

MY NATIVE LAND.

My native land, my native land, With pride I think of thee, And see thee through the future's veil, A Nation grand and free.

A STILL HUNT

IN THE MOUNTAINS OF DONEGAL. An Evil Against Which Church and State Are Contending.

Still hunting, or searching for places of illicit distillation of spirits in the Donegal Mountains, is a most exciting and health-giving exercise.

OTHER LITTLE MARCH OF DONEGAL SCENERY. The lowland Tullavaddy has long had an unenviable notoriety for being the happy hunting grounds for distillers.

AMONG THE POLICE. The turf was quickly thrown out of the cart, while a number of police constables stood by nodding and winking at each other in evident anticipation of good fun.

A NEW PLAN. We took a new plan. The next morning just as the sun was peeping above Tullavaddy Mountain, a bent old man, driving a donkey with two "creeds" containing a few bright tin pots and tinker's utensils, thrown across its back, and followed by a feeble old woman, might be seen wending their way along the slope of one of the mountains skirting the townland of Tullavaddy.

NEVER GOES INTO A HOUSE. To ask if his services are required; he sits outside on a stone or hedge side, and commences with laudable energy to repair, or pretends to be repairing some worn-out coffee-pot.

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donkey, picked his steps cautiously, and as closely as was advisable in the direction whence the smoke was issuing. Two sentries thought it advisable now to appear and greet the tinker:

"Hollo, me good man, but ye're early this mornin'." "Bogorra, but ye're airly yo yourself. Ye couldn't tell a body where he'd get taste of the 'mountain dew' a self."

DOING ITS WORK. Scattered around were kegs containing the "Mountain Dew," and bags containing the brown sugar used in distilling.

A few years ago a very cunning individual, named Paddy McFadden, carried on a secret but remunerative trade with the spirit sellers of the town.

THE OBSERVANCE OF LENT. Short Sermons for Busy People. "But all uncleanness or covetousness, let it not so much be named among you, as beneath saints."

OF EVADING THEM. The majority of people eat about a third too much. The average American really dines three a day, with his breakfast, chops for lunch, and roast beef at his 6 o'clock dinner.

THE BODY AND ITS HEALTH. HOW TO DETECT SEWER GAS. It is almost impossible to detect sewer gas in an apartment, but you can readily determine if your plumbing is defective by the so-called peppermint test.

LAWYERS OF LIFE. The majority of people eat about a third too much. The average American really dines three a day, with his breakfast, chops for lunch, and roast beef at his 6 o'clock dinner.

JOHNSON'S LINIMENT. Unlike any other. Originated by an Old Family Physician. In use over 40 YEARS in one Family.

of evading them are so many on the Donegal Mountains, that there is no probability of the "still" becoming yet awhile a matter of history.—New York Freeman's Journal.

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THEY MAKE ONE FEEL AS THOUGH LIFE WAS WORTH LIVING. Take one of Carter's Little Liver Pills after eating; it will relieve dyspepsia, aid digestion, give tone and vigor to the system.

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"But all uncleanness or covetousness, let it not so much be named among you, as beneath saints."

It would do you much good, dearly beloved, to read the entire Epistle of St. Paul to the Ephesians, a verse of which I have quoted. In the first three chapters of it the great apostle enters upon a profound explanation of the spiritual benefits received through the Incarnation of Christ, and in the remaining portion he outlines what the life of Christians should be.

THERE ARE MANY WHO ARE EXCUSED FROM THE PRECEPT OF FASTING, AND THESE ARE SHARPLY OUTLINED IN THE REGULATIONS READ ANNUALLY: the infirm; those who have not attained their growth; those whose duties are of an exhausting or laborious character; women in pregnancy, or who are nursing infants; and finally all who are entebled by old age.

AFTER HOLY COMMUNION. O Union wonderful and true! O Love O bliss beyond compare! What can the heart enraptured do When God himself is there?

AND NOW IF TO MY DAILY STRIFE I MUST RETURN AND BEAR MY PART, Do thou, my Lord, my Light, my Life, Keep to Thyself my heart!

Hold it, that it may never stray, Lost in a world of sin and care; Fix it in the unerring way Of discipline and prayer.

Give me Thy blessing, Lord, again; And I will fight beneath Thine eye. And win, perchance, through days of pain, A glorious victory.

A modest official—A retiring director. Fall of the leaf—A lowering of the price of tea.

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taken by the hardworked laborers you will conclude that they do not apply for many dispensations. The priest on sick calls in the tenements perceives from unmistakable odors that dispensations do not abound there.

SAID ABOVE THE GRANTING OF DISPENSATIONS WAS ANTIPOY. But when we reflect, dearly beloved, on the necessity of bodily mortification, of which fasting is the chief part, the amusement becomes amazeing. The words of our Lord ringing in our ears: "Unless ye also do penance, ye shall all likewise perish."

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