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To Do House-

Two Years

Unfold Agony

Kidney Trouble.

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Health Talks.

POWER THROUGH REPOSE.

(Continued.)

It would be easy to fill a small volume with examples of the way in which we are walking directly into nervous prostration; examples only of this one variety of disobedience, namely, of the laws of rest. And to give illustrations of all the varieties of disobedience to Nature's laws in activity would fill not one small book, but several large ones; and then, unless we improve, a year's book of new examples of nervous strain could be published. But fortunately, if we are nervous and short-sighted, we have a good share of brain and common-sense when it is once appealed to, and a few examples will open our eyes and set us thinking, to real and practical results.

* * *

THE USE OF THE BRAIN.

Let us now consider instances where the brain alone is used, and the other parts of the body have nothing to do but keep quiet and let the brain do its work. Take thinking, for instance. Most of us think with the throat so contracted that it is surprising there is room enough to let the breath through, the tongue held firmly, and the jaw muscles set as if suffering from an acute attack of lockjaw. Each has his own favorite tension in the act of meditation, although we are most generous in the force given to the jaw and throat. The same superfluous tension may be observed in one engaged in silent reading; and the force of the strain increases in proportion to the interest or profundity of the matter read. It is certainly clear, without a knowledge of anatomy or physiology, that for pure, unadulterated thinking, only the brain is needed; and if vital force is given to other parts of the body to hold them in unnatural contraction, we not only expend it extravagantly, but we rob the brain of its own. With all the active power given to the brain, and the rest of the body allowed simply to live as Nature would have it, of course the brain has just so much more power to work with, and can concentrate more perfectly, and arrive at its conclusions more rapidly.

This whole machine can be understood perhaps more clearly by comparing it to a community of people. In any community, Church, State, institution or household, just so far as each member minds his own business, does his own individual work for himself, and for those about him, and does not officiously interfere with the business of others, the community is quiet, orderly and successful. Imagine the state of a deliberative assembly during the delivery of a speech, if half-a-dozen others think to assist the speaker by rising and talking at the same time; and yet that is the absurd attitude of the human body when, the work for the time all belonging to one member, a dozen and a half other members also contract as if desiring to assist, instead of keeping still and minding their own business. One would think that the human machine having only one mind, and the community many thousands, the former would be in a more orderly state than the latter.

In listening attentively, only the brain and ears are needed; but watch the individual at an entertaining lecture, or in church with a stirring preacher. They are listening with their spines, their shoulders, the muscles of their faces. I do not refer to the look of interest and attention, or to any of the various expressions which are the natural and true reflection of the state of mind, but to the strained attention which draws the facial muscles, not at all in sympathy with the speaker, but as a consequence of the tense nerves and concentrated muscles of the listener. "I do not understand why I have this peculiar sort of asthma every Sunday afternoon," a lady said to me. She was in the habit of hearing, Sunday morning, a preacher, exceedingly interesting, but with a very rapid utterance, and whose mind travelled so fast that the words embodying his thoughts often tumbled over one another. She listened with all her nerves, as well as with those needed, held her breath when he stumbled, to assist (!) him in finding his verbal legs, reflected

every action with twice the force the preacher himself gave, and then wondered why on Sunday afternoon, and at no other time, she had this nervous catching of the breath. She saw as soon as her attention was drawn to the general principles of Nature, how she had disobeyed this one, and why she had trouble on Sunday afternoon. This case is very amusing, even laughable, but it is a fair example of many similar attacks greater or less; and how easy it is to see that a whole series of these, day after day, doing their work unconsciously to the victim, will bring sooner or later, some form of nervous prostration.

The same attitudes and the same effects often attend listening to music. It is a common experience to be completely fagged after two hours' of delightful music. There is no exaggeration in saying that we should be rested after a fine concert, if it is not too long. And yet so upside-down are we in our ways of living, and through the mistakes of our numerous ancestors so accustomed have we become to disobeying Nature's laws, the general impression seems to be that music cannot be fully enjoyed without a strained attitude, internal and external. On the contrary, it is more exquisitely enjoyed and appreciated in Nature's way. If the nerves are perfectly free they will catch the rhythm of the music, and so be helped back to the true rhythm of Nature, they will respond to the harmony and melody with all the vibratory power that God gave them, and how can the result be anything else than rest and refreshment, unless having allowed them to vibrate in one direction too long, we have disobeyed a law in another way.

Our bodies cannot by any possibility be free, so long as they are strained by our own personal effort. So long as our nervous force is misdirected in personal strain, we can no more give full and responsive attention to the music, than a piano can sound the harmonies of a sonata if one is drawing his hands at the same time backwards and forwards over the strings. But, alas! the order of the day that many of us carry the chronic contractions of years constantly with us, and can no more free ourselves for a concert at a day's or a week's notice, than we can gain freedom to receive all the grand universal truths that are so steadily helpful. Even if we want to, it is only by daily patience and thought and care that we can cease to be an obstruction to all that is worth living.

There are, scattered here and there people who have not lost the natural way of listening to music—people who are musicians through and through so that the moment they hear a fine strain they are one with it. Singularly enough the majority of these are fine animals, most perfectly and normally developed in their senses. When the intellect begins to assert itself to any extent, then the nervous strain comes. So noticeable is this, in many cases, that nervous excitement seems often to be from misdirected intellect; and people under the control of their misdirected nervous force often appear wanting in quick intellectual power, illustrating the law that a stream spreading in all directions over a meadow loses the force that have if concentrated and flowing in one channel. There are also many cases where the strained nerves bring an abnormal intellectual action. Fortunately for the saving of the nation, there are people who from a physical standpoint live naturally. These are refreshing to see; but they are apt to take life too easily, to have no right care or thought, and to be sublimely selfish.

Another way in which the grain is constantly used is through the eyes. What deadly fatigue comes from time spent in picture galleries! There the strain is necessarily greater than in listening, because all the pictures and all the colors are before us at once, with no appreciable interval between forms and subjects that differ widely. But as the strain is greater, so should the care to relieve it increase. We should not go out too far to meet the pictures, but be quiet, and let the pictures come to us. The fatigue can be prevented if we know when to stop, and pleasure at the time and in memory af-

terwards will be surprisingly increased. So is it in watching a landscape from the car window, and in all interests which come from looking. I am not for one instant condemning the natural expression of pleasure, neither do I mean that there should be any apparent nonchalance or want of interest; on the contrary, the real interest and its true expression increase as we learn to shun the shams.

But will not the discovery of all this superfluous tension make one self-conscious? Certainly it will for a time, and it must do so. You must be conscious of a smooch on your face in order to wash it off, and when the face is clean you think no more of it. So you must see an evil before you can shun it. All these physical evils you must be vividly conscious of and when you are so annoyed as to feel the necessity of moving from under them, self-consciousness decreases in equal ratio with the success of your efforts.

Whenever the brain alone is used in thinking, or in receiving and taking note of impressions through either of the senses, new power comes as we gain freedom from all misdirected force, and with muscles in repose leave the brain to quietly do its work without useless strain of any kind. It is of course evident that this freedom cannot be gained without, first, a consciousness of its necessity. The perfect freedom, however, when reached, means freedom from self-consciousness as well as from the strain which made self-consciousness for a time essential.

* * *

THE BRAIN IN ITS DIRECTION OF THE BODY.

We come now to the brain and its direction of other parts of the body. What tremendous and unnecessary force is used in talking, from the aimless motion of the hands, the shoulders, the feet, the entire body, to a certain rigidity of carriage, which tells as powerfully in the wear and tear of the nervous system as superfluous motion. It is a curious discovery when we find often how we are holding our shoulders in place, and in the wrong place. A woman receiving a visitor not only talks all over herself, but reflects the visitor's talking all over, and so at the end of the visit is doubly fatigued. "It tires me so to see people," is heard often, not only from those who are under the full influence of "Americanitis," but from many who are simply hovering about its borders. "Of course it tires you to see people, you see them with so much superfluous effect," can almost without exception be a true answer. A very little simple teaching will free a woman from that unnecessary fatigue. If she is sensible, once having had her attention brought and made keenly alive to the fact that she talks all over, she will through constant correction gain the power of talking as Nature meant she should, with her vocal apparatus only, and with such easy motions as may be needed to illustrate her words. In this change, so far from losing animation, she gains it, and gains true expressive power; for all unnecessary motion of the body in talking simply raises a dust, so to speak, and really blurs the true thought of the mind and feeling of the heart.

(To be continued.)

LITTLE LIVES LOST, HOW TO SAVE THEM.

The annual report of the Registrar-General for Ontario shows that for every thousand children born one hundred and eleven die before they reach the age of one year. Most of these deaths are due to disorders of the stomach and bowels, and most of these little lives could be saved if mothers kept always at hand a safe and simple remedy like Baby's Own Tablets. These Tablets cure all stomach and bowel troubles, but better still an occasional dose will prevent these troubles coming on. Mrs. N. Shaffer, The Brook, Ont., says: "I have used Baby's Own Tablets for stomach and bowel troubles and always find them satisfactory. I feel that my little ones are safe so long as I have this medicine in the house." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Irish News.

One of the prettiest works of art executed in recent years is the illuminated address just completed by Mr. Joseph Dempsey, 133 Donegal street, Belfast, to the order of the League of St. Columba, Maynooth College, for presentation to our Holy Father the Pope in the year of his Sacerdotal Jubilee. The address is executed on a vellum scroll. A beautiful drawing of the Papal Arms, in colors, occupies a prominent position on the top. This work is done with the utmost neatness and makes a really excellent headpiece. The Irish and Latin manuscripts of the address are lettered in parallel columns, and interspersed with gold capitals. The titles are done in various colors with silver capitals; and to the end of the scroll a pale green ribbon is attached, the border being done with lines of silver and blue. Mr. Dempsey has designed many splendid addresses, but none superior to this for genuine artistic method; and he is to be congratulated on having received so distinguished an order.

ted on having received so distinguished an order. The address is enclosed in a "pull off" case, bound with rich dark red leather with Celtic bordering.

An aged couple, Andrew Hamilton and his wife, both over seventy years of age, residing in Killowen street, Coleraine, died within a few hours of each other on Dec. 26, from the infirmities that old age is heir to.

During the storm of Dec. 28, which was exceptionally severe, Eliza Carley, aged about 77 years, while going from her residence at Tildarg, two miles from Ballyclare, to a neighbor's house, was overcome and died from exposure. Her body was found in the roadway next morning.

Cattle driving is spreading southward in County Tipperary. On Dec. 30 in broad daylight a large crowd of people gathered on the Ballyphilip ranch on the Going estate, near Kilmannan, and drove off a large number of cattle, as a demand for the distribution of this ranch among the landless people of the district. Twenty-one persons have been arrested in consequence of the drive and confined in Clonmel Prison. The affair has caused a big sensation in South Tipperary, where a popular movement is on foot to secure the break up of the big grass lands.

After 42 years' service Mr. W. J. Quinn, late of the Belfast Postal Telegraph Department, was presented some days ago with a medal for long and faithful service. Mr. Sheridan, Postmaster, presided, and in the presence of the staff Mr. Quinn was also presented by his late colleagues with a drawingroom clock and ornaments.

The death occurred suddenly on Dec. 29, of the Rev. Patrick Brennan, C.C., Cookstown. He was overtaken in a snow storm on his way from Dungannon, and by over-exertion in cycling through the heavy fall of snow, became exhausted and succumbed to the severe strain. He was a native of Haggardstown, Co. Louth, and his uncle is Rev. P. McCarty, P.P., of Porthill. His death has caused great grief in the three parishes.

Another death from exposure reported in the vicinity was that of John Dorman, aged 40, who had been in the Omagh asylum for eight years, and whose body was found in the townland of Ballintrain, on the morning of Dec. 30, following the severe storm which swept the County the night previous.

Major Otway Wheeler Cuffe, an uncle of the Mayor of Kilkenny, died at his residence, Woodlands, Co. Waterford, on Dec. 30. He had been ill for some time. He took a keen interest in matters antiquarian, and was a valued member of the Waterford Archaeological Society. The interment took place at St. Canice's Cathedral, Kilkenny, on Jan. 2, and was largely attended.

In connection with an application by Omagh District Council for a loan of £23,000 for a scheme of laborers' cottages, and the decision of the Local Government Board to advance only £21,000 and which would leave a shortage of £2,000, thus blocking the scheme, Mr. Murnaghan who presided at the last meeting of the Council, stated that Mr. Birrell suggested that the Council should go on with the scheme as economically as possible, and probably when completed might be able to sanction the additional amount. He considered the professional expenses of £12 each on 98 cottages, making a total of £1,200, too high. It was necessary to keep the loans for cottages down to the lowest limits, otherwise the number guaranteed by Mr. Bryce could not be built, and it was better, said Mr. Birrell, that 20,000 reasonably good cottages should be built rather than 15,000 more expensive ones.

At a large and representative meeting of the people of Longford, held in the Court House, on December 23, under the chairmanship of Mr. P. Igoo, J.P., a committee, with power to add to its numbers, was elected to take such steps as it considered necessary to promote a testimonial to J. P. Farrell, M.P., on the occasion of his imprisonment in Kilmainham jail. Over £100 was subscribed at the meeting.

At the meeting of the Co. Meath Old Age Pension Committee, held in Navan, on Dec. 21, P. J. Kennedy, J.P., chairman, presiding, a further batch of 839 claims was dealt with. This brings the total number of claims to date allowed in Meath to 2182, and the total amount coming into the county now stands at £28,116.

While a farmer named Dooloughy was driving home from Ennis with his two workmen, eight or ten shots were fired at him from a field. None of the party was hit, and Dooloughy jumped off the car and fired two shots in the direction of his assailants. The affair is attributed to Dooloughy's refusal to give up a farm which he had taken under the 11 months' system.

The death of the Right Rev. Monsignor Loftus, P.P., Archdeacon of Achonry, occurred on Dec. 29, at the Presbytery, Ballymore. The deceased clergyman was a splendid type of priest and Irishman, and widespread regret will be felt at his death. He was born in the parish of Kilmactigue more than sixty-seven years ago, and was beloved by all who had the privilege of knowing him.

At the last meeting of the Bawnboy (Co. Cavan) Old Age Pension Sub-Committee the most notable application received was that of an old

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woman residing at Swanlinbar, married O'Gahern, who was stated to be considerably over 100 years of age. She was granted the full pension of 5s a week.

A settlement has been agreed upon in the action brought by George Whittendale, brother and one of the next of kin of the late William Whittendale, farmer, of Knockraven, Co. Fermanagh, to revoke a probate of the will of the deceased dated 12th of December, 1907, by which the deceased left his farm, stock and money in the bank to his nephew, John Beatty, subject to the payment of certain legacies to his sisters. Plaintiff raised the statutory objections to the will. By the settlement the will was admitted to probate in solemn form, plaintiff to get his costs, and a sum of £46 as his share of the estate.

About sixty men have been put on special work in connection with the scheme under which the Dublin Corporation proposes to relieve the want of employment among their casual laborers, who are said to number between three and four hundred. It is expected that a considerable additional number will be employed next week. The cost of the work will be defrayed out of the £10,000 overdraft recently obtained by the Corporation.

At a meeting of the Committee of Management of the Munster Training College at Ballingarry, held on Dec. 29, the courses of instruction for the coming year were arranged and professors selected. It was decided to establish a new scheme of scholarships to enable the talented schoolboys and schoolgirls to attend the courses at the College. Dr. Douglas Hyde once described the opening of the College four years ago as the most effective piece of work done for the Irish Language Movement. Its success is remarkable. From forty the pupils have increased year by year, and 1908 saw no fewer than 220 in attendance. A new building will soon be built to accommodate 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.

At its meeting the Clare County Council passed a resolution protesting against the enormous charges imposed on the county for extra police. It is said that £949, 5s 4d had been deducted from the Local Taxation Grant for the half year ending March last and that in addition the Council would have to pay £1500 additional to the present time, which with the sum of £1927 already paid, would bring the total for about two years up to £4500.

On Jan. 6th the Sisters of St. Louis celebrated the Golden Jubilee of the foundation of their congregation in Monaghan, and during the half century that has elapsed since their establishment in the Ulster town, the community have done most excellent work for Faith and Fatherland. In 1853, when the first dawn of the Gaelic League made its appearance, the pupils of the St. Louis Convent took up the study of the Irish language, which study has been kept up in the institution ever since, with what success the results of public examinations eloquently show every year.

A great National demonstration took place on Jan. 6th, at Straid, and was the most enthusiastic gathering ever held in the district. The speakers included Joseph Devlin, M.P.; T. M. Kettle, M.P.; S. Gwynn, M.P., and John Fitzgerald. Prior to the opening of the meeting an address of welcome was presented to Messrs. Devlin and Fitzgerald, the Irish envoys.

The restoration of old Ned Mordant, an old veteran, in a comfortable holding on the O'Connor estate, Ballyduff, Camolin, has given satisfaction to his many friends. Twenty-five years ago he and his family were evicted from his holding at Cullentra, and since that time he has been imprisoned and harassed because of his defence of his rights and those of his neighbors against the land grabbers, the evictor and the bailiffs. Thus has ended one of the fiercest fought battles of the land war.

On Dec. 30 there died at his residence, Gladstone street, Clonmel, an ardent Nationalist in the person of Alderman T. J. Condon, M.P. He had reached the good old age of 91 years and all his life had been one of Ireland's most devoted sons. He was prominent in all the troubles and times of his day and was closely allied with every movement of the National cause. He was an active worker in the Russia and Mitchelelections, and was the valued friend of Charles J. Kickham, and was largely instrumental in procuring the erection of the beautiful statue of the gifted poet-patriot that ornaments the chief street of Tipperary.

Recent deaths reported from Tipperary include: John O'Kelly, Ballina-

mona, December 15; Sir Thomas Cleve, Limerick, December 19. From the county of Tipperary come the reports of the following deaths: December 10, Thomas Wood, John street, Cashel; December 19, William Fitzgerald, cattle dealer, Clonmel; December 14, John O'Mahoney, Ballyporeen. Recently, Stephen Fogarty, Templemore; John Davin, Gladstone street, Clonmel.

The death is recorded of Thomas Moore, of Kilmoganny, Ireland, which took place on December 3. Mr. Moore had been in failing health for a considerable time, so that his end was not unexpected, so that his end was not unexpected. He was over 80 years of age. Deceased was the father of a very large family, seven of whom are devoted to religion. Three of his sons are priests, viz., the Rev. James Moore, of St. Augustine's, Manchester; the Rev. Philip Moore, who was recently transferred from St. Mary's, Sunderland, to Kilkenny, Ireland; and the Rev. Robert Moore, of the Westminster diocese. In addition to these there are two more brothers studying for the priesthood, while two sisters of the same family are members of a religious community.

Sir John Carden has threatened to proceed in the bankruptcy courts against his unfortunate tenants who were unable to meet the rent bill due on November 1. The Carden family bear an unsavory reputation for grasping meanness, and the present representative of the family is no exception to the rule.

Some satisfactory settlements for the purchase of Kerry estates by the tenants have been just concluded. The Roe (Keel) estate is to be sold to the tenants at 7s 9d off first term, and 5s 9d off second term rents. Future tenants are to be specially treated; all arrears to be wiped out; turbarry, for which the landlord had been receiving £80 a year, to be vested in the Estates Commissioners and given free to the tenants; mountain, bog and quarries to be vested in the Estates Commissioners for the benefit of the tenants; all sporting rights to be given to the tenants; all woods in the landlord's possession to be vested in the Estates Commissioners for the benefit of the tenants; the rate of interest to be 3-1-2 per cent, and the owner to satisfy the Estates Commissioners regarding the upkeep of the river bank. For a tenantry who have been subjected to such harshness in the past this spells a future of confidence, peace and prosperity.

In a letter to John Redmond, M.P., thanking that gentleman for copies of the Irish Land Bill and the removal of Catholic disabilities bill the Rt. Rev. Dr. Browne, Bishop of Cloyne, takes the opportunity of congratulating the Irish leader and the Irish party upon their recent splendid work in the House of Commons, especially on their defense of the educational rights of Catholics under the discarded primary education bill for England and Wales. Their action was, the Bishop says, the most cogent reply to their ungenerous critics. Such words from an esteemed prelate must be consoling to the Irish members, although no one not blinded by prejudice against them could for a moment think that they would have acted otherwise than they did.

By the death of Denis O'Brien, which occurred at the residence of his daughter, Mrs. T. J. O'Reilly, Dollymount, a venerable Dublin centenarian has passed away. Deceased was ill a few days only.

The death has occurred at Duncormick, Middleton, of James O'Sullivan, a farmer, who had attained the age of 100 years. Recently he gave evidence in a land case at the Four Courts, Dublin, and was congratulated by the judge on his patriarchal age and great vigor.

On Saturday, December 12, at the Convent of Mercy, Ennis, Sister Mary Malachy, daughter of James O'Flanagan, Silvergrove, O'Callaghan's Mills, was solemnly professed; the Most Rev. Dr. Fogarty received her vows. The relatives of the young novice were hospitably entertained by the Rev. Mother after the ceremony, at which many of the local clergy were present.

A notable building, Ballyscullion House, situated about a mile from Bellaghy, is to be sold. Long ago it was known as "Bishop's Folly," or the palace, and owed its erection to the munificent ideas of the Earl of Bristol, who was made Protestant Bishop of Derry, in 1768. The structure was designed after the best Italian style, and much of the material employed was from the quarries in the county. It had special departments for collections of art treasures; and took sixteen years in building. It extended about 350 feet. The central part was an oval, 94 feet by 84 feet, of which the exterior wall was ornamented with Corinthian pilasters, and two long corridors from either side extended to picture galleries each 82 feet by 25 feet. The building was not completed when the Bishop died, and subsequently the elegant structure was much dismantled.

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