillful dentist to ward off the appearance of age by from ten to twenty years.

There is no other factor affecting the muscles of expression to the extent that the teeth do; nothing gives

tent that the teeth do; nothing gives an aged appearance to the face so quickly as the hyperthrophied chin, the drooping nose, the wrinkled lips, and hollow cheeks. When these conditions are combatted in time, it is possible to restore the facial outline, possible to restore the facial outline, as well as the facial fullness, to the same extent as before the loss of the teeth. Long continued wearing of artificial teeth which do not restore the muscles of expression to their full extent operates in a great measure against the success of a dentist in securing the desired results, but it is still possible.

When the natural teeth are extracted, especially the cuspid teeth, (commonly called eye teeth) a marked change in the facial expression of

ed change in the facial expression of ed change in the facial expression of the individual takes place: The lines running from the angles of the mose to the corners of the mouth be-come much more pronounced, result-ing in deep wrinkles, the cheeks fall in, the tip of the nose droops, and the muscles of the upper and lower lips contract from lack of their naa drawn, haggard expression, great-ly aging the individual in appearance some respects similarly long illness

## Distilled Water.

If one is to accept as correct every thing that is written, even in medi-cal journals, about the drinking of distilled water, one must regard it curative properties, and a corrosive poison to the walls of the stomach.

Old Rock of ages the history's pages In glowing anthems may chant your name, Your stately spirit, each heart in-

With lasting glimpses of freedom's

Your daughters fairest, of beauty

Which makes a pageant of glories

Poets write of mountains, of lakes

and fountains, And glorious coasts like old Done-

gal; Such bards of beauty seem lost to

duty Like the unstrung harp on Old

Tara's wall.
Compare this structure, of architec-

ture, With dell or mountain, the lake or

at lights your summit, Old Cashel's rock.

radiant.

freedom not only from bacteria and other disease producing organisms, but from the salts which all, even the softest, natural waters contain, is unquestionably true, yet even distilled water, especially that distilled from sea water, may contain appreciable quantities of lime and magnesium salts and chlorin.

sium salts and chlorin. Among the medicinal virtues form erly attributed to distilled water was the cure of goitre, and it was said that the habitual drinking of distilled that the habitual drinking of distinct water, or 'rain water, would effect the gradual disappearance of the swelling in the neck, even when the usual remedies, such as iodine, failed. This belief was a corollary of the theory that goitre was due to the drinking of lime impregnated water. A more general belief, and on that

drinking of lime impregnated water. A more general belief, and on that is held by many to-day, is that distilled water exerts a wonderful solvent action in the body, removing the excess of lime salts, which tend to accumulate in persons of advancing years, and to lead to calcification of the arteries, and so bring about the degenerative changes chapter of the degenerative chapter

about the degenerative changes characteristic of old age.

This would be very comforting if it were true, for all could attain long life if nothing were required expect to drink plenty of must retain. cept to drink plenty of pure water.
But the elixir of life is not so simple
The arterial changes of advancing
age consist first in a fibrous thickening of the walls of the blood vessels, and it is only after these have become established that the lime deposits occur.

The butternilk theory of Metchni-koff is more plausible, for drinking this does undoubtedly restrain in a measure the formation of intestinal poisons which are believed to play an important role in the fibrous

an important role in the fibrous thickening of the arteries.

The other view, that distilled water dissolves the lining of the stomach, is even less tenable, for the mouth and stomach always contain mucus and other fluids upon which the wa-ter would act and dissolve out

enough salts to prevent it working injury to the coats of the stomach. We know little of the action of disinjury to the coats of the stomach.

We know little of the action of distilled water in the system. All that can be affirmed is that it is not injurious, and may be recommended as a drink because of its freedom from disease producing bacteria.

#### FRESH AIR IN WINTER.

Without food a man can live for without food a man can live for several weeks; without air he will die in a few minutes. So air is necessary—fresh, pure air—even in winter. One of the most destructive conditions of our modern life is lack of ventilation. The bgd-room window should be left open even in the coldest weether. Cover up warrely. coldest weather. Cover up warmly pile on the blankets, but get into the

lungs all the fresh air possible.

Before going to sleep and on awakening in the morning, it is a good plan to go through a few breathing movements, such as to take ten or twelve long, full breaths, inhaling and exhaling as slowly as possible. If the weather is cold, and you can-not get to a well-warmed room, a few minutes of stretching and breaththing that is written, even in medical journals, about the drinking of distilled water, one must regard it as the best and purest water to drink, even possessing most potent curative properties, and a corrosive poison to the walls of the stomach. That it is the purest water one can district the stomach are feeding, will give the best condition for healthy lungs.—Health-

Old Cashel's Rock.

The race is dying, the kin are flying,
To foreign lands' from their dear
old home. old nome.

Each ship that's sailing leaves friends

dewailing;

The monster liners that leave the

Being off from Sireland, beloved old

Thy sons and daughters, Old Cashel's Rock.

rarest,
And sons unconquered around you Old Rock? you're beaming with glo-

And fought for Freedom and Fa-therland.

May heaven bless you, extol, caress you, And let no tyrant your beauty

mock mock;
And men of glory, in battles gory,
Shall sing your praises, Old Cashel's Rock.

—P. D. Keevan, Rosemount, Dundrum, in the Weekly Independent.

The Pill That Brings Relief .- When Then history's story shall prove the glory is story shall prove the glory. That hangs around you, Old Cashel's Rock.

Old Rock! your bearing is most endearing, And proudly looks o'er the Golden Vale.

No Saxon plunder can shake asunder Your glorious past for old Granuaile.

The Pill That Brings Relief.—When after one has partaken of a meal.

It is oppressed by feelings of fulness and pains in the stomach, he suffers from dyspepsia, which will persist if it is not dealt with. Parmelee's Vegetable Pills are the very best medicine that can be taken to bring repounded to deal with dyspepsia, and their sterling qualities in this respect can be vouched for by legions of users.

SELF RAISING FLOUR Brodie's Celebrated Self-Raising Flour

Is the Original and the Best.

A Premium given for the emoty bags returned to our Office.

# Irish News.

Constable William McBride, a native of Giengariffe, County Cork, who is at present stationed at Belfast, has received a bronze medal and diploma from the French Government for services rendered in connection with the rescue of the crew. ection with the rescue of the crew ment. of the French ship Leon XIII., wrecked off the Quilty coast, Co. Clare, in February last.

The Christian Brothers' Community at Mount Sion, Waterford, are the poorer by the death of Brother Hayes, one of their oldest and most beloved members Born at Dinglo nearly 77 years ago, his devotion and zeal for Christian education found him as he emerged from boyhood a member of the Order at Mount Sion, Waterford. Later he officiated as Superior at Belfast, Killarney, Tralee, and Cashel. Relinquishing the onerous responsibility of Superior, he returned to Wanterion are discovered by the death of the contribution of the country began to increase, and natural shelter found in the great woods and caves of the country became insufficient, men resorted to the erection of artificial dwelling places—notably caves built by hands. Many of these still exist in Country to Superior, he returned to Wanterion are descented by the contribution of the country began to increase, and natural shelter found in the great woods and caves of the country began to increase. Many of these still exist in Country began to increase, and natural shelter found in the great woods and caves of the country began to increase. Many of these still exist in Country began to increase, and natural shelter found in the great woods and caves of the country began to increase. Many of these still exist in Country began to increase. Many of these still exist in Country began to increase. And natural shelter found in the great woods and caves of the country began to increase. Many of these still exist in Country began to increase. And natural shelter found in the great woods and caves of the country began to increase. And natural shelter found in the great woods and caves of the country began to increase. And natural shelter found in the great woods and caves of the country began to increase. And natural shelter found in the great woods and caves of the country began to increase. And natural shelter found in the great woods and caves of the country began to increase. The Christian Brothers' Communiofficiated as Superior at Belfast, to the economic fill of the more wealth. Trailer, Trailer, and Cashel. Repliquishing the onerous responsibility of Superior, he returned to Wasterford nine years ago, and there remained until death removed him sphere of usefulness and unforms a sphere of usefulness and unforms a sphere of usefulness and unforms. from a sphere of usefulness and un-wearied endeavor in the cause of religion and education

The tenants on General Clive's estate, situate in Ballycroy, called in a body at Claggan, by appointment, to meet the new agent, Mr. Jolly, regarding the rent and the prospects of a sale of the estate, says the Mayo News. The deputation, consisting of twenty-one tenants, represented from the various townlands the entire tenantry. The estate contains 29,-120 across of which the transity of the contains 29,-120 acres, of which the tenants, numor which the tenants, numbering 93, hold 12,051 acres, and of which the landlord—away in England—holds 17,069 acres. Eighty-four of the tenants are valued under £4. Formerly the tenants occupied the entire 17,000 acres held by the General as creating mountain when General as grazing mountain, when the O'Donels of Newport were own-ers; but on George Clive becoming middleman fifty years ago, the poor natives were dispossessed, and ever since the struggle for a bare ex-istence on the tracked little and the conistence on the wretched little patch they have been limited to by their philanthropic magnates. On the Bel-lingham estate, recently purchased by the Congested Districts Board, in addition to the employment given to the tenants, a reduction of 4s in the £ has been granted, and the condi-tion of the tenants was never so miserable as that of the Clive ten-ants. To Mr. Jolly the deputation appeared too small, but at the same time he gets Bailiff Doran to order in three to his honor's office, which spiderlike invitation all smilingly declined, so Mr. Jolly came out to the open. He refused a reduction of rent; he disputed the fact that the estate was congested; he went so far as to say that the Congested Dis-tricts Board were of that opinion; tricts Board were of that opimon; send as there were no funds to pay down in yellow gold sovereigns the price of this estate, no sale could, or would ever take place. The tenants paid to these jolly, queer remarks the attention they deserved, and, buttoning up their pockets reand, buttoning up their pockets, refused in a body to pay the rent. However, the agent said that he would correspond with General Clive and it is expected a reasonable concession, in considerations the on, in consideration of his re cession, in consideration of his fusing to sell to the Board, may

The parishioners of Cooley, a few miles north of Dundalk, are at present celebrating the golden jubilee of their pastor, Rev. Hugh Murphy, P. P., Father Murphy was born in the parish of Killeshill, County Tyrone, on August 28, 1828. He is rone, on August 28, 1828. He is thus an octogenarian, the oldest priest in the Archdiocese of Armagh.

made to a body of hard-working ten-

Kenmare Guardians passed a reat the death of Sister Mary Laurenries teeming
Grand pile of beauty long may you stand,
Where kings, undaunted, the war cry chanted,

A letter was read at Killarney Guardians' meeting from Dr. James Hanafin, medical officer of Milltown Dispensary, resigning his position, and thanking the Guardians for the courteous treatment which he had re-ceived at their hands for the forty years during which he served under the Board. The resignation was ac-cepted, and Dr. Hanafin, son of Dr. James Hanafin, was appointed tem-porary substitute at the dispensary at four guineas a week.

Mr. P. J. O'Sullivan, Gillorglin, a prominent Kerry sportsman, became suddenly ill at a coursing meeting at Castlemartyr, County Cork, and died was stopped at once.

Mr. John Murphy, M.P., at Kerry County Council, proposed a resolution, which was passed unanimously, expressing the opinion that the letter of Mr. Pierce Gun Mahony, as to the proposed eviction of his tenant, Richard J. Walsh, at Cordal, Castleisland, was unsatisfactory, and suggesting that the questions at issue should be left to arbitration.

The Birr Branch of the Town Tenants' Association have passed a resolution placing on record to abhorrence at the action of the Government in sending Mr. J. P. Farrell, by Mr. Binns, the engineer, will be

County Antrim, rich in relics the early civilization of Ireland, the scene of another discovery Refuting statements in the local press that the trade of Cork port was declining, Mr. James Long, chairman of the Harbor Board, adduced statistics to show that for the last 25 years the trade of the port had improved both in coal and corn, and pointed out that though the facilities given in the port to vessels calling there or going coastwise were greater than in other places, the dues chargeed in Cork were proportionately lower.

The other discovery of antiquarian interest. Laborers, while engaged in stripping the earth off a black stone quarry, about half a mile from Larne, on the leading road to Ballynure, came upon an ancient souterrain with passages meeting at right angles. One cave or chamber, now stripped, extended some fourteen feet from end to end. The outer wall of this cave, being so close to the quarry, has disappeared. The wall next to the land still remains. The entrance to the cave six inches wide, and covered over

A "no rent" campaign has commenced in a South of Ireland county owing to the refusal of the landlord of several estates to sell land to the tenants under the land purchase act of 1903. The county judge in issuing decrees against 36 recalcitrant tenants said that the landlord was making a mistake in selling the lands, as it would involve all the old troubles of evictions and hardships to tenants. The local priests and the public generally are supporting the tenants and raising funds for their defense.

A costly and enduring memorial has heen erected by the people of Lismore County Waterford, to perpetuate the memory of the late Rev. Father Coghlan, who for over 22 years ministered as a curate in Lismore manifester of the country of the late Rev. more parish. His zeal in behalf of the congregation was intense, and he gained the affection of all classes of

A case concerning the sale under the Irish land act of the Duke of Manchester's Irish estates to the occupying tenants came up before a Dublin court on Jan, 22, and it transpired that the total purchase money for the estates, which include the towns of Tanderagee and Portadown arguments. Second 2019. down, amounted to \$1,039,265.

Tanderagee castle at present is let at a yearly rental of \$6000. It was mentioned by counsel that when the Duke of Munchester came or age his mother, who was Consuelo Yznaga, expressed the wish that he should live in Tanderages castle. live in Tanderagee castle, and that for three years the Earl of Sandfor three years the Earl of Sandwich, who had been the present Duke's guardian, acted as agent for the property, allowed the Duke \$350

at Newtownsandes is about to be transferred to the Estates Commis-sioners for distribution amongst the cottiers of Newtown village and dis-trict.

Mr. Henn, R.M., who presided at Mr. Henn, R.M., who presided at the Ballymote Petty Sessions, referred to the feelings of deep sorrow which he said were caused by the death of the Right. Rev. Mgr. Loftus, and remarked that the country was the poorer by his loss. He proposed a resolution placing on record the deep regret of the magistrates, and acknowledging the efforts of Monsignor Loftus to promote peace and good fellowship in the district. Messrs. Shaw, Graham and Hannan, J.P.'s, and also Mr. M. J. trict. Messrs. Shaw, Graham and Hannan, J.P.'s, and also Mr. M. J. Healy, solicitor, and Mr. Norris, D. I., all spoke in support of the re-

# \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* 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."

GEO. W. REED & CO., Ltd. MONTREAL,

submitted for the improvement of the local docks at an estimated cost of £36,000. The scheme, if carried out, will enable vessels of a draft He urged all who could spare no one. submitted for the improvement of the local docks at an estimated cost of £36,000. The scheme, if carried out, will enable vessels of a draft of 25 1-2 feet to enter the docks, which now only admit vessels of 15 feet.

It has been reported to the Tuam Guardians that a man named Hosty, aged 120 y ars, is living at Gallow in a cabin which threatens to tum-ble about him. The relieving office-stated he thought the man could be induced to go into the Workhouse.

From the outer edge of County Galway comes this curious contribution to natural history: 'On the west coast here are several small islands. Some of them are so infested that it would not be safe to fall asleep on them, while within a few score yards you meet an islet on which a rat is never seen, and if the animal is let loose there it instantly dies. People carry the clay from the rat-free islands to their barns, and these are afterwards immune from rats. Many of the exempted islands have ruined churches, and people believe that heaven ex-From the outer edge of County

land had received the faith and kept it, referred to the menace of secular education. Let them look at the condition of France to-day. There they had the Government at the will of infidels and Freemasons, and as a result of the Bills they introduced. France had now become infidel. This was due to the fact that secular education had been introduced into the schools. He hoped that France would return to the Faith. The Holy wich, who had been the process with the property, allowed the Duke \$350 a month, and paid debts incurred during the young Duke's minority to the extent of \$12,500.

In 1904 Consuelo, Duchess of Manchester, inherited a large fortune, said the counsel, and since that date she had not claimed her jointure of \$15,000, but had allowed it to be fixed at the reduced figure of \$6000 a year in order ro enable the Duke of Manchester to live up to his position. At the time of the Duke's bankruptey the Dowager Duchess bankruptey the Dowager Duchess over the waves to Ireland, But it had been passed he was afraid twould, and he was hapwould return to the Faith. The Holy bankruptcy the Dowager Duchess paid his creditors in full to the extent of about \$450,000, which sum was a sort of delsenture mortigage on the estate.

The Most Rev. Dr. O'Neill, Bishop of Dromore, presided at a lecture delivered by Mr. J. MacVeagh, M.P., in Mayobridge Parochial Half on Sunday evening on "Ireland at Westminster," illustrated by limelight views. His lordship referred the most brilliant and promising of the younger members of the Irish party.

MacVeagh described the daily life of an Irish M.P. in London, enliveding massed the defeat of they would soon find it travelling they would soon find it travelling of Chatham, from whom Chetham street and Chatham Row are also they was a sort of delsenture mortigage on the estate.

The Most Rev. Dr. O'Neill, Bishop of Dromore, presided at a lecture deficit it was offeated, and he was happy and proud to say, and he proclaimed it there with joy, that it was owing mainly or entirely to the efforts, the vigilance and ability of the Irish Parliamentary party that it was offeated. It might have suited them politically to have supported the Government, but when the faith of the Catholic youth of Great Britain was placed in the balacie is of the Irish party. Mr. and they opposed it and through their efforts completed the daily life of an Irish M.P. in London, enlivening his discourse with some diverting aneedotes.

The property of Veasey Fitzgerald own at Newtownsandes is about to be cause of America as her own, and was enthusiastic in her admiration of Chatham in his vindication in the British Parliament of American richal property of Chatham, from whom Chetham street and Chatham, from whom callot the was offeated. The was offeated, and he was happy and proud to say, and he proclaimed it there with joy, that it was owing mainly or entirely to the efforts, the vigilance and ability of the limits of the Irish Parliamentary party that of the Catholic young and proud to say, and he proclaimed it there with joy, that it was owing mainly or entirely to the cause of Ameri

A Mild Pill for Delicate Women.—
The most delicate woman can undergo a course of Parmelee's Vegetable Pills without fear of unpleasant consequences. Their action, while wholly effective, is mild and agreeable. No violent pains or purgings follow their use, as thousands of women who have used them can testify. They are, therefore, strongly recommended to women, who are more prone to disorders of who are more prone to disorders of the digestive organs than are men.

#### Non-Catholic Paper and the "Ex-Priest."

fall asleep on them, 'while within a few score yards you meet an islet on which a rat is never seen, and if the animal is let loose there it instantly dies. People carry the clay from the rat-free islands to their barns, and these are afterwards immune from rats. Many of the exempted islands have ruined churches, and people believe that heaven expelled the pest to favor the devouting say that a gas, fatal to the rat, is given forth by some subterranean establishment.

The death at Poona, India, from heart failure is announced of Lieutenant Colonel J. J. O'Domell, R.F. M.C., in his forty-seventh year. Deceased was the fourth son of the late Mr. Patrick O'Domell, Ballagh. County Limerick, and brother of Rev. Father O'Domnell, P.P., of Rathkeale.

It was announced at the meeting of Fermoy Urban Council that the result of the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors taken on the question of the Council that the result of the plebiscite of electors taken on the question of the Council's proposal to promote a bill entained the plebiscite of electors the plebiscite of the plebiscite of electors the pleb

It Makes New Friends Every Day. in the west and far north, for its fame has travelled far. It deserves this attention, for no oil lass done so much for humanity. Its moderate cost makes it easy to get.

### The Buthplace of Balie.

Pitts street, Dublin, the birthplace of Michael William Palfe, the eminent composer, was not named from the man who destroyed the Parliament of Ireland by force and fraud and a series of measures of corrup-tion to which history has no raraltion to which history has no later-lel, but from a stateman of far different calibre, the elder Pitt, Earl of Chatham, from whom Chetham especially important that the people should remain at home in Ireland. the Emigration—always a loss to the country—was now, for the reason he had mentioned, a far greater and dis-

