opened proceedings by remarking that he was glad to see so fine an audience present, an audience that was not made up of Irishmen alone, but an audience of men of every shade of religious and political belief, to show their sympathy for Ireland in her national cause. They were there to show that they wished Ireland to have a similar system of government as Canada and that it might show the same happy result there. While he was proud of having Irish blood in his veins, he was also proud of being a Nova Scotian, and he was proud of the bright page in Nova Scotian history when we obtained for ourselves responsible government. Under our circumstances he thought the Irish people need not be afraid to apply to Nova Scotians for sympathy, and while we were loyal to the British government and British institutions we were also free to give our aid to the party who are working that the same loyalty may obtain in Ireland through an independent government. He had pleasure in introducing a gentleman who though a stranger had been dolag good work in the cause—Mr. Sutton, of Quebec.

MR. SUTTON

said he was before the audience as a com-

Indea our circumstances he thought on apply to Nova Scotians for sympathy, and while we were loyal to the British government and British institutions we were also free to give our aid to the party who are working that the same loyalty may obtain in Ireland through an independent government. He had pleasure in introducing a gentleman who though a stranger had been doing good work in the cause—Mr. Sutton, of Quebec.

Mr. SUTTON

said he was before the audience as a commissioned agent of the Irish people to ask their aid and support. It seemed strange that in this latter part of the 19th contury, treland should be bound and drasted to the charlot wheels of the British empire. Ireland was a nation in herself and desired to assert her right as a nation, though in doing so, it was not necessary that she cease to be part of the empire. A clitisen was none the less a free citizen because he delegated part of his freedom to the civic authorities, so Ireland as a free nation and with the restoration of her old parliament, might readily assign a considerable and satisfactory portion of hear nationality to the empire. The Irlsh people demand the right to choose their own form of government, and the people who made all has said, do to others as yen the matter that the sume government as the southern states had before the rebellion. That statement effectually disposed of Goldwin Smith's pet argument. Ireland at present was very unfairly represented in the British parliament and could not obtain attention to her demands.

The speaker proceeded to briefly review the history of the Irish union, quoting from the London Times and various statesmen of the time in support of his views. He said that England spent over six millions in bribes and eight millions in the purchase of rotten boroughs, that 707,000 of for their country, or in other works one from the country, or in other works one from the country of the Irish union, quoting from the London Times and various statesmen of the time in support of his views. He said that Englan

of the time in support of his views. He said that Eugland spent over six millions in bribes and eight millions in the purchase of rotten boroughs, that 707,000 of the Irish people petitioned against the union and only five thousand in favor of it, and notwithstanding all the influences brought to bear upon the people the patriotic minority were only beaten by 65. Then even their first rights accorded them many beneficial results which flow from the excellent system of government under which they live;

Be it therefore Resolved, that we, the under the union were abused. The representatives were not sent there to vote away that legislature, but to legislate in that legislature. He quoted from Daniel O'Connell, Gen. Fitzpatrick, Lord Ogden, Lord Holland and others, in reference to the imposing manner of England's arbitrary actions during this stage of Ireland's history till disaffection was stimulated and 100,000 troops had to be kept in Ireland. One point urged against the present movement for Irish parliamentary inde-pendence was that the rights of the Pro-testant minority would be trampled upon. It was an insult to them to make the It was an insult to them to make the charge. Ireland never asks her faithful charge. Ireland never asks her faithful sons what creed they subscribe to, and never has Ireland wanted a faithful son to the front but that a Protestant was ever ready to tread a path that but too often led to prison or the scaffold. (Applause). The true Irishman was not afraid on that score but would be ready to nativationally minule unnecessary to debate upon it. Looking at the question of the expediency of the movement, he noticed first that Ireland's progress and advancement previous to the on was so great as to cause British ousy. Ireland's debt in 1797 was only jealousy. Ireland's debt in 1797 was only three millions, and in 1800 but 28 mil-lions, while England's in the same year was 446 millions. It was stipulated that the debts were to remain separate, but afterwards amalgamated under a nefarious arrangement that Ireland should bear her feir proportion of the whole.

Resolutions Supporting Her National Canne.

ADOPTED AT A MASS MERTITIES IN THE ALONG MILITARY, N. S., Citisen.

The meeting of citisens of Halifax, elled under the auspices of the Charitable Irish society in the scademy of music last swning for the purpose of expressing sympathy with the people of Irishand in the effort now being made by them to obtain local self-government, was largely extended. The chair was taken about it constituted in the effort now being made by them to obtain local self-government, was largely extended. The chair was taken about it constituted in the effort now being made by them to obtain local self-government, was largely extended. The chair was taken about it constituted in the effort now being made by them to obtain local self-government, was largely extended. By the self-government, was largely extended to the Archbishop on his right and Mr. J. P. Stiton, of Quebeo, on his left; the following, among other gentlemen, being aloo ested on the platform: Hon. W. S. Flaiding, Hon. J. W. Longley, Mesur, Shairs and Daly, M.'s P; Vary Rev. Mongr. Power, Mesur, Shairs and Daly, M.'s P; Vary Rev. Mongr. Power, Mesur, Shairs and Daly, M.'s P; Vary Rev. Mongr. Power, Mesur, M. J. Power and W. D. Harrington, M.'s, P. P; Dominich Farrell, John M. Inglis, John Pugh, ext. M. P. P.; Mehnel Walsh, J. F. L. Farsons, Thomas O'Malley, R. Motton, T. F. Connolly, Junes Dwyer, Henry Peters, J. N. Lyons, R. O'Mullin, D. F. Fower and J. O'Brien. St. Patrick's brase band, which had played in front of the building previous to the meeting, occupied the orchestra.

THE CHAIRMAN Opened proceedings by remarking that he was glad to see so fine an audience of men of every shade of religious and political belief, to show their sympatry for Ireland in her national cause. They were there to show that they wished Ireland to have a similar eystem of government and Artitle stream to province were to a section with what the Americans call a good of having Irish blood in his veins, he was the section of the builty and belief

Be it therefore Resolved, that we, the citizens of Halifax, in mass meeting assembled, do hereby extend to our fel-low subjects in Ireland our heartfelt sym-

entire accord. It was not surprising that a meeting in Halifax for a constitutional agitation should be so well attended. It was not at all surprising, in the present instance, when throughout all Canada meetings have been held and contributions true Irishman was not afraid on that score but would be ready to patriotically mingle the orange with the blue till nothing would be seen but his own native green. Another point, it was said that the Irish people were unfit for self-government. It was an insult to tell any people that and was an insult to tell any people that and the institutions we live under. We have extract. The first reflection that came to his mind was to ask a consideration of the institutions we live under. We have legislation of, for and by the people; from our Dominion to our municipal and civic governments. In Ireland the people have their corporation, it is true, but have no parliamentary representation like Canada. They have been obliged to put up with smaller representation in parliament than was due to them, and the machinery of the English parliament could not answer the English parliament could not answer the objects of a parliament for Ireland. The

Itédemes have gone that they live as good chitzane and law-abiding people. That perhap, is the best nawer to the lastinus in the literal position to triple and the property of the people of the peop purpose of seconding the resolution that had been moved by Mr. Daly and had much pleasure in doing so, though be thought a task of such a character could better have been imposed upon other hands. Speakers were right when saying that this was a meeting of Irishmen, but it was also a meeting of the citizens of Haifax, which was an English city, notally loyal to all English laws and institutions. It was of the first laportane with the present moment forming one of the livest issues of one of the greatest political contests of the century. In looking at the first hundow was consummented without the consent of the Irish people, when do evidence that the union was by the consent of the Irish people, when do evidence that the union was by the consent of the Irish people, when do evidence that the union was by the consent of the Irish people, when do evidence that the union was by the consent of the Irish people, when do evidence that the union was by the consent of the Irish people, when the Irish appelle we had no evidence that the union was by the consent of the Irish people, when the Irish people, we had no evidence that the union was by the consent of the Irish people, when the Irish people, we had no evidence that the union was by the consent of the Irish people, when the Irish people, we had not evidence that there has not hear of the Irish people, and the was all being and thus and of simple in put the Irish people, when Irish ahs not had some friends in the British Parliament who saw wherein justice to be rondsted and were ready to give reliable to the condition of the Irish people, the Irish people is the Agriman of the Irish people when Irish and has not had some friends in the British Parliament who saw wherein justice to the resolution was not the Irish people when Irish and has not had some friends in the British Parliament who saw wherein justice to be rondsted and were ready to give reliable to the content of the Irish people when Irish and has not had some friends in the British people, the Agricultus

be glad to hear from others

MR. MOTTON
was loudly called for, and responded in a brief speech, supporting the motion. It had been so effectively elaborated already that in his unprepared state he felt he would have to fall back upon Irish wit to motion. It respond to the call. An Irishman once said a cannon might be made by taking a round hole and pouring molten metal around it, but he felt that he hardly had even the necessary hole in this instance, and besides, when he lectured on the Irish low subjects in Ireland our heartfelt sympathy and material support in every legitimate effortto obtain for Ireland some such form of government as obtains in this Dominion of Canada—a government of the people, by the people and for the people.

He did not intend to express sympathy with the extreme sections of the Irish national party. Some of them may have gone to lengths which he could never approve of, but to the principles expressed in the resolution he felt that he was in entire accord. It was not surprising that upon as a similar instance. In Prince Edward Island, too, at a later date, much the same battle was fought and won. He could assure Mr. Sutton that if our sympathy would encourage the Irish people to persevere till they attained success, he would have a full measure of it. (Applause.)

HIS GRACE THE ARCHBISHOP was next called upon by the chairman. He said it had not been his intention to say anything, not but that he fully sympathized with the object of the meeting, and his views had not changed much on this matter since he could remember. He had always hoped for the time to come when Ireland would have her own local when Ireland would have her own local parliament. Everyone was prepared to say that Irishmen were entitled to the same rights as the people in Nova Scotia. He did not think so meanly of any man in Canada as to doubt his loyalty, but he did not think that any of them would stand the injustice that had been heaped upon the Irish people. Loyalty could only come from reasonable beings, and if treated with injustice every one will rebel against it. If justice is done he believed ious arrangement that Ireland should bear her feir proportion of the whole. The result of the union was that Ireland steadily decreased in prosperity. The palaces of the nobility in Dublin became the terement houses of the poor. In 186 came the famine which was so disastrous that, if the whole of the people of Nova Scotia were carried off in twenty-four months, it would only be a parallel. The famine, he said, was not a visitation of God, but the effect of bad laws enforced of the same rights that have been accorded to English colonists everywhere, and it was cause for wonder that it had been left till this stage of the 19th century for the culmination of the agitation. We find in every part of the world to which

band playing "The harp that once through Tara's Halls" and "God save the

VACCINATION.

OME OF ITS DANGERS AND THE METHOD OF AVOIDING THEM.

I. A. Loveland, M. D., in Medical World.

"Several years ago I vaccinated a person whose health had always been excellent and who had never had any kidney disease. The lymph used was bovine, obtained directly from one of the most reliable propagators in the country. The operation was carefully performed, and was success as far as relates to its primary object. In about a month after vaccination the patient became dropsical. The urine was heavily charged with albumen; the skin was dry; appetite and strength diminished, in short the phenomena of a typical case of soute albuminuria esisted. So otvious was the cause of death that no post-mortem examination was made. Authorities mention animal and symotic poisons as among the senses producing Bright's disease, mall-pox, as sometimes being the cause of albuminuria. If this is so, there is no good rea-on why vaccination may not occasionally become an etiological factor. In the case we are considering, the evidence that it was the cause is quite plain. The precise way in which the poison gained an entrance into the system and performed its deadly work, it is impossible to determine. Shoule Bright's disease arise, even in rare instances, after vaccination the sooner the profession find it out the better it will be for suffering humanity."

Dr. Loveland clearly shows that even so simple a matter as vaccination is liable to result in Bright's disease. Indeed medical authorities state that during the I. A. Loveland, M. D., in Medical World

to result in Bright's disease. Indeed medical authorities state that during the prevalence of small-pox there is albuminprevaeuce of smarr-por treers is abdumination, which produces a mild form of the disease, will be attended by some manifestation thereof.

station thereof.
The fact of the matter is, and it is get-The fact of the matter is, and it is get-ting to be more and more recognized every day, a very little disturbance of the system will produce derangements of the kidneys, which, eventually, result in Bright's dis-ease. Overwork, mental or physical; over-anxiety; physical excesses; mental worry; excessive indulgence in certain stimulants and narcotics; irregularities of life and habits; the taking of a cold; changes of season and climate, all have a tendency to affect the system unfavor-ably and to produce a diseased condition

of the kidneys,
People labor under a very erroneous
impression who think that such disorders are rare, for it is a matter of record that primarily or secondarily they are the cause of a very large percentage of deaths.

Vaccination is perfectly right and pro-

it is doubtful if an injurious effect will fellow. The manufacturers state that they know from long extended experience in treating the sick, that blood disorders are extremely prevalent and that, judging from their own experience, there can possibly be no agency so effective in preventing and curing such disorders ever known. Children and grown people alike are subject to it and beares nature is given assistance at the proper time by a given assistance at the proper time by a special agency such as we have named, persons so afflicted must succumb to the forces which are constantly trying to draw them down.

CONSUMPTION CURED.

An old physician having had placed in his hands by a returned Medical Missionary, the formula of a simple vegetable remedy for the speedy and perma-nent cure of Consumption, Casarra, Asthma, Bron-chitis, etc., after having tested its wonderful cura-tive powers in hundreds of cases, desires to make it known to such as may need it. The Recipe will be sent Farms, with full directions for preparing and using. Send 2 cent stamp. Address Dr. W. H. Arm-strong, 44 bith 4th St., Philadelphia. Pa. (Name this paper.)

What is Catarrh?

What is Catarrh?

Catarrh is a dangerous disease which thousands are consciously or unconsciously suffering from. It is a muco-purulent discharge caused by the presence of a vegetable parasite in the lining membrane of the nose. The predisposing causes are a morbid state of the blood, the blighted corpuscle of tubercle, the germ poison of syphilis, mercury, toxomox, from the retention of the effete matter of the skin, suppressed perspiration, badly ventilated sleeping apartments and the germination of other poisons in the blood. Irritated by these, the lining membrane of the nose is ever poisons in the blood. Irritated by these, the lining membrane of the nose is ever ready for the reception of the parasite, which rapidly spreads up the nostrils and down the fauces, or back of the throat, causing ulceration of the throat; up the eustachian tubes, causing deafness; burrowing in the vocal chords, causing hoarseness; usurping the proper struc-ture of the bronchial tubes, ending in pulmonary consumption and death.

Many ingenious specifics for the cure

of catarrh have been invented, but with. out success, until a physician of long standing discovered the exact nature of the disease and the only appliance which will permanently destroy the par-asite, no matter how aggravated the case. Sufferers should send stamp at once for descriptive pamphlet on catarrh, to the business manager, A. H. Dixon & Son, 305 King street west, Toronto, Canada.

Nothing so suddenly obstructs the perspiration as sudden transitions from heat to cold. Heat rarifies the blood, quickens the circulation and increases the perspiration, but when these are suddenly checked the consequences must be bad. The most common cause of disease is obstructed perspiration, or what commonly countracted perspiration, or what commonly goes by the name of catching cold. Coughs, colds, sore throat, etc., if allowed to run their own course, generally prove the fore-runner of more dangerous discases. Nine-tenths of the consumptives date their affliction from a neglected cold, and the diseases that are caused by wet feet, damp clothing, or exposure are more numerous than are generally supposed. One of the most efficacious medicines for all diseases of the theat the consumptions of the consumptions of the theat the consumptions of the all diseases of the throat and lungs is Bickle's Anti Consumptive Syrup. It promotes a free and easy expectoration, which frees the lungs from viscid phlegm by changing the secretions from a diseased to a healthy state.

THE STOMACH is the grand central of the living system, the first organ developed in animal life, and the first to suffer from excesses. Regulate its diseased action by Burdock Blood Bitters, which restores health to the stomach, bowels, liver, kidneys, and blood.

A lady writes : "I was enabled to remove the corns, root and branch, by the use of Holloway's Corn Cure." Others who have tried it have the very

"Maryland, My Maryland," Lovely daughters and noble men."

"My farm lies in a rather low and miss. "My wife!"
"Who?"

"Who?"
"Was a very pretty blonde!"
Twenty years ago, became
"Sallow!"
"Hollow-eyed!"
"Withered and aged!"
Before her time, from
"Malarial vapora, though she made no
particular complaint, not being of the
grumpy kind, yet causing me great un-

"A short time ago I purchased your remedy for one of the children, who had a very severe attack of billouness, and it occurred to me that the remedy might help my wife, as I found that our little girl upon recovery had

"Her sallowness, and looked as fresh as "Her sallowness, and looked as fresh as a new-blown daisy. Well, the story is soon told. My wife, to-day, has gained her old time beauty with compound interest, and is now as handsome a matron (if I do say it myself) as can be found in this county, which is noted for pretty women. And I have only Hop Bitters to thank for it.

"The dear creature just looked over my shoulder, and says I 'can flatter equal to the days of our courtship,' and that reminds me there might be more pretty wives if my brother farmers would do as I have done."

Hoping you may long be spared to do good, I thankfully remain,
C. L. James.

Beltsville, Prince George Co., Md., May 26th, 1883.

None genuine without a bunch of green Hops on the white label, Shun all the vin their name.

LONDON (CANADA) POSTAL GUIDE, MAILS AS UNDER.

G. W. R. Going East-Main Line. G. W. R. Geing East—Main Line.

Railway P. O. Mails for all Places East of London and Eastern States, close 500 am, 120 pm; due for delivery 800 am, 130 pm. New York, etc. (Thro Bags), close 12) pm, 1030 pm; due for delivery 8 00 am, 630 pm Burfalo (Thro Bags), close 500 am, 120 pm; due for delivery 8 00 am, 130 pm, 630 pm G. T. R. East of Toronto, Maritime Provinces, Quebec, Railway P. O., close 350 pm, 1030 pm; due for delivery 8 00 am, 500 pm Montreal, Kingston, Ottawa, close 350 pm, 1030 pm; due for delivery 8 00 am, 100 am, 350 pm, 1030 pm; due for delivery 8 00 am, 1130 am, 1130 pm, 1030 pm; due for delivery 8 00 am, 1130 pm, 1030 pm; due for delivery 8 00 am, 1130 pm; 1030 pm; due for delivery 8 00 am, 1130 pm; 1030 pm; due for delivery 8 00 am, 1131 pm, 1630 pm

G. W. R. Going West-Main Line.

G. W. R. Going West—Main Line.

Thro Bags—Bothwell, Glencoe, close 500 am, 120 pm; due for delivery 800 am Railway F. O. Mails for all places West of Londen, close 120 pm; due for delivery 12m Erie and Huron, close 15 am; due for delivery 245 pm

Thro Bags—Detroit, Western States, close 500 am, 10 15 am; 120 pm; 600 pm; due for delivery 800 am, 245 pm

Thro dag—Winnipeg, close 500 am, 500 pm; due for delivery 800 am, 245 pm

Thro Bag—Chatham, close 500 am, 10 15 am, 120 pm, 500 pm

Tenheim, close 500 am, 800 am, 12m

Mt. Brydges, close 500 am, 120 pm; due for delivery 630 pm

Newbury, close 500 am, 120 pm; due for delivery 12m

Vilotsor, close 500 am, 10 15 am, 120 pm, 500 pm; due for delivery 12m

Vilotsor, close 500 am, 10 15 am, 120 pm, 500 pm

Sarnia Branch-G. W. R. Thro Bag—Sarnia. ctose 5 00 am, 1 20 pm, due for delivery 8 00 am, 2 45 pm
Thro Bags—Fetrolia, Watford & Wyoming, close 7 00 am, 1 20 pm; due for delivery 8 00 am, 2 45 pm
Railway P. O. Mails for all places West, close 1 20 pm; due for delivery 2 45 pm
Strathroy, close 7 00 am, 1 20 pm; due for delivery 8 00 am, 12 00 am, 2 45 pm

Canada S. R., L. & P. S., & St. Clair Br. Glanworth, close 6 00 ams due for delivery dianworth, close 600 am; due for delivery 245 pm
Wilton Grove, close 600 am; due for delivery 24 pm
Loop Line Railway, close 600 am; due for delivery 24 pm
Canada Southern East of 8t. Thomas, and
Pt. Bruce and Orwell, close 600 am; due for

delivery 24 pm
Oanada Sonthern East of St. Thomas, and
Pt. Bruce and Orwell, close 6 00 am; due for
delivery 24 pm
Aylmer, close 6 06 am, 1 20 pm; due for delivery 3 am, 24 pm
Aylmer, close 6 06 am, 1 20 pm; due for delivery 3 am, 24 pm
Aylmer, close 6 06 am, 1 20 pm; due for delivery 3 am, 24 pm
St. R. West of St. Thomas. Essex Centre,
Ridgetown and Amherstburg, close 6 00 am,
200 pm, 5 0 pm; due for de livery 2 * pm
St. Clair Branch Railway P. O. Mails—
Courtwright to St. Thomas, etc., close 2 00
pm; due for delivery 2 * pm
St. Thomas, close 5 00 am, 2 00 pm; due for
delivery 3 am, 1 45 pm, s a pm
Ort Stanley, close 5 00 am, 200 pm; due for
delivery 2 ap, 6 % pm
Port bover & L. H. Mails, close 5 00 am;
due for delivery 8 06 am
London, Huron & Bruce, only to Centralia,
Crediton, Hensall, Lucan, Exeter, Clinton,
Blyth, Wingham, Lucknow and Kincardine,
close 5 09 pm; due for delivery 11 00 am
W. G. & B., close 5 00 am, 1 20 pm; due for
delivery 8 & am, 5 00 pm, 6 3 pm
W. G. & B. South Extension, close 5 00 am;
due for delivery 8 0 am;
due for delivery 8 0 am;
due for delivery 8 0 pm
B. L. H. West of Stratford, close 6 30 am;
due for delivery 5 0 pm
G. T. R. between Stratford, close 6 30 am;
due for delivery 5 0 pm
G. T. R. between Stratford, close 6 30 am;
due for delivery 5 0 pm
Thro Bago-Goderich and Mitchell, close
6 30 am, 4 0 pm; due for delivery 1 00 pm, 6 30
pm
Belton, Thorndale, (daily) St Ives, Cherry
Grove, Ployer Mills (Tuesdav and Fridav).

bal am, a spin; due for derivery for pin; o so Belton, Thorndale, (daily) St Ives, Cherry Grove, Plover Mills (Tuesday and Friday), close 13 49 pm; due for delivery 6 30 pm Thro Esga-The Grove and Seatorth, close 4 49 pm; due for delivery 1 00 pm Thre Esga-Parkaill, close 6 30 am; due for delivery 1 06 pm

4 4 pm; due for delivery 100 pm
Thre Bag-Parkill; close 6 30 am; due for delivery 100 pm
The Mails for Sandwich Islands will leave
Sa \$ Francisco on the list, lith and 15th.
The Mails for Caima and Japan leave San Francisco on the 4th, 16th and 28th. Letters should be posted ten days previously.
BRITISH MAILS—Monday and Thursday, Via New York, 1 p.m.; Wednesday, Yia History, 1 p.m.; Wednesday, Nuplementary, 3:50 p.m. Registered Letters are not forwarded by Supplementary Mail.
Money Orders issued and paid on and from any Money Orders issued and paid on and from any Money Orders issued and Ireland, British India, New Joundland and United States, The German Empire, Italy, Switzeriand, Austria, Hungary, Roommania, Jamsica (Westindiss, Victoria (Australia), New South Wales (Australia, Tasmania, Beigium, New Zealand and Sarbadoes, Norway and Sweden, Henimerk, including Iceland, the Netherlands (Holland).
Post Office Savings Bank,—Deposits from \$1 upwards, on which 4 per cent. Interest is allowed, will be received for transmission to the Central Office of the Post Office Saving Bank, Pass Books, and every information, to be had on application.
Money Order and Savings Bank,—Office hours \$a, m. to 4 p. m.
Post Office,—Office hours from 7a m. to 7 p. m. Doors will remain open until 10p m. for box holders only. R. J. C. DAWSON, London, Oct., 1885.

London, Oct., 1885.

Strength for to-day is all that we need
As there never will be a to-morrow,
For to-morrow will prove but anoth

Strength for To-Day.

day. With its measure of joy and sorrow. Then why forecast the trials of life,
With much sad and grave persistence
and wait and watch for a crowd of ill
That as yet have no existence?

Strength for to-day; waat a precious t For earnest souls who labor! For the willing hands that minister To the needy friend or neighbor.

Strength for to-day that the weary he In the battle for right may quali not And the eyes bedimmed by bitter tear In their search for light may fail not

Strength for to-day on the down-hill For the travellers near the valley; That up, far up on the other side Ere long they may safely rally. Strength for to day, that our precious May happily shun temptation; And build from the rise to the set of the On a strong and sure foundation.

Strength for to-day, in house and hon To practice forbearance sweetly; To scatter kind words and loving deed Still trusting in God completely.

Strength for to-day is all that we need And there never will be a to-morrow For to-morrow will prove but anoth day.
With its measure of joy and sorrow. FIVE-MINUTE SERMON FOR EARLY MASSES

Preached in their Church of St. Pau Apostle, Flity-ninth Street and I Avenue, New York. FIRST SUNDAY IN ADVENT.

By the Paulist Fathers.

"The night is passed and the day hand. Let us, therefore, cast off the v of darkness and put on the armor of Put ye on the Lord Jesus Christ."—Efofthe day.

To-day, dear brethren, we enter

To day, dear brethren, we enter the season of preparation for coming of Jesus Christ. For, "the is past and the day is at hand." day spring, the Brightness of the lasting Light, the Sun of righteousn is come "to give light to them that darkness and in the shadow of der To give light to them that have unfaithful to God's grace, to call back—to turn them to a new life is the mission of our Saviour; and the call He makes upon us to daywe should return to Him, "the Rul the House of Israel, who didst apper Moses in the burning bush, and him the law of Sinai."

You, dear brethren, were taught

You, dear brethren, were taught law when the first rays of the lig law when the first rays of the lig reason lit up your soul. God wrote your hearts; you heard it from parents' lips; your teachers bade love it and keep it. But have you so? Have you not become like it whom of old God taught and who v not listen, but went after false gods, bowed down before idols of gold silver, of wood and clay? Have you not bowed down like when you preferred money gettin

when you preferred money gettin serving God, when you were willing the sake of gold and silver to risk loss of your immortal souls? Have not bowed down when you choose gratify your lower instincts at the co your spiritual ruin? Have you not be down to idols of clay when you steeped yourselves in drunkennes impurities, in the many sins of the f Oh, surely you have need of "wisdom that cometh out of the most High" to teach you "the of prudence." Oh, surely you need of "the Orient from on high," you "sit in darkness and in the sh of death."

of death."

But, dear brethren, "the night is p
"Let us therefore cast off the worl
darkness"; "let us walk honestly."
"put ye on the Lord Jesus Ch
"Behold Emmanuel, our King and
giver," Him for whom the nations is
and their salvation, has come to sa
—to save man whom He has made

the dust of the earth. the dust of the earth.

Dear brethren, shall we be slow to Him who comes with healing fo immortal souls? Tell it out amon people and say, "Behold, God our Sa cometh." "Emmanuel is His name His name is great. Behold He is God and I will glorify Him; my far God and I will exalt Him. The God and I will exalt Him. The our Law-giver, the Lord our King, co

Begin this day to prepare for the j feast of Christmas. Cleanse your k by prayer and fasting; come to the raments and be washed in the blo raments and be washed in the blo your Redeemer; come to His Table break the bread of true fi ship, that the joy of your may be full when we shall cele that day of days when the Word ' "was made flesh dwelt among Truly "we have seen His glory," at His fulness we have all received." us never forget His mercy; let us re-ber "that it is now the hour for rise from sleep,"

Horsford's Acid Phosphate TONIC FOR OVERWORKED MEN. Dr. J. C. Wilson, Philadelphia says: "I have used it as a general and in particular in the debility ia of overworked men, wit

dyspepsia of overvisfactory results. The best Ankle Boot and Collar are made of zinc and leather. Try THE general verdict of the smok Canada is that "Myrtle Navy" finest tobacco they have ever There can be no mistake upon this for it is proved by this tangible evidence. The large demand for this tobacco it to be true, and the character demand gives further proof. never been of the spasmodic kind umonth and down the next. It has a sustained and constantly incredemand. The unsurpassed qualithe tobacco accounts for this.

Worms derange the whole sy Worm Exterm deranges worms, and gives rest sufferer. It only costs twenty-five to try it and be convinced.

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