### LOVERS . ANTHONY

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n Cure is ap-t it kills the comes out lesh.

# Gealth Talks.

THURSDAY, FEBRUARY 4, 1909.

truly and aptly be compared to a poultry-yard, the shrill cackle being even more unpleasant than that of a large concourse of hens. If we had once become truly appreciative of the natural mellow tones possible to every woman, these shrill voices would no more be tolerated than a fashionable luncheon would be served in the kitchen. ed in the kitchen.

A beautiful voice has been compared to corn, oil, and wine. We lack almost entirely the corn and the lack almost entirely the corn and the oil; and the wine in our voices is far more inclined to the sharp, untaste of very poor currant pleasant taste of very poor currant wine, than to the rich, spicy flavor of fine wine from the grape. It is not in the province of this book to consider the physiology of the voice, which would be necessary in order to show clearly how if restricted. to show clearly how its natural laws are constantly disobeyed. We can now speak of it only with regard to the tension which is the immediate cause of the trouble. The effort to propel the voice from the throat, and use force in those delicate muscles when it should come from the stronger muscles of the diaphragm, is like trying to make one man do the work of ten; the result must eventually be the utter collapse of the one man from over-activity, and to show clearly how its natural laws the one man from over-activity, and the one man from over-activity, and loss of power in the ten men because of muscles unused. Clergyman's sore throat is almost always explainable in this way; and there are many laymen with constant trouble in the throat from no cause except the misuse of its muscles in talking. "The old philosopher said the seat the misuse of its muscles in talking.

"The old philosopher said the seat
of the soul was in the diaphragm.
However that may be, the word
begins there, soul and body: but
you squeeze the life out of it in
your throat, and so your words are
born dead!" was the most expressive exclamation of an able trainer
of the voice.

of the voice. Few of us feel that we can take the time or exercise the care for the proper training of our voices; and such training is not made a prominent feature, as it should be, in all American schools. Indeed, if it were we would have to begin with the teachers; for the typical teacher's voice, particularly in our public schools, coming from unnecessary nervous strain, is something frightful. In a large school-room a tea-Few of us feel that we can nervous strain, is something frightful. In a large school-room a teacher can be heard, and more impressively heard, in common conversational tones; for then it is her mind that is felt more than her body. But the teacher's mounts the scale of shrillness mounts the scale of shrillness and force just in proportion as her nervmounts the scale of shrillness and force just in proportion as her nervous fatigue increases; and often a true enthusiasm expresses itself—in a sharp, loud voice, when it would be far more effective in its power with the pupils if the voice were kept quiet. If we cannot give time or money to the best developmene of our voices, we can grow sensitive to

our voices, we can grow sensitive to the shrill, unpleasant tones, and by a constant preaching of "lower your voices," "speak more quietly," from the teacher to herself, and then to her pupils, from mother to child and from every woman to her own voice the standard American voice would change, greatly to the national advantage.

vantage. I shall never forget the restful pleasure of hearing a teacher call the roll in a large school-room as quietly as she would speak to a child in a closet, and every girl answering in the sante pleasant way. The effect even of that daily roll-call could not have been small in its counter-acting influence on the shrill American tone.

POWER THROUGH REPOSE.

(Continued.)

The American voice, especially the female voice, is a target which has been hit hard many times, and very justly. A ladies' luncheon can often truly and aptly be compared to a poultry-yard, the shrill cackle being even more unpleasant than that of a large concourse of hens. If we had once become truly appreciative of the natural mellow tones possible to every woman, these shrill voices and so teach them to mind the muscles of your legs or your chest. Wherever the tired feeling comes it is because of your legs or your chest. Wherever the tired feeling comes it is because you sew with the muscles of your legs or your chest. Wherever the tired feeling comes it is because you sew with the muscles of your legs or your chest. Wherever the tired feeling comes it is because you sew with the muscles of your legs or your chest. Wherever the tired feeling comes it is because you sew with the muscles of your waist that they feel so strangely for the same with the muscles of your hese. Wherever the tired feeling comes it is because you sew with the muscles of your waist that they feel so strangely for the same with the muscles of your hese. Wherever the tired feeling comes it is because you sew with the muscles of your hese. Wherever the tired feeling comes it is because you sew with the muscles of your hese. muscles and so teach them to mind their own business, and sew with only the muscles that are needed. A very simple cause of over-fatigue in sewing is the cramped, strained position of the lungs; this can be prevented without even stopping in the work, by taking long, quiet, easy breaths. Here there must be no exertion whatever in the chest muscles. The lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the pressure of the lungs must seem to expand from the lungs must seem to cles. The lungs must seem to expand from the pressure of the 'air alone, as independently as a rubber ball will expand when external pressure is represented. sure is removed, and they must be allowed to expel the air with the same independence. In this way the allowed to expel the air with the same independence. In this way the growth of breathing power will be slow, but it will be sure and delightfully restful. Frequent, full, quiet breaths might be the means of religious to many sufference. slightfully restful. Frequent, full, quiet breaths might be the means of relief to many sufferers, if only they would take the trouble to practise them faithfully,—a very slight effort, compared with the result which will surely ensue. And so it is with the fatigue from sewing. I fear I do not exaggerate, when I say that in nine cases out of ten a woman would rather sew with a pain in her neck than stop for the few moments it would take to relax it and teach it truer habits, so that in the end the pain might be avoided entirely. Then when the inevitable nervous exhaustion follows, and all the kindred troubles that grow out of it she pittes herself and is pitted by others, and wonders why God thought best to afflict her with suffering and illness. "Thought best!" God never thought best to give any one pain. He made His laws, and they are wholesome and perfect and true, and if we disobey them we must suffer the consequences! I knock my head hard against a stone and then wonder why God thought best to give me a headache. There would be as much of the so-called Christian resignation to be found in the world to-day. To be sure there are inherited illustrated.

much of the so-called Christian resignation to be found in the world to-day. To be sure there are inherited illnesses and pains, physical and mental, but the laws are so made that the compensation of clear-sightedness and power for use gained by working our way rightly out of all inheritances and suffering brought by others, fully equalizes any apparent loss.

In writing there is much unnecessary nervous fatigue. The same In writing there is much unnecessary nervous fatigue. The same cramped attitude of the lungs that accompanies sewing van be counteracted in the same way, although in neither case should a cramped position be allowed at all. Still the relief of a long breath is always helpful and even necessary where one must sit in one position for any length of time. Almost any even moderately nervous man present for any length of time. Almost any even moderately nervous man or woman will hold a pen as if some unseen force were trying to pull it away, and will write with firmly set, jaw, contracted throat, and a powerful tension in the muscles of the tongue, or whatever happens to be tongue, or whatever happer tongue, or whatever happens to be the most officious part of this especial individual community. To swing the pendulum to another extreme seems not to enter people's minds when trying to find a happy the ache that comes from holding medium. Writer's paralysis, or even the hand so long in a more or less cramped attitude, is easily obviated by stopping once in an hour or half hour, stretching the fingers wide and letting the muscles slowly relax of

the same pleasant way. The effect even of that daily rollical could control of the same policy and the daily rollical could acting influence on the shift flags and a street of the country of the countr

## Irish News.

Louth, was celebrated in a manner befitting the event by his congregation, some short time ago. A native of Killeshille, Co. Tyrone, where he was born eighty years ago, Father Murphy was ordained in All Hallowes in 1858, and soon after became curate of Ravensdale. Thence he was transferred, in 1869, to the curacy of Cooley, and ten years later was appointed parish priest there. To mark the occasion of his jubilee he was presented by his parishioners

Three months ago the colonel was in London. His sad position gained prominence in the papers and caught the eye of Miss Wilkercaught the eye of Miss Wilkerson, whose sweetheart had been saved from certain death by Colonel Hamilton Browne in the Zulu war. The man afterwards died, and Miss Wilkerson never married. She wrote The man afterwards died, and Miss Wilkerson never married. She wrote to "Maori" Browne, asking if he was the man who had saved her former lover, and the veteran was able to recall the incident. The correspondence led to a meeting, and Colonel "Maori" Browne led Miss Wilkerson to the altar. The bride is a lady of independent means. independent means

A large quantity of ranch land has been distributed in North Westmeath some five or seven miles from Mullingar, by Mr. George Campbell, in-pector of the estates commission. The lands were all portions of the Pakenham estate, and the amount divided is about 1400 acres.

Brother Anthony J. Flood, provincial of the De La Salle Brothers in Ireland and England, died in the Mater Misericordiae Hospital, Dublin, on Dec. 22. Brother Anthony was a native of Thomastown, near Bethangan County Kildare. Rathangan, County Kildare.

Widespread regret is felt over the death of Sister M. Emilian Daly, of the Mercy Convent, Moyderwell, which occurred last week. She was 63 years old. Deceased was a native of Mullingar, and joined the Mercy Order at the early age of 17, was professed at Killarney Convent and soon after transferred to Tralee. She was one of the volunteers who embarked with Dr. Quinn, for the Australian mission in 1876, but returned to her native land after an absence of 14 years on account of ill-health.

The Cork Technical Instruction Committee has decided to approach the corporation for a site in the the corporation for a site in the Corpmarket for the proposed new technical schools. The idea is to have a frontage of 192 feet in Anglesca street from the Carnegie Library, taking in the boardroom of the Corpmarket and one of the gates. The funds at the resource for The funds at the resource of committee, calculated at their amount to about \$80,000.

ngst the many centenarians nout Ulster who have applied throughout Ulster who have applied for old age pensions there is not a more picturesque or interesting vidual than Bryan O'Donnell, resid-ing in the townland of Tower, about six miles northwest of Mountcharles, Donegal. He has reached the extra-ordinary age of 107 years, and he has never heen seen of arm feith has never been seen at any fair or market or when attending his religious duties except attired in the old Irish costume of 100 years ago. Strongly imbured with Irish sentiment, he has during his long career spoken nothing but Irish. He has never resided elsewhere than the house in which he was born and the

The golden jubilee of the priest-hood of the Rev. Hugh Murphy, the venerable pastor of Cooley, county Louth, was celebrated in a manner befitting the event by his congregation, some short time ago. A native of Killeshille, Co. Tyrone, where he was born sightly was ago. Father

Lisnaskea Fairs and Markets committee has initiated a proposal of came curate of Ravensdale. Thence he was transferred, in 1869, to the curacy of Cooley, and ten years later was appointed parish priest there. To mark the occasion of his jubilee he was presented by his parishioners with a beautifully illuminated address and by the Sacred Heart Society with a costly set of vestments of Mercy, Dundalk.

A New Year's wedding of a romantic nature took place recently, when Colonel Geo. Hamilton Browne, better known as "Maori" Browne, was married to Miss Sarah Wallis Wilkerson of the Beeches, Melbourne, Cambridge. Sixty three years of age, the colonel comes of an old North of Irsland family, and the whole of his life has been one of adventure, the details of which have been published lately.

Three months ago the volonel was the greatest importance, not only to Lisnaskea, but to the whole appointed to wait on Mr. William Scott, Engineer, Enniskillen, to confer with him concerning the possibility of the scheme and its probable cost. The taking over of cattle, carts, produce, etc., by the existing mode of transit is attended with much trouble and inconvenience, as well as expense, and the erection of a bridge would certainly be a boon to the inhabitants of a wide district.

Pending the completion of sales, the tenants on the following estates in Roscommon and Galway have been allowed the undermentioned reductions in their current rents: Blakeney estate, 3s in the £; Mulry estate, Ballinamore, 3s in the £ from Miss Daly to her under tenants; Longfield estate, Athleague, 6s and Kellymahon, 5s.

A Parliamentary White Paper has been issued, giving, by counties and provinces, the area, the poor law valuation and purchase money of lands sold and lands in respect of which proceedings have been instituted and are pending for sale under the Irish land purchase acts; also the estimated area, poor law valuation and purchase money of lands in respect of which proceedings for sale have not been instituted under the said acts. According to the agricultural statistics of Ireland, 1907, published by the department of agri-A Parliamentary White Paper has ricultural statistics of Ireland, 1907, published by the department of agriculture, there are 599.872 holdings (including agricultural holdings not exceeding one acre), and the number of occupiers is given at 552,997. The total number of holdings sold and agreed to be sold under the land purage. total number of holdings sold and agreed to be sold under the land purchase act up to Oct. 31, 1908, is 316,984. Thus the number of holdings remaining unsold on that date appears to be 282,888. Estimating the price of the unsold holdings on the basis of the price of the 243,126 holdings sold and agreed to be sold holdings sold and agreed to be sold holdings sold and agreed to be under the act of 1903, the price of the 282, 888 unsold holdings would be \$463,303,470, as compared with \$519,659,240 estimated on the basis of poor law valuation and \$570,-392,215 estimated on the basis of creage, but in the opinion of commissioners little reliance can be placed on the estimate based on the number of holdings.

The Trappist monastery of Mount Melleray witnessed recently the consecration of its new abbot. Eight Rev. Maurus Phelan. Bishop Shechan, of Waterford, officiated. The new abbot, who was chosen to fill the vacancy caused by the retirement of Right Rev. Carthage Delany, was born at Kilmacthomas, and was educated at Mount Melleray, where he was ordained priest nearly thirty years ago. He had for a number of years prior to his elevation to the abbacy held the office of prior of the monastery. He has spent practically The Trappist monastery of Mount amonastery. He has spent practically all his life in the abbey, and his election to the high office he now fills has met with universal approval. The monastery of Mount Mellery was

### **Academy of Music**

A. R. BEER, announces Erin's Sweet Singe

# **BERNARD DALY**

In the Romantic Irish Drama

### Rory of The Hill

Exceptionally Strong Company. Magnificent Scenic Effects. Pure Clean Comedy.

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His Popular Irish Ballads.

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#### 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. 

fessors selected. It was decided to establish a new scheme of scholar-ships to enable talented schoolboys and school girls to attend the courses and school girls to attend the courses at the College four years ago, as the most effective piece of work done for the Irish Language Movement. Its success is remarkable. I rent forty the pupils have increased year by year, and 1908 saw no fewer then 220 in attendance. A new building will soon be built to accomodate them as the present quarters are found to be inadequate. A 'scholarship will be formed in every parish in Munster. Half the cost will be borne by the parties sending the candidate to the College; the other half will be defrayed by the Committee of Management. Management

Rev. T. F. O'Neil, Rev. T. O'Neil, and Rev. James O'Neil, three brothers, natives of County Limerick, who are on the mission in Australia, recently left Liverpool en route for are on the mission in Australia, re-cently left Liverpool en route for that Continent, after having paid to Europe a visit of some months, du-ring which they were received in spe-cial audience by the Holy Father. His Holiness said he was much please-d to receive at one time three-broth-ers who are giving their services to God in the sacred ministry. A fourth brother was also on the mission is brother was also on the miss Australia, but he died—som

Australia, but he died some time ago.

The St. Vincent Infant Asylum of New Orleans, recently celebrated its golden jubilee. This institution owes its existence to the humble Irishwoman, known to all as "Margaret," who devoted her life and her money to carring for orphans. When she died a monument to her memory was erected by popular subscription, and placed in the front of the asylum. Though a Catholic, all the orphan asylums in the city were the object of her beneficence.

### SKIN DISEASES

These troublesome afflictions are caused wholly by bad blood and an unhealthy state of the system, and can be easily cured by the wonderful blood cleansing properties of

#### Burdock Blood Bitters

Many remarkable cures have been made by this remedy, and not only have the un-eightly skin-diseases been removed, and a bright clear complexion been produced, but the entire system has been removated and invigorated at the same same time.

SALT RHEUM CURED.

Mrs. John O'Connor, Burlington N.S., writes:—"For years I suffered with Salt Rheum. I tried a dozen different medicines, but most of them only made it worse. I was a livised to try Burdock Bload Bitters. I got a bottle and before I had taken half a dozen dose I could see a change so I continued its use and now I am completely cured. I cannot say to mostly cured. I cannot say too much for your wonderful medicine."

In this tomb resteth the body of the Most Reverend Oliver Plunket, late Archdeacon of Raphee, died Jan. 7, at St. Finnan's, Falcarragh, County Donegal. Deceased was a brother of the late Monsignor Hugh McFadden, Dean of Raphoe. Throughout dis long life he was a friend of the poor and the oppressed, and in the struggle for the land he took an active part on the side of the people.

In this tomb resteth the body of the Most Reverend Oliver Plunket, late Archbishop of Armagh and Primate of all Ireland, who, when accused of high treason, through hat red of the faith, by false brethren, and condemned to death, being hanged at Tyburn, and his bowels being taken out and cast into the fire, suffered martyrdom with constancy in the reign of Charles the Second, king, July, 1681.'"

For some two years the remains of the Most Reverend Oliver Plunket, late Archbishop of Armagh and Primate of all Ireland, who, when accused of high treason, through hat coused of high

gle for the land he took an active part on the side of the people.

In his delightful "Recollections" the Very Rev. Canon Vere writes as follows: "Speaking of the devoted dead reminds one of the custom Father Barge taught me of raising my hat when I passed St. Giles' churchyard (London) in reverence of the saintly Catholics whose remains are interred therein. Most of our holy martyrs who suffered at Tyburn were buried in this churchyard.

"The last holy martyr to shed his

