WHAT TO LIVE FOR

When I was a child, in a little town,
Oh, ever so far away,
A beautiful spirit came floating
down,
And whispered to me one day:
F'There's a secret," the beautiful
spirit said,
"That even a child may know,
And they who know it are gladly
led
Wherever their feet may go. I was a child, in a little town,

Wherever their feet may go.

"So sweet and simple the secret is, Yet people are slow to learn,
And away from the pathway that
leads to bliss
Their lingering faces turn.

"So the little children must show them how The happier way to choose, for the hearts that are tender and

loving now
Will never the lesson lose.

"And this is the wonderful secret Live For nothing but love each day Not for love to keep, but for to give— Forever to give away.

"There is no life upon earth so But love it may give full well, And the joy of giving is deep

sure, And richer than tongue can tell. . To sweeten life as we meet and part, We need but remember this j

To carry always a tender heart For the tiniest thing that is. "The wider the circle of love we

make,
The happier life we live,
And the more we give for another's
sake,
The more we shall have to give.

"So let us widen it day by day By loving a little more,
Till nothing living be shut away
From a share in the heavenly

f. Tis love and kindness alone can

Our hearts with the joy of living; And ages wait but do the will Of the loving and the giving."

WORK.—Work is like life, stagna-tion is death. Work is strength, idleness is weakness. Work enlivens the body, while continual laziness renders it unfit for activity of any kind. Work is a great means of keep-ing a person's mind occupied, and ing a person's mind occupied, and thus saving him from falling into the many and dangerous tempta-tions which surround him on every side.

Work for the night is coming Work for the night is coming Work through the morning hours Work while the dew is sparkling, Work 'mid springing flowers, Work when the day grows bright Work in the glowing sun; Work for the night is coming When man's work is done,"

THE BEST DAYS .- Through life's THE BEST DAYS.— Through life's stormy and peaceful times we should not forget to give a thought to the sorrows of others. Think of the large numbers of persons who are weighed down with sorrow and affliction. See the maimed, the blind, and the poor beggar, as they battle nobly along in the arena of life. They call for a passing thought, a little remembrance, an alms of some kind. Do not treat them harshly, or scornfully, but with blessings of kindly deeds done each day will blossom out with sweet fragrance and make goldwith sweet fragrance and make gold-en our to-morrows. Thus will our days be the best.

CHOOSING FRIENDS. — Friends exert an influence over our characters and prospects. The young should be very careful whom they select to stand to them in so close a relation. They should have for their friend one who makes others, not self his first consideration—one who is ever ready to give good example in all things, holding aloft the lamp of a stainless character. If they will take a friend blest with these qualities, happiness and contentment will be theirs.

RESPECT FOR THE AGED.— Nothing bespeaks the true lady and the true gentleman better than the showing of constant love, regard and respect for the aged. Innumerable are the opportunities young people have every day to perform little acts of courtesy and kindness to those who are older. "One of the lessons," says Rollin, the historian, "oftenest and most strongly inculcated upon the Lacedagmonian youth, was to enter-

tain great revereice and respect for old men, and to give them proof of it on all occasions, by saluting them; by making way for them and giving them place in the streets; by raising up to show them honor in all companies and public assemblies; but above all, by receiving their advice, and even their reproofs with doci'ity and submission. By these characteristics a Lacedaemonian was known wherever he came. If he had behaved otherwise it, would have been looked upon as a reproach to himself and a dishonor to his country."

HOW HE WAS CURED. — A man stepped into a grocer's shop to make a few purchases. While the apprentice was weighing the goods the customer could not resist the temptation of treating himself to a piece of sugar which was lying on the counter. The apprentice observed the action, and soon afterwards, with startled mien, called aloud into the shop: "What has become of that lump of arsenic that was lying here?"

The poor fellow felt hot and cold, and in his terror confessed the deed. "You are a dead man!" said the pert apprentice. "But I have here an antidote. Quick! take as much of it as you can swallow." And he filled a tumbler full of salt and water.

The poor fellow eagerly drank off the chemistry of the chemistr

The poor fellow eagerly drank of the abominable stuff, to save his life if possible. He then rushed out in or positive. He then rushed out in or-er to secure a second antidote from he neighboring pump. He has never been known to pilfer

THE WITNESS SCORED.—A barrister was cross-examining witnesses, and doing everything in his power to confuse them, brusquely asking them to "speak up louder."

The last man called decided that he would take the counsel at his word, so, in response to the first question, what his name was, he replied, in a loud-toned voice;—

'John Brown, sir.r-r-r'
'I guess you have been drinking this morning!' said the counsel, sternly.

'Yes, sir-r-r-r' rould.

Yes, sir-r-r-r," replied the witness, louder still.
"I thought so," said the lawyer, triumphantly. "What did you take?"
"Coffee, sir-r-r-r," shouted the wit-

A burst of laughter from the court room disconcerted the counsel for a time, but, when the merriment had subsided, he asked:—
"I guess you had a little something else in your coffee, didn't vol?"

'Yes, sir-r-r-r." still came the re

start another man entered and made the same journey in search of a seat. As he stopped inquiringly before the large man, the latter said: "This seat is engaged; sir; a man just stepped out, but will return in a moment. He left his baggage here as a claim to the seat."
"Well," said the newcomer, frankly, "I'm pretty tired, and if you don't object. I'll just sit down here and hold his bag for him until he returns," and without ceremony this he proceeded to do.

Then the large man, who was bound for Lynn, carnestly hoped within the inmost chambers of his little heart that his companion might get off at Somerville, or Evertett, or Chelsea—anywhere but Lynn, or a station beyond; and the tired man thanked his stars for even a moment's rest, expecting every second to be ouisied by the overe

THE WEST OF STREET

CHEAP TEA.—As the result of tinnic poisoning from some cheaptes that she bought as a bargain, Mrs. William Cook, of Paterson, N. J., and her three children had a narrow escape from death last week. In fact, the prompt action of Dr. Joseph J. O'Shea, who lives mear the Cooks and was immediately sent for, alone saved their lives. As it was, the doctor had to work two hours over the poisoned persons. One of the children is still in a precarious condition. The oldest is a girl of thirteen, the next a boy of ten and the baby is two years old.

Mrs. Cook made the tea in a pot instead of a kettle for supper last night. She told the children that she got it so cheap that she could afford to have them drink all they wanted the poured out several cups to each, and an hour afterward they were all writhing in pain.

SLEEPING ALONE.— So high an authority as the London "Lancet" says that no two persons should habitually sleep together. Nothing will so derange the nervous system of one who is eliminative in nervous force as to lie all night in bed with another who is absorbent of nervous force. The latter will sleep soundly all night and arise refreshed in the morning, while the former will toss restlessly and awake in the morning fretful, peevish and discouraged.

HINTS FOR SICK ROOM .- There HINTS FOR SICK ROOM.— There are three great essentials in connection with a sick room, viz., fresh air without draught, complete quiet, and an absolute cleanliness.

It cannot be too often pointed out that fresh air is not only one of the vectority completes of the but is.

most active stimulants of life, but is also one of the most powerful disin-fectants; no air in the sick room can be either fresh or pure unless the room is scrupulously clean. Complete quiet in a sick room is a special necessity; everything that disturbs or excites should be avoid-ed as rest is "Nature's sweet restor-

disturbs or excites should be avoided, as rest is "Nature's sweet restor-er," "sleep Nature's soft nurse," therefore, let no one in a sick room wear creaking shoes or rustling dresses—in sickness the senses are often most acute, and noises are painfully felt. Fire-irons should be used with much caution—a stick for suiring the fire is preferable to a poker. Avoid the use of linen sheets—they

Avoid the use of linen sheets—they have a natural tendency to create a chill, which in any illness is dangerous, and in some cases fatal; cotton sheets are better than linen, and biankets better than either.

Pure water that has been boiled and is slightly tepid is the best d'ink for sick people. When thirst is excessive water should be given in small quantities, and frequently. To the water aothing should be added, except sunder direct medical instructions. The reason for this is that pure water gives Nature fair play in her great struggle with disease.

Do not allow any food or drink to remain in the sick room except when positively necessary; both will be-

vous and easily "flustrated," can't sleep, and rise in the morning unrefreshed, your blood is poor. Strong nerves depend upon rich, nourishing blood. Hood's Sarsaparific makes the nerves strong by enriching and vitalizing the blood. It gives sweet, refreshing sleep and completely cures nervous treubles. Begin taking it today.

Nausea, indigestion are cured by Heod's Pills.

NOTES FOR THE PARMER.

POTATO CROP_Mr. W. L. Me oun says the potato is most important food plants, and he gives some interesting information regarding the origin and extent of its growth, as well as what has been accomplished in the way of experi-ment in the horticultural department of the Central Experimental Farm, Ottawa.

the most productive hills during successive years. Carmen No. 1. Early Rose and Everett, three splendid varieties, were originated in this way. The third method is by crossing, which is done by applying the pollen of the flower of one variety to the pistil of another. This is very difficult, however, as the pollen dust on the potato blossom is very rare.

Besides the yield in bulk, the quality of potato must be considered in recommending a variety. In 1888 the best variety at the Central Experimental farm was the American Wonder, which yielded 2994 bushels per acre, the smallest yield being 172 bushels, the May Queen. Yet the American Wonder, which will not sell on many near markets, especially in Ottawa.

Over 400 varieties in all have been tested at the Experimental farm, and it has been found that potatoes of an American origin give better results than those from Europe. It is because the season in Europe is so much longer than ours. There is also a great variation in the yield of samples from year to year. The five samples having the best average for the past five years previous to the season of 1900 as tested at the Central farm are: American Wonder, Empire State, Carmen No. 1. Late Puritan and Everett. None of these are included in the following six varieties which head the list for the present season. Salieon's Elephant 5894 bushels per acre, Vanier 576, Phormous 561, Canadian Beauty 547, It is cotblet 532. Early Sunrise 532. The wide difference between the yields of varieties is shown from the fact that the smallest yield of 100 varieties was 209 bushels per acre. This provincial estimate is made. In Toronto, where a number of farmers from the various districts furnish information.

The most important reason why farmers do not get better results from petato crops is that they do

The most important reason The most important reason why farmers do not get better results from potato crops is that they do not plant them on the soil best suited, and neglect also the proper attendance. A sandy loam is the best for potatoes because it never bakes, and soil capable of baking requires a large amount of attendance to keep it in proper condition. Owing to the fact that the potato matures in a very short time, the thorough to the fact that the potato matures in a very short time, the thorough preparation of the soil before planting is essential to successful potato culture. Potatoes seem to do best where there is decaying vegetable matter in the soil, and where it can possibly be brought about, the best plan is to use clover sod land. When the land is loamy it is better to leave off plowing till the spring and thus prevent plant food from being thus prevent plant food from being

leave off plowing till the spring and thus prevent plant food from being bleached away. The nearer the land can be get into a thoroughly pulverized condition, to the depth of six inches, the better for the crop. At the Experimental farm this is done by plowing, disc-harrowing twice, and twice harrowing with a smoothing harrow. The drll's are made with a double meld-tipeard plow, two and a half feet apart and from four to six inches deep. The potato sets are then playted one foot ing.

The witness filled his lungs for a tremendom effort, and thundered tremendom effort, and

With regard to fighting the Colorado potato beetle, which never fails to attack this crop, the wisest plan is to watch for him before he commits too great a ravage. It is too late to apply treatment only when the attack of the bug becomes noticeable on the leaves, because it takes some time for the poison to take effect, and the stalks, which are the lungs of the potatoes, will be

CONSUMPTION

is, by no means, the dreadful disease it is thought to bein the beginning.

The trouble is; you don't know you've got it; you don't believe it; you won't believe it-till you are forced to. Then it is dangerous.

Don't be afraid; but attend to it quick-you can do it yourself, and at home.

Take Scott's emulsion of cod-liver oil, and live carefully

This is sound doctrine, whatever you may think or be told; and, if heeded, will save life.



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After a thorough analysis, and proof of its purity, the leading Physicians of Canada are recommending

COWAN'S Hygienic Cocoa

to their patients. It builds up and strengthens the system. It is a perfect food as well as drink.

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VANDERBILT MILLIONS.

Chandler P. Andersen, one of the attorneys for the heirs of the late Cornelius Vanderbilt, said a few days ago that the only remaining preliminaries to the division of the estate are the payment of the Federal inheritance tax and a small sum additional on the State tax already paid, made necessary by an increase in the appraised value since Mr. Vanderbilt's death.

According to the appraisal of F. 1. D. Hasbrouck, the representative of the State Comptroller, the value of Mr. Vanderbilt's personal estate is \$52,500,000, and of the real estate \$20,000,000. Alfred G. Vanderbilt, the residuary legatee after paying taxes and fees for the settlement of the state, will receive about \$44,500,000.

Society Directory

LADIES' AUXILIARY to the Aacient Order of Hibernians, Division No. 1.— Meets in St. Patrick's Hall, 92 St. Alexander Street, on the first Sunday, at 4 p.m., and third Thursday, at 8 p.m., of each month. President, Sarah Allen; Vice-President, Statia Mack; Financial Secretary, Mary McMahan; treasurer, Mary O'Brien; Recording Secretary, Lizzie Howlatt, 383 Wellington street. Application forms can be had from members, or at the hall before meetings.

hall before meetings.

A.O.H.—DIVISION NO. 2.— Moote in lower vestry of St, Gabriel New Church corner Centre and Laprairie streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, John Cavanagh, 885 St. Catherine atreet; Medical Advisor, Dr. Hugh Lennon, 255 Centre street, tephone Main 2239. Recording-Secretary, Thomas Donohue, 318 Hibernian street, —to whom all communications should be addressed; Peter Doyle, Financial Secretary; E. J. Colfer, Treasurer, Delegates to St. Patrick's League: —J J. Cavanagh, D. S. McCarthy and J. Cavanagh.

A.O.H., DIVISION NO. 3.— Meeta on the first and third Wednesday of each month, at No. 1863 Notre Dame street, near McGull. Officers: Ald. D. Gallery, president; T. McCarthy, vice-president; F. J. Devlin, recording-secretary, 1635 Ontario street; John Hughes, financial-secretary; L. Brophy, treasurer; M., Fennel, chairman of Standing Committee; marshal, M. Stafford.

mittee; marshal, M. Stafford.

A.O.H.—DIVISION No. 9.—President, Wm. J. Clarke, 208 St. Antoine street; Rec.—Secretary, Jac. F. Hogan, 86 St. George street, (to whom all communications should be addressed); Fin.—Secretary, M. J. Doyle, 12 Mount St. Mary Ave.; Treasurer, A. J. Hanley, 796 Palace street; Chairman of Standing Committee, R. Diamond; Sentinel, M. Clarke; Marshal, J. Tivnan. Division meets on the second and fourth Wednesday of every mouth, in the York Chambers, 2444a St. Catherine street, at 8 p.m.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.—Meets in its hall, 157 Ottawa street, on the first Sunday of each month, at 2.30 p.m. Spiritual Adviser, Rev. E. Strubbe C.SS.R.: President, D. J. O'Neill; Secretary, J. Murray, Delegates to SC. Patrick's League: J. Whitty, D. J. O'Neill and M. Casey.

ST. On the second Sunday of Meets — the first Patrick's Hall, every mo. der street, immediate-92 St. Alexan. Committee of Manly after Vespers. — hall the first agement meets in sam. — t 8 p.m. Tuesday of every month. — rasi-Rev. Father McGrath. Rev. dent; James J. Costigan, 1st Vice-President; W. F. Doyle, Secretary, 220 St. Martin street. PATRICK'S T. A. & B. SOCIETY

M.B.A. OF CANADA, BRANCH 26. each month, at 8 p.m. Applicants for membership or any one desirous of information regarding the Branch may communicate with the following officers:— Jas. J. Costigua, President; P. J. McDonagh, Recording Secretary; Robt. Warren, Financial Secretary; Jas. H. Maiden, Treasurer.

YOUNG IRISHMEN'S L. & B. ASSOCIATION, organized April, 1874.
Incorporated, Dec. 1875.—Regular
monthly meeting held in its hall,
19 Dupre steet, first Wednesday of
every month, at 8 o'clock, p.m.
Committee of Management meets
every second and fourth Wednesday
of each month. President, Hugh
O'Connor; Secretary, Jas. O'Loughlin. All communications to be addressed to the Hall. Delegates to
St. Patrick's League, W. J. Haphy; D. Gallery, Jas. McMahoa.

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.Montreal..

From the Balti-

representatives lie.

The list of th given, copied from the list. Cath gentina, Austria, Bolivia, Brazil, ta Rica, Ecuado mala, Italy, Metigal, Peru, Sal gony and Venez. Hussia might as a schismatic try. Miss Cassir tus, Miss Cassir tus, Miss cassir tus, and con tind tir eus duties to Riessed Sacramer The Protestant fintk, Germany, land, Sweden and zerland.

A HARD HIT-

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A PRIEST'S WI

eral Barry of Con

will, but a letter found among his requests that \$5,0 lishop Bradley, the according to his the building of a content of the same purpose of land which is lis library, with exceptions, is give to the parish of Si miture in the Ursuline Si Si miture children to be given was \$300 to St. Patric Manchester and the stringes and sleig lieart Hospital. Miscets that all his to the poor Thore the Sacred Hereord and others to gious services and removal removal tablet to the poor Thore the Sacred Hereord and others to sinhin's Church, and he there has the church at the sacred and the church at the church at the sacred the content of the sacred the sacred Hereord and others to the poor Thore the Sacred Hereord and others to the poor Thore the Sacred Hereord and others to the poor Thore the Sacred Hereord and others to the sacred Hereord and the sacred Hereord and the sacred Hereord and the sacred Hereord and the sacred Hereord Among the will, but a letter