MY NATIVE LAND.

- My native land, my native land,
 With pride I (fink of thee,
 And see thee through the future's veil,
 A Nation grand and free,
 I gaze across the heaving deep,
 A stid a saint' of yore,
 And blessings send to thee, green isle,
 Where pagins I'll see no more.
- My sative land, my native land,
 The music of thy name,
 With rapture thrills the initial hearts,
 That sign for thee in vain.
 That sign for thee in preze of night
 Tay children list the breeze of night
 And think, O wildest dream,
 The whisp ring of one hand of light,
- rls whisp'ring of one land Their lovely Erin green. My native land, my native land,
 Are all my hopes in vain;
 Shall you not filing your chains aside,
 And freedom taste again?
 O'yes, lovid country, soon the cloud
 That shades thy brow must be
 Propelled by victory's sun, and loud
 Shall ring our songs of Jubiles.

*Saint Columbkille.

Sister Mary Columba, in the Cork Examiner.

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 healthgiving exercise. Among the numerous glens of that picturesque county numerous facilities are afforded the peasantry, engaging in this illicit traffic although a heavy line or imprisonment is the penalty imposed on any one found in possession of a "still," or in the act of distilling. The police stations are generally six or seven miles distant from the haunts of the distillers; the access to the heart of the mountains is very diffi east at all times, owing to the absence of roads, or to tracts of boggy land; there is always attached to a "still-house" a sentry, who, seated on some mountain erag has a good range of country under his eye and generally never fails to detect the enemy in the far distance. Besides, the process of distilling is carried on in some hollow, screened by an overhanging bank. The circumstances make it very difficult for the officers of the law to discover the location of "stills." For no sooner has some suspicious person come in sight, than the sentry conveys the intelligence with almost telegraphic rapidity; " and the distilling materials are lowered into a pit previously prepared for the purpose, and covered so deftly

sods and brushwood as to escape intion of the most searching and asitivo policeman. The fires are quickly put out, and in an instant, what was just now the scene of many chemical and vital forces, looks like any

OTHER LITTLE MATCH

of Donegal scenery. The lowland Tullavocady has long had an unenviable notoxicty for being the happy haunting grounds for distillers. The police had had scoured the country side; crept along under cover of hedges; walked over the very ground where the still was concealed; loitered a whole day sometimes in dyke and "shough;" but the keen eyes of the wily mounteers could never be deceived. A policeman's helmet could never be mistaken for any other object. Again information reached the baracks that the "still" were working as usual; once more the parish priest denonneed the "nefarious business" from the altar; again the priest made a sud- the turf was quickly thrown out of the den irruption into the distilling territory; cart, while a number of police constables but all was vain; they could see nothing stood by nodding and winking at each

but stones and heather. There came to the Pettigo police stanamed ri——, anxious for promotion, 1 the Royal Irish made a rush for it, cartold him one day, there was a field for
his ingenuity and energy—this townland
of Tullavocady. Here were persons openly defying the law, and delying it with
impunity—the law being unable to lay
hands upon them. We discussed what
had already been done in the matters the fruitlessness of the efforts made; and we

determined that

A NEW PLAN would have to be taken. We took a new plan. The next morning just as the sun was reeping above Turagh Mountain, a bent old man, driving a donkey with two "creeds," containing a few bright tin pass and tinker's utensils, thrown across Its back, and followed by a feeble old woman, might be seen weading their way along the slope of one of the mountains skirting the townland of Tullavocady. Such a spectacle is too common an occurrence to attract any undue attention; for tinkers and sellers of various wares are continually wandering, accompanied by all their household goods in these mountainous localities. Everything was quiet, nothing broke the stillness of the summer's mornng save the short quick taps of the donkey's hoofs on the rough granite rocks. But rising slowly in their columns from behind a ledge facing a little lough, was seen smoke that portended at that early hour something suspicious. A poor-looking cabin stood further on the lope, and thither the two weary travellers and their faithful donkey directed their steps. Suddenly the head of a sentry was raised above a hawthorn hedge and scanned the travellers minutely. But tinkers are harmless folk; they are always welcome: for the "worm" attached to the "still" is the handiwork of the travelling tinker. The sentry lowered his head, and the tinker with his household stopped in front of the cabin, as is the custom; scated himself on a large stone and commenced re-bottoming a tin can as a signal to the inmates if they wished any repairs to be made in the tinware line, new was their opportunity. A Donegal tinker

commences with laudable energy to repair, or pretends to be repairing some wormout coffee-pot. If after a certain interval he finds his services not required he departs. The immates of this cabin ovidently. The immates of this cabin ovidently and sickening effect. A land exposure to the early mouning air in ovidently.

donkey, picked his steps cautiously, and as closely as was advisably in the direction whence the smoke was issuing. Two sentries thought it advisable now to appear and greet the thinker : Hello, me good man, but ye're

early this mornin'. "Begorra, but ye'ere airly you yourself. Ye could'nt tell a body where he'd get taste of the 'mountain dew' aself. 'Mountain dew' is the local name for Poteen.') We come all the road from Ballymacavanny since 4 o'clock, and we're a bit dry."

"Ye'll hardly get anything to cheer ye so airly, barring ye pay dear for it."
"I'd give a shillin" for a noggin," replied the tinker giving the donkey a signal for a pretended advance.

"Well, stop. Ye would'nt say any thing if we'd trate ye, as ye're on the road so airly. We have a bottle down vonder '

"Arrah, long life, come along Biddy," A few steps down the slope, and the tinker and his companion stood inside of

DOING ITS WORK splendidly. Scattered around were kegs containing the "Mountain Dew," and bags containing the brown sugar used in distilling. In an instant the tinker's supposed "better half" had divested herself of the tattered woollen shawl and hood; unother instant and a bundle of petticoats fell to the ground, and there stood before the astounded distillers (not Biddy) but the creet form of Fl-k in full uniform, with truncheon, handcuffs and a six-cham-bered revolver strapped to his belt. The donkey, probably through curiosity, but at the same time very opportunely, joined us, and from beneath some tinker's tools, Fl-drew out his helmet, complefing the impersonation of the majesty of the law. No resistance was offered they gave their names freely. We emptied the contents of the kegs into the nearest "slough," broke off the worm from the still, and confiscated the latter by arranging it securely across the donkey's back. I maintained my incognito throughout, and departed without molestations, save for a few imprecations tinkers and tinkers' handiwork Taking a circuitous route, we reached Pettigo in the afternoon. FI- was promoted to the rank of sergeant soon after, and I have no doubt his seizure in Tullavocady contributed to it.

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. He sold turf to the townspeople. (The people in the Donegal villages used dry turf for fuel.) In the bottom of the cart he generally concealed a keg of "the mountain dew" by piling turf upon it. Once he had drawn his cart into the back yard of his customers, he was safe. It leaked ont, however, that he was selling "potcen" - pronounced potyenn-to the spirit dealers of the town. The sergeant police put himself on the lookout. made many raids in that direction; but | Paddy discovered he was watched. The the sentry unfailingly did his duty. They next day he came in with turf, the sergeant stepped up to him to buy. Paddy could not sell it to anyone, he said, but the man he had promised it to the day before. The sergeant would give five shillings—seven and sixpence—ten shillings—fifteen shillings; but Paddy could not "disappoint a neighbor." At the offer of twenty shillings Paddy besi-tated, and said he might have it. There was irrepressible glee

AMONG THEE POLICE,

tion in June last, an astate young fellow. I visible, and four stalwart specimens of named Fl-, anxious for promotion, I the Royal Irish made a rush for it, carhad already been done in the matter; the nities at the hands of the law. "But fruitlessness of the efforts made; and we acts speak louder than words." So thought the four policemen who were knocking the head out of the ten-gallon keg. In went the head with a sudden erash; but lo! instead of "poteen," it was only a keg of buttermilk. Some time ago I was spending a few days in the mountain solitudes with a friend. There was a small, deep lake in the vicinity. My greatest desire, at the time, was to catch cels in this lake, but we could get nothing suitable for an eel-barrel. Barney McCherry, who did a good trade in the distilling line, had a number of small barrels in which he kept the "mountain dew" occasionally; but he could not even sell one, he said; he required them they come under these events are in doubt whether they come under these events are in the could not are enfeebled by old age. There are many more who are in doubt whether they come under these events in and one there. for "keepin' pigs' mate in, and one thing and another." I and my friend knew I and my friend knew not. that it was the fear that any traces of "peteen" in the barrel might lead to his being informed on, rather than its utility that prevented him from giving us one. Barney had a young "cub" ("cub" is the term used for boy in the Donegal mountains), who had no scruple in giving any disused utensil for a small monetary consideration. So one evening, just after dusk, during the temporary absence of Barney, the aforesaid 'cub" gave us possession of the wishedfor barrel. We strung it on a stout sallyrod and were making all possible speed towards the lake, when the bursting of a hedge sent us into a sharp trot. Stento-rian and imperative shouts of stop! brought us to a stand still. Inman's head and shoulders through a wart members of the Royal Irish, who their interest to advise you strongly jubilantly cried out that we were caught stantly we were confronted by three stalat last. A few moments more, however, revealed to them, not as they had imagined, a keg of "the mountain dew" bego out of a morning to early Mass; that ing secretly conveyed to its hlding place, but a very common place oak barrel, minus a head. The police returned

way to their stock of tinware, and the weary tinker giving an onward twist of his head to the any one position. The sickening sensatively continuous are comparatively any one position. of his head to the "partner of his loys and sorrows" and at the same time a sharp rap on the right flank of the

Freeman's Journal.

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, which consists in pouring a pail of water containing an ounce oil peppermint of down through the price on the read if the field, toil not, neither consists in pouring a pail of water containing an ounce oil peppermint of down through the pipe on the roof, and if the odor manifests itself in your flat then, of course sower case can come in . The persame as the one who remains in the apartment,

LAWS OF LIFE.

The majority of people cat about a third too much. The average American really dines three a day, with his beefsteak dearly beloved, on the necessity of bodily a badly lighted cave dug in the side of an embankment. A brilliant fire blazed up, and a large still was especially of eating so much meat, is one ringing in our ears: "Unless ye also do of the provoking causes of so many sud-den illnesses and so many premature He Himself showed us the necessity of of the provoking causes of so many suddeaths, Three meals a day of hearty food is exhausting to all the vital processes, and "wasteful and ridiculous excess." Americans are a nation of brain workers and cannot safely indulge in high living. High thinking, or constant use of the brain in any direction, calls for a plan but nourishing dict. calls for a plan but nourishing diet. to bring it into subjection. The Lives Brainworkers especially ought to live of the Saints, which are a commentary sparindly. Luxurious feeders require on the Life of Our Lord, are filled with much exercise in the open air and free recitals of their fasting. We moderns dom from pressure on the brain. For the aged, or even for those above 50 haxurious living and overeating are especially dangerous. As functional actions the structure of the structure of the structure of the abolition of fasting. Certainly the saints clearly understood its necessity. It is true that many of us cannot fast. tivity lessens with increasing years, the supply of food should be decreased ac- fast—a sin against the Fourth Commandcordingly. The hardiest races live on the simplest fare. Frugality in diet, i.e., a minimum amount of the right quality, a minimum amount of the right quality, serves for more certainly to prolong life, insure health and well being, than a rich ablundance and variety, which is acount able in a large measure for the ill health and dissatisfaction of the present time. and dissatisfaction of the present time.

> They make one feel as though life wa worth living. Take one of Carter's Little Liver Pills after eating; it will relieve lyspepsia, aid digestion, give tone and rigor to the system.

THE OBSERVANCE OF LENT.

Short Sermons for Busy People.

"But all uncleanners 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 the money thus saved. See that some thought the life of Christians should be. In choosing this portion of the Epistle for the lesson of this Sunday the Church would have us know what good she expects us to derive from a strict observance of the Lent, namely: the suppression of impurity and avarice, and the giving of thanks. For, dearly beloved, we should pass the Lent in fasting and almsgiving, the direct result of which is the control of the above named vices; the turf was quickly thrown out of the cart, while a number of police constables and in prayer, which is "giving of sight of your own goodness in achieving other in evident anticipation of good fun. At length the edge of a small keg became that the Hynn of the Matins. We have become so effeminate, dearly beloved, visible, and four stalwart specimens of that the necessity of fasting has become, has not attained the same spiritual. that the necessity of fasting has become, has not attained the same spiritu l'indeed, a "bard saying." The Reformers heights as yourself. Fasting after all is protested, early and vigorously, against a relative precept. It is not even a virthe rigorous laws concerning fasting and the of the highest order. St. Thomas the rigorous laws concerning fasting and abstinence. We of the nine centh century protest just as vigorously, if not in far above it. Be mindful of the lesson tury protest just as vigorously, if not in word yet in act. It is amusing to find conveyed in the Gospel of to-day: the numbers who are dispensed either by automatic action or by application to court; those things are in peace which the proper authority. The confessor he possesseth. But if a stronger than he nowadays can feel the truth of the come upon him and overcome him, he clever remark that the person who has secured a dispensation breathes more freely, thankful that he has escaped

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 they come under these exemptions or These must seek a settlement of their doubt from a priest who has the faculty of granting a dispensation. This dispensation may be granted from the whole law, or from part of the law only, and we should be careful to ascertain the exact sense of the dispensation because we should not extend it further than the we should not extend it further than the cause alleged requires. We must distinguish also between fasting and abstinence: dispensation from one does not imply dispensation from the other. We should understand the province of physicians in this matter of fasting. They can not grant you dispensations. They can only declare such and such to be facts; and it is your business to sub bodies; and it is their business as well as against anything which in itself has a tendency to weaken your bodies. They go out of a morning to early Mass; that it is suicidal to go out fasting and remain in a heated church for a long time. It NEVER GOES INTO A HOUSE but a very common place oak barrel, in a neaded children to ask if his services are required; he sits outside on a stone or hedge side, and commences with laudable energy to reand gloominess.

Notwithstanding the sharp watch laws of the Church would have to be

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 unmistakable odors that dispensations do not abound there. The confessors know that domestics, scarcely ever overfed at best, do not seek dispensations except for grave cause, and then for the most part the dispensation is, properly, only a declaration of exemption. But it is a matter of regret that those who course, sewer gas can come in. The person pouring the water must not be the torpor, are most ingenious in suggesting pleas for the exercise of the dispensing power.

> ment. But, my brethren, we must do some penance and as far as possible some delectable, the intercalary bon-bons-cut into them, dear brethren, with an unsparing hand. The unnecessary and ruinous overcating at meals, the snacks between meals—hygienically absurd if not criminal; do without them in Lent. Then could we not, by a different order of meals-by taking our collation in the morning, for instance, instead of at night—manage to observe the substance of the fast? Then, as in the matter of sleep. We have become through improper eating and oversleep-ing a nation of dyspeptics! Cut your sleep down to at least hygienic limits. Seven hour's sleep is enough for any one in good health, more than eight is injurious to any except children. Spend the time thus saved in going to Mass or in reading some spiritual book. Spend in charity the money you save in your table expenses during Lent. Let the crumbs from Dives table feed the hungry Lazarus. Dress more plainly and more soberly; and spend in the same manner

expense. One word of warning, my brethren. There is an indefinable though real connection between fasting and spiritual pride. Remember the Pharisces fasted more than you are ever called upon to do; yet they were condemned as hypocrites. Let not your soul be possessed of When a strong man armed keepeth his will take away all his armour wherein he trusted, and will distribute his spoils.' (Luke xi., 21, 22.) Fasting you are strong and armed against your passions if pride comes and proves stronger all you merit and the fasting in which yon trusted will fly away and leave your heart desolate and unprotected.—Catholic

AFTER HOLY COMMUNION.

- O Union wonderful and true!
 () Love! O bliss beyond compare!
 What can the heart enraptured do
 When God himself is there?
- This moment does the work of years: The soul hath drunk a joy so deep That she may bid farewell to tears Such as earth's children weep.
- Jesus, be Thou my hidden rest, Reign over me supreme, alone; The dearest wish within my breast Is to be all Thine own.
- And now if to my daily strife I must return and bear my part, Bo 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 eare; Fix it in the unerling 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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