THE CHARLOTTETOWN HERALD WEDNESDAY, APRIL 29, 1914

#### Psalm XXXII

(Written For The Catholic Bulletin bp Helen Bughes Hielscher.)

Rejoice, ye upright, in the Lord, And sound His praise with heart and tongue And pasitry, sing Him a new song, For He is faithful to His word.

His mercy filleth all the Earth, His word hath beaven's foundation laid,

And all the powers that move it made And given the mighty waters birth. Hood's Sarsaparilla Then let us walk the earth in fear, We are the creatures of His breath

The plots of men as naught appear, Rejoice my friend, you are on the The law of God shall ever stand.

Who bows before His boly throne. Is blessed indeed through all the

land. And from his throne in heaven high,

He looks on all and sees men's hearte. He made them, and knows all their

arts,-He watches from the arching sky,

The multitude around a king

Will save him not; the giant's strengtb,

The horse's speed will fail at length

The Lord alone can safely bring.

The eye of God is over them Who fear and put their trust in Him, He feeds them in the famine grim, Nor doth their souls to death con-

demn. My soal, Oh Lord, doth wait on Thee with her, and she was sentenced to

Thou art my refuge and my aid, Rejoice, my heart, be not afraid, His mercy He hath shown to me

The Easter Violets.

I spoke by chance of modest flowers sitting at an open window. Mary And how in all the banks and Aloysia and Madeleine were kneeling beside her. The nun gave her a

bowers, Of vernal Bagley,s greenwood ways, They ever added to my store Of festal joy, a obarm the more To Christian holidays.

Yet when we utter what we feel, The homeliest, simplest things will steal

Itching Skin Distress by day and night-That's the complaint of those who approve of their living on plain food approve of their living on plain food during Lent, if they themselves are Was Badly willing to give up some little danties are so unfortunate as to be afflicted for the sake of the sweet Jesus, who with Eczema or Salt Rheum-and out escrificed Himself so entirely for ward applications do not cure. their sakes while upon earth."

They can't. "Then I may do that at leas' The source of the trouble is in the blood-make that pure and this scal. Sister Mary Aloysia may I not?" ing, burning, itching skin disease will | asked Marie, anxiously. disappear. "Certainly, my dear child; and if

"I was taken with an itching on my arms which proved very disagreeable. I concluded it was sait rheum and bought a bottle of Hood's Sarsaparilla. In two days after I began taking it I felt better and it was not long before I was cured. Have never had any skin disease since." Miss. IDA E. WARD, Cove Point, Md. mur the slightest wishes of your superiors, you will be complying, as

rids the blood of all impurities and

cures all eruptions. His word drew us from ancient death, A long and never a short,

> track Of something of large import.

Whom He hath chosen for His own, When you've found a beavy and not a light,

A slack and never a taut, Something that lacks its opposite In the whole wide range of thought-Exalt, for your search is ended; When these you have found, you'll-

"Ba' I did not know you were sick, my dear child, or I should don on the very spot were Christ has well, You'll stand at the gate of a Heaven, never had desired you to do so." With no swift sluice to a Hell. "Bat it was my own fault if I was

sick," ssid Marie, with a still deep- I could not imitate the wonderful er blush; "Because I knew my **Tales of The Festivals** mother would not have allowed me to go without my breakfast, and I

balf felt all the time that 1 was dis-ASH WEDNESDAY. obedient in attempting to do so " All Hail, Jesus! Mary, All Hail, the danger of following your own

her eyes again she found herself

glass of water, and then in a little

while she revived again, "I know

will in preference to that of the going so far as Jerusalem?" persons whom God has placed over (continued from last week.) you. The Church does not consider It was a very unusual occurrence purpled by His blood said the pilgrim Ittle children strong enouth to fast, in a voice of deep emotion and there yet you attempted to do so in kneel for penance in the middle of where He wept and prayed and died opposition to the wishes of your the room. Poor Mariel She felt the for my salvation I have heard the

mother, and by this means rendered disgrace most acutely, but she did words of absolution pronounced yourself incapable of learning your not like to plead sickness as an exupon me and have hoped in that essons, which was, however, a cuse for her idleness. So she knelt thrice-blessed momant that there positive daty, since it was commanddown without remonstrance, but she was joy in heaven rmong the angels ed by your superiors. In other had not been a minute on her knees of God over one sinner doing you preferred a devcut practice to a real obligation; but, as penance upon earth." before she fainted. When she opened

ence; and besides, if I must not fast,

Sister Mary Aloysis.

and uccommon."

m

an old saint before.

Aloysia."

to do little ones well. The saints

almost imperceptable degrees."

"And you see now, my dear child

(the end) your motive was very good, and you only acted wrongly from want of a

little reflection, I shall leave it to Minard's Liniment cures yourself either to finish your penance andruff. or not, just as you please.'

"Well, then," said Marie, very why you fainted, Marie," oried Some are born lacky others achumbly, "I will go to the school-Madeleine; "you have had no breakroom and finish it now, because I quire lock and still others blunder fast this morning; I saw you giving know I deserve it for my disobedi- into it. yours to a poor man at the door."



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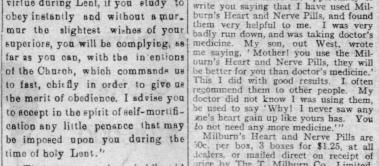
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Mer Up.

age to Jerusalem and to implore par-

suffered and died for my sins. That

very dap I began my jurney; and if

austerities of the saints of old I tried

at least to cherish something of that

spirit of humility and grief which

made them appear in the Church on

Ash-Wednesday only to be expelled

from thence in sackeloth and in ashes.

And did you really succeed in

I have kissed the ground once

cation any little penance that may be imposed upon you during the time of boly Lent." dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont. "That puts me in mind," said

penance jou gave me for not know- been too severe for such wickedness

ing my lessone, Sister Mary Aloysis." as mine. While in this frame of mind I resolved to make a pilgrim-

Marie, with a deep blush, " that I ought to go and kneel in the middle of the room, because that was the

my dear child, why did you rot To many an ear and heart unknown; say so before? you must have have And most in song will quiet truth some directly." She left the room as In right of its unfading youth she spoke, but soon returned with Find out and win its own. coffee and some bread and butter, which she placed before Marie. The The sun shone fair on Easter eve, The day when festal fancies weave little girl still hesitated; she did not Bright threads into the Lenten like to give up her fast. "Bot, dear Sister Mary Aloysis," she ventured gloom, When our free thoughts, Good at last to say, "it was not only for charity that I gave my breakfast to Friday over, the poor man; it was also because I Doubtful twixt joy and penance, wanted to fast." hower "My dear child," said the good About the garden Tomb. nun, "you are much too young to My New-made friend that very day, think of fasting." His face with radiant bumor gay, "But St. John fasted when he was A little sheaf of voilets brought, much younger than I am " Large blossoms singled out with care Bacause he was S'. Ibbn," said And with long searching here and Sister Aloysia more gravely. "The there life woich he led was a direct inspir At that chill season got. ation from Almighty God; but do "],ve looked the College Garden you think that if the sweet Jesus had been with him and had told him through To find each one of freshest hue, to break his fast he would have ob-Toat from its parple censer flings jsoted to do so?" True fragrance to the old March "Oh no, surely not," oried Marie and Madeleine both at the same breeze. " You are a priest," said he, "take moment. "Well my daar child, religion tells these For Easter offerings." as to look upon the wishers of our superiors as the commands of Jesus He tendered them with smiling Christ Himself. Therefore, when I glance tell you to take your breakfast direst-And playful grace, which might enly. I do not think you will disobey hance The courteous tribute that he brought Marie did not besitale another It was a geo le act, and stirred moment, and, to say the truth, she My soul to think how simple word felt all the better for the coffee and In simple heart had wrought. bread and butter. As soon as she The simple drop of pearly dew had finished it she said, " Bat, dear Which falls from out the harebell Sister Mary Aloysia, why are grownblue. up people made to fast, and little When on the breezy heath it quivers children are not allowed to do so?" The meek observant heart will move "My dear child, the chief merit of As proof, more touching, of God's the fast of Lent consists in the obedilova ence thus given to the laws of our Than the abounding rivers. holy mother, the Church. Now, can you tell me why God forbade our O sweet is kindliness unbought first parents to eat an apple in the By service we ourselves have garden of paradise?" wrought, "No, indeed, I cannot, dear sister Or long-tried friendship's winning Mary Aloyais," said Marie. arisi O sweet sympathy which springs "It was not because the apple was From chance occasions' random better or worse than any other fruit in the garden," continued the nun. things, "It was simply because Almighty And unexpected hearts. God desired their obedience on this -Father Faber. point, as a proof of the submission of their will to His." "Then I suppose," said Madeleine, 'children obey the Church by not That Mythical Hell fasting as much as grown-up people obey by fasting?" "They cannot be said to obey the (Written For The Catholio Balletin Church by not fasting, because, in by James C. Nolan.) fact, she bas given them no command either for it or sgainst it. In all these matters children ought to allow When you've found a pendulum with themselves to be guided by their alewing superiors: Bat I should very much That keeps on going one way; Never stopping and swinging back, But on, on, on each day; Seo When you've found a North and never a South, An east and never a West, You'll feel, I think, my logical friend An inflated expansion of chest. is taken by people in tropi-When you've found a high and never cal countries all the year a low. round. It stops wasting and A narrow and never a wide, keeps up the strength and An inside or an innermost. vitality in summer as well as winter. And-mark you-no outside;

ALL DRUGGISTS

When you've found a shallow an

not a deep,

"No breakfast!" said the nuo: will at least be doing some kind of H.O. Wilkinson, Stratfordnt penance for Ash Wednesday, will in says:-" It affords me much pleasure ot, Sister Mary Aloysia?" to say that I experienced great relief "It will, my child, and the very from Muscular Rheumatism by using best kind of penance too; for when two boxes of Milburn's Rheumatic we humble ourselves before others, Pills. Price a box 50c. we are making some sort of resembly

> ance betwixt ourselves and the sweet Jesus who chose for our instruction Money is pitifully cheap when it is o be despised as the most abject of all a man has. men. Remember, that if He fasted

forty days in the desert, He spent Minard's Liniment curse two and thirty years in the constant Neuralgia. practice of humility, and you may

judge by this which of the two virtues He esteems the most."

A hungry man never objects to Marie waited to bear no more, bu making the thirteenth at the table. a tantly left the room to place her self on her knees, before the wonder-

VINARD'S LINIMENT Co. LIMITED. ing gaze of the other children, wo GENTLEMEN-Last Winter I had never seen ber in disgrac beived great benefit from the use MINARD'S LINIMENT in a "I think Marie is a red little evere attack of Laggrippe and I Augel," whispered Madeleine to bave frequently proved it to be very

effective in cases of Inflummation. "She is a very good child," said Yours, the nur; but she must not attempt great things before she has learned

W. A. HUTCHINSON.

themselves only became saints by Did you tell your bride about your p38:?

"Yet some of them became good We're not married long enough. uite suddenly, Sister Mary Aloysia'

"Some of them, certainly, but I speak of those who were good from Mary Ovington, Jasper, Ont heir child-bood; and if you read writes :- "My mother had a badly their lives carefully you will see that sprained arm. Nothing we used they almost always began by being did her any good. Then father very attentive at their prayers and got Hagyard's Yellow Oil and it studies, and obodient to their super- cured mother's arm in a few days ors. It was as a reward for their Price 25 cents." practice of these common, essy

virines, that they were inspired to undertake those which were difficult Any fellow can ask for a girl's band but it's another thing to put a

"I see," said Madeleine, with a ring on it. sigh "because they were faithful in little things, God gave them grace to

b were greater. I wish 1 also could be faithful in Coughed the little things, dear Sister Mary

"You will be taithful, if you really rish to be so, my child," said th good nun. "And now, go and tel Marie to come to me I do not - isl

her to remain long on her knees With That Dry Tickafter ber fainting-fit this morning ' When Marie returned home from ling Sensation in school that evening, she thought she beard a sharp voice in the kitchen; the Throat. and half opening the door, she per-

ceived the very poor man to whom she had given her breakfast that A bad cough, accompanied by that istressing, tickling sensation in the norning. He was very tall and thin; throat is most aggravating.

and as he stood leaning against the Dr. Wood's Norway Pine Syrup heals wall, bis white hair falling on his ne mucous surfaces, relieves oppression shoulders, and his band grasping a and tightness of the chest, removes long staff surmounted by an iron umulated mucous or phlegm, quites cross, she thought she had never even the most obstinate and distressing seen any one so like the pioture of coughs, securing sleep and rest at night, not only to the sufferer, but to others whose rest would otherwise be broken. "Come in," cried Minette joyfally,

"Come in," cried intractory by any "and ask this good pilgrim to give you his beads to kiss they have touched the sepulchre of Jesus

Christ." "Bat what made you think of going there sir?" said Marie timidly as she knelt to kiss the precious chaple'; "it is such a long way off." chaple'; "it is such a long way off." throat irritation. "My child," said the old man sadly

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three pine trees the trade mark, and is manufactured only by The T. Milburn to repeat I fall t at no penance of the old Christian times would have Co., Limited, Toronto, Ont.







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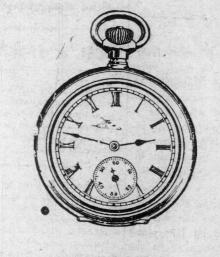
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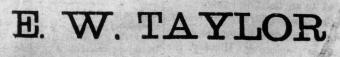
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