

TRAIN FOR BUSINESS

Most men train their brains and almost entirely neglect their bodies. They do not seem to realize that keenness of judgment and clearness of thought depend as much on the body as on the brain itself. Any man can prove this to his own satisfaction by attempting to decide a weighty business problem while suffering with an acute attack of indigestion or a violent spell of biliousness.

The amount of work that the brain can do depends much on the healthfulness of liver, bowels, kidneys and skin.

"Fruit-a-lives" are fruit juices in tablet form. They act directly on liver, bowels, kidneys and skin—and enable these vital organs to rid the system of all impurities. Thus the blood will be kept pure and rich, the brain active, digestion sound, and life made pleasant.

"Fruit-a-lives" are now put up in two sizes—the 50c and the 10c—both the regular 50c size. If your dealer does not carry them, write Fruit-a-lives, Inc., 1000 Broadway, New York, N. Y.

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Our Classified Metal Ceilings and Sidewalls come in a great variety of handsome designs to suit any room in any house. They cost no more than plaster and wall paper but they are far more durable and perfectly sanitary. Our Metal Ceilings and Walls can be easily washed with soap and water and they are thus the most sanitary interior finish that can be used. In their rich and tasteful effect they have no equal.

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The Metal Shingle & Siding Co. Limited, Preston, Ont.
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THE CATHOLIC MOTTO IN IRELAND.

The Lord Lieutenant of Ireland shows a mainly intolerance of misrepresentation affecting the country in which he represents the King. Old falsehoods with regard to the religious conditions of Ireland still prevail in Great Britain, and are perhaps nowhere more rife than amongst the Scottish Protestant ministers.

A few days ago Lord Aberdeen, whilst attending an induction dinner given to a United Free Church minister at Methlick, in Aberdeenshire, found some of these caricatures of the Irish people presented in conversation and set speech. He did not hesitate to protest against them. His Excellency reminded the members of the dinner that Church had it long been the practice to deal unfairly with Irish Catholics. They had been first wronged and then misrepresented.

Terrible blunders in the administration were followed by stories of the peasantry which were pure fiction. It

had been stated, for instance, that Presbyterians residing among a large Cath-

celic population in Ireland were subjected to hardships. Nothing could be farther from the truth. Lord Aberdeen, from his own knowledge and experience, bore witness that they had not to suffer annoyance or inconvenience on account of their creed.

"Live and let live," was the Catholic motto. We are glad that this testimony to the freedom of Catholics from prejudices comes from so authoritative a quarter. But such is the antagonism to the Catholic Church that some will refuse to credit even the assurance of the Lord Lieutenant of Ireland.—London Catholic Times.

A Distinguished Convert.

At the time when we were quoting Mr. Gilbert K. Chesterton's clever paragraphs for our readers, we thought that he could not be far from the light. It is now reported that he has been received into the Church. A London paper says of him:

"Mr. Chesterton's brilliant talents have long since placed him in the foremost rank of literature. His brother-journalists regard him with justifiable pride and admiration, as the type of all that is best in the world of letters, and as a writer of force and of scrupulous integrity. Mr. Chesterton is an old St. Paul's boy and a member of a well-known family resident in Kensington for generations. He is the author of many works of merit and has contributed to nearly every London newspaper and review of the better class."—Antigonish Cas ket.

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1. **Introduction**