

FOOD AND HEALTH.

An Important Lecture by Dr. Bell Before the Dairy Association of Scotland.

An Essential Difference in Cooking Meats—The Broiling and Roasting Process Superior to that of the Stewing or Boiling Practice—Milk: Its Uses, Its Advantages and its Dangers Outlined in a Practical Manner.

LECTURE on "Food and its Relation to Health" was delivered recently in the Religious Institution Rooms Glasgow, to the members of the Glasgow Dairy-men's Association, by Dr. Robert Bell, F.F.P. S.G. Food, as they all knew, was essential to the maintenance of the living body. It should be partaken of at regular intervals, and in every instance sufficient time should be allowed for its complete digestion...

As a Carrier of Disease, and the important factor it was in the spread of zymotic disease. It was not difficult, in fact, to understand how important it was that the most efficient sanitary surroundings should exist in every dairy and in every building where milk was prepared for sale.

Stewed or Boiled Meat Difficult to Digest. That explained why stewing and boiling rendered the meat more difficult of digestion. The same argument held good with reference to white and brown bread.

High-priced Relics. A tooth of Sir Isaac Newton was sold in 1861 for the sum of £350. It was purchased by a nobleman, who had it set in a ring which he wore constantly on his finger.

The coat worn by Charles XII. at the battle of Poltava, and preserved by one of his officers and attendants, was sold in 1825 for \$116 75.

The two pens employed in signing the treaty of Amiens were sold in 1825 for \$2500.

A wig that had belonged to Sterne was sold at a public auction in London in 1825 for \$525.

The prayer book used by Charles I. when on the scaffold, was sold in London in 1825 for \$525.

A waistcoat belonging to J. J. Rousseau was sold for \$190, and his watch for \$100. —San Francisco Chronicle.

any drawbacks, if milk contained its normal amount of cream. From that remark it would naturally be inferred that the less amount of cream the milk contained, the greater tendency would it have to induce constipation.

The reasons why it was more easily acted upon by the stomach was probably due to the circumstance that the lactic acid contained in it, being a constituent of the gastric juice, conveyed to that a greater potency, while the tendency to coagulate and form large curdled masses was minimized.

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A man may dress as well as his own good judgment and the assistance of an artistic tailor may effect. He may take his "tubs" but if his digestive organs are out of order, he will have an unwholesome appearance.

OUR PHILADELPHIA LETTER.

An Imposing Ceremony at St. Joseph College.

Presentation of a Flag on Washington's Birthday--A Military Mass--Some Spirited Comments Regarding Elderly Sisters who Organize the Mothers' Congress.

(FROM OUR OWN CORRESPONDENT)

PHILADELPHIA, February 28, 1898. — It is not often that we have an opportunity to witness and assist at a Military Mass in this country, and one intended for our own people. It is, therefore, quite out of the common that we "up town" Catholics had a particularly interesting and exciting 22nd February because of the presence in our neighborhood of St. Joseph's College, attached to the great Church of the Gesù, in charge of the Society of Jesus.

THE HONORS OF THE SWORD AND GEN.

was paid with all reverence and solemnity to the Blessed Presence on the altar, and the drums beat. It was startling, but beautifully imposing. The long period of silent homage, proof of such obedience to training and to the appreciation of a soldier's responsibility, when the slight young fellows stood so utterly still and so reverent while those around them relaxed their muscles and muscles as it is often the case.

That idea came of Father Finn's, those fine and sensible theories, put quite another face on the matter, and a far higher one and more reasonable one, to tell the truth, than the famous and ever-delightful Tom Brown at Rugby.

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A Patriotic Impulse. It is not exactly cheerful to think of a Military Mass, with even the far off and vague prospect of other military splendors and trophies that are now suggested. Yet here may be another thing we have treated lightly and with too confident scorn—our position among the nations.

The Sway of the Spinners. There are all sorts of excitements in the air at this season, and the wild women of the new women's world are stirring up all sorts of tempests in tea-pots, while drear and deadly questions are engaged man's wider vision and nobler powers.

THEIR RELIGIOUS AIMS. Aside from its oath-bound secrecy, there is another and a fundamental reason why the Church condemned Freemasonry. According to the authority of the great leaders of Freemasonry in Continental Europe, Masonry is a religion, the religion of naturalism and Pantheism, as opposed to the religion of revelation.

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women, after all! The talkers are the spinsters even here. The mothers at this late date still retain in some degree, greater or less, a sheltering fold of the Blessed Mother's mantle of holy secrecy. They keep much in their hearts, and confusedly, perhaps, but earnestly and truly, wait and watch for the time when their help and sympathy are most needed. A "Mothers' Congress"!

A GATHERING OF FROTH AND FOAM.

of pretentious folly and amazing presumption—for every woman, of course, thinks herself "quite the best of the lot," and lays down her law for the guidance of all others. But, really, I wish the old maids—there just as many as there ever were—would let the children alone. I never saw one woman not a mother who understood a child. To those whom God has not enlightened, the beings he sends among us in their unworlshipness, are sealed away from the reading of the children's. The proper attitude for us—I am one of the "Single Sisterhood," in spite of the editors who give me a brevet "Mrs."—is one of reverence and respect towards those secrets.

SARA TRAINER SMITH.

SECRET SOCIETIES.

An Answer to an Inquiring Protestant.

The Reason Why They are Condemned by the Church.

The New York Freeman's Journal, in answer to an Inquiring Protestant as to the reasons why the Catholic Church condemns secret societies, has the following:

The Church condemns all secret, oath-bound societies as dangerous to the Christian religion and the Christian state. Just this danger is not merely speculative or a deduction a priori in sufficient evidence to any one who carefully and intelligently reads the history of Europe for the last hundred and fifty years.

All attempts to gain unlawful ends are invariably hidden under the cloak of secrecy. Good and lawful ends fear not the light of day.

WHY WORK IN THE DARK if their purposes are good and may be avowed? He who takes an oath to carry out ends that cannot be made known to him until he has taken the oath, is a dangerous man to society.

THE RESULTS OF SECRECY. You may say that secret societies do not practice or encourage any of these outrages against the laws of God and of humanity.

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CHANGING NAMES.

Patrick Shanahan, of St. Louis, Wants to be Known in Future as Percy Shanahan.

A Native American Wants to Drop Robert and Adopt Patrick--Some Vigorous and Caustic Comments on the Patrick-Percy Proposal.

One Patrick Shanahan, an ambitious motor-man in St. Louis, has appeared before the Court of that city and has formally applied to change his name from Patrick to Percy. While on the other hand the Hon. Robert L. Henry, Congressman from Texas, has applied to the Legislature for permission to change his name to Patrick.

It would be uncharitable, perhaps, to be hard on Mr. Shanahan. He is evidently a weakling, whom Nature has failed to endow with noble instincts and an ignorance, to whom History has never unfolded the glories of the race on which he would turn his back.

The American-born man is proud of the name of Patrick, while the Irish-born man is ashamed of it! He thinks Percy is "more genteel!"

MR. SHANAHAN INTERVIEWED. A reporter of the St. Louis Post-Dispatch interviewed Mr. Shanahan at his boarding house on Virginia avenue and Walsh street.

"With an air of seriousness, says the reporter, so intense that it was painful, Mr. Shanahan said in answer to the usual preliminary question:

"You want to see k to me about my appearance in court? Well, sir, follow me. I will show you to my room, where we may converse without interruption."

"With a tread that was almost military he mounted the stairs to a room snugly and furnished with a bed, a chair and a dressing case.

"Have the chair; I can sit with comfort on the bed," said the Pat who would be Percy, never for an instant relaxing the tenseness of his bearing and features.

"I presume you wish to know why I asked that my name be changed. I do not know that I can adequately convey to you my idea of taking the step, such things are more easily felt than expressed.

"I have never fancied the name Patrick. Had I been permitted to choose my own name I certainly would not have selected it. To be sure there are a number of men on the line, good fellows, too, who bear the name, but it grates on my ear.

"As you may know, my petition states that the men on the line have used the name Patrick in a way that was offensive to me.

"Now, I would not have you understand that my fellow employes have purposely offended me. It was the name, not the manner of its use, that was unpleasant. It has been the same way in my social life. When I am in company I am introduced as Patrick.

"Many of the boys call me 'Shanny.' While, of course, I would prefer to be designated by my full surname, I cannot object to this. I have no desire to drop the name Shanahan. It is a good Irish name. Of course, I am an Irishman and would resent an aspersion on the race as quickly as any one.

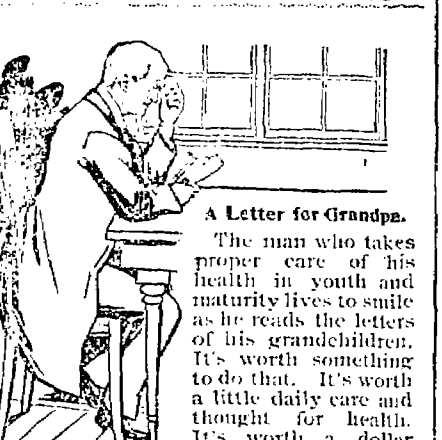
"I have always been partial to the name Percy and felt that it was in every way more desirable than Patrick. It sounds genteel and cannot be abbreviated into an offensive nickname."

Mr. Shanahan said all this in his most lofty manner.

DOES IT PAY TO TIPPLE.

You know it don't. Then, why do you do it? I know why. It requires too much self-denial to quit.

Mr. A. HUTTON Dixon's medicine, which is taken privately, is pleasant to the taste, and will cure you of all desire for liquor in two or three days, so that you would not pay five cents for a barrel of beer or whiskey. You will eat heartily and sleep soundly from the start, and be better in every way, in both health and pocket, and without interfering with business duties. Write in confidence for particulars. Address THE DIXON CURE CO., No. 40 Park Avenue, near Milton street, Montreal. Phone 3085.



A Letter for Grandpa. The man who takes proper care of his health in youth and maturity lives to smile as he reads the letters of his grandchildren.

right remedy for the insidious illness that make the big diseases. When a man's liver is "out of whack" or his digestion is bad, or his appetite "finicky," he should take Dr. Pierce's Golden Medical Discovery. It makes a man "hungry as a horse." It fills the blood with the life-giving elements of the food he takes. It is the great liver invigorator. It makes the digestion perfect. It is the great blood-maker, flesh-builder and nerve tonic. It drives all impurities from the system. It cures nervous prostration, bilious complaints, malarial troubles and all port-cut, and all cases of indigestion. The medicine dealer who offers a substitute for the sake of a few extra pennies profit, is dishonest.

"Would have written you before now, but thought I would wait until I got entirely well," writes Mrs. Mary Gibbs of Hitchcock, Guilford County, N. C. "Now I am pleased to say that I am sound and well. I have been using Dr. Pierce's Golden Medical Discovery, the 'Favorite Prescription' and 'Pleasant Pellets.' We think your medicine has done the best for me. I was troubled with female weakness, headaches, cold feet and hands, a disagreeable drin and general weakness was exceedingly nervous, had poor appetite, constipation, distress in the stomach, loss of sleep, falling of internal organs, of two years standing. Three bottles of 'Favorite Prescription' and three of Golden Medical Discovery completely restored my health."

Constipation and biliousness are nasty, nagging disorders that keep a man or woman dull and miserable. Dr. Pierce's Pleasant Pellets are a sure, speedy, permanent cure of all cases of constipation. A gentle laxative and two a mild cathartic. They never grip. Dealers sell them. Nothing is "just as good."