
A Legend . . . Of Carbury Castle.

Perhaps in this ancient isle of ours I re was no place to compare with

Carbury, County Kildare, for pleas-ure in the years long since gone by and at no season, we are informed by tradition, was joy so rife as on Trinity Sunday, when, from a radius

Trinity Sunday, when, from a fadius of twenty miles or more, young and old flocked in immense numbers to participate in the fair, and at the same time to make Stations around the Well, as a demonstration of the Faith that sustained our kindred through the greatest temptations and trials ever experienced by hu-manity

There are various reasons assigned for the change that has taken place, and one is, unfortunately, the de-crease of our population; for since the people of our land commenced to omigrate the Pattern of Carbury has gracually died out, until it is day almost a thing of the past. It has come down to us along the stream of Time, that no fair could compare with the Pattern, when at its best, for variety of amusements, and for the number of tents that

compare with the Pattern, when at its best, for variety of amusements, and for the number of tents that were lined along the roadside to provide refreshment for the thirsty. Within the past six or seven years the Pattern has been revived some-what, and a visitor to Carbury on each recurring Trinity Sunday could spend a few agreeable hours watch. ing the boys and girls of Ticknevin and Killina, and an occasional Edendery visitor, dancing the live-ly reel or jig to the music of fife or meiodeon, for there is no lack of musicians around Carbury. This brings me to the remarkable story of Myles O'Gorman, the piper, who was the leading spirit in the district in his day, and the principal performer at the Pattern. Myles lived about a mile from Carbury, and was, in truth, a genius in his way, for he was capable of compos-ing his own music. He was a very welcome guest at every house; in fact a visit from him was deemed an honor, aceit he was a poor man. fact a visit from him was deemed an honor, a oeit he was a poor man. The Pattern would be considered in-complete and lifeless without him, and be knew it, too; but unlike many clever men of the present time, he was not spoiled by the encomiums showered upon him by his numerous admirets. Myles was a stickler for punctuality, and always was amongst the first in the vilage of Carbury on Pattern Day, and for hour; amused the crowd around him with rare old stories inimitably re-lated. He was very abstemious- a remarkable trait in his character. lated. He was very abstemiousremarkable trait in his character, considering the temptations held out to him by his warm-hearted friends -one and all only too anxious and willing to prove their appreciation. Whenever the time for dancing ar-rived. Myles started with a jig or reel-there were none of the present day dances in vogue them-and never ceased playing or seemed to tire un-til the shadows of night commenced to fall and every one turned homewards as happy as the proverbial

to fall and every one turned home-wards as happy as the proverbin "flowers of May." A most successful Pattern had just ended, and Myles, accompanied by two neighbors. Tom Russell and Bill Devine, was walking along the well-shaded road in the direction of home, quite pleased with the day's enloyment. When a quarter of a mile or so from the scene of the late revels. Myles haughed and asked his companions, jocosely, did they be-lieve in dreams, as he had had a strange dream for three nights in succession recently, and was anxious to have their opinion. Both agreed in saying that when a person dreams the same dream often there must be some stories of persons dreaming the same dream often there must be some stories of persons dreaming the solution is a strangene was naved when she was roused by the giver of the secribe his vision. "Well, boys," said he. "I will tell you my dream as well as I can recollet. I through curiosity, went into the un-derground passage, that you both know. I imagined that I walked not at a great gate. It was a tall one, and immediately inside there was a the old Casitle of Carbury, and through curiosity, went into the un-der an a mile, and then I harrived at a great gate. It was a tall one, and immediately inside there was a the solue curiosity, went into the un-der an a mile, and then I harrived at a great gate. It was a tall one, and immediately inside there was a the boale curiosity, went into the un-der and immediately inside there was a through curiosity went into the un-der an a mile, and then I harrived at a great gate. It was a tall one, and immediately inside there was a the bard was such that her woman-date may that the dog growled fierce-ard mismediately inside there was a the heard was such that her woman-through that that de growled fierce-aly at me, and that, probably hear.

pass through and secure what you mortals are all looking for. But while he is on guard I am powerless to ald you.'" "I thanked the old fellow warmly for his advice, and said that it would not cause me much trouble to procure two as good bull-dogs as there were in Ireland, as I knew per-fectly well that I could get Daw-son's pair by merely asking them, and stating what it was for; and giving a promise that Dawson would have a share of the gold should I prove successful in my dangerous undertaking. After a little more con-versation with the custodian, I turn-ed, as I thought, and walked to wards the entrance, while on my way I tripped, and with the effort I made to recover myself, I awoke and found it was but a dream. I would not have mind the incident, I am sure, only that I dreamt exactly the same dream on the two following nights, and never dreamt it after-wards."

mgnts, and never dreamt it after-wards." "Did you tell onyone about your dream?" gueried one of the young men; "or had you the opinion of any clever person upon it, "tis so strange?"

ciever person upon it, 'tis so strange?'' ''I never told one,'' replied Myles; ''in fact I did not think it of suffi-cient consequence to give it serious thought; but from the stories you have told me about such incidents, I am led to think that there is some-thing in it. What do you say boy?'' Both agreed with Myles, and did all in their power to persuade him to see the end of it, as it was a rooted belief in the district that there certainly was money hid about the ruins of Carbury Castle. Myles, encouraged by the words of his friends, agreed to their sugges-tion, and during the short silence

his friends, agreed to their sugges-tion, and during the short silence that ensued, kept building castles in the air in anticipation of wealth. By this time they had reached the piper's house, and then stood on the road to finish their chat. "I need not say," said Myles, "that you both shall have a share if I succeed, if you accomeny me

if I succeed, if you accompany me, although according to the plan I have formed, I'll be the only one in danger, if such there is." The two danger, if such there is." The two young men gladly promised to go with him, and having appointed a night for the momentous undertak-ing the trip prize ing, the trio parted.

II.-The Thursday night succeed-ing Thinity Sunday was the time ar-ranged, and by 11 o'clock the tiree were seated around the piper's large turf fire chatting in a low tone, and with the light of hope upon each face, while Mary, Myles' partner, was attending to her household du-ies little thinking of the enterprise which her husband and his friends were contemplating. "Mary," said Myles, "we are go-ing out for a while, but we expect not to be very long. Hand me the spade and shovel and we mhy bring home something that will please you."

home something that will please you." Mary, without offering a reply, re-paired to the room, and emerged therefrom with the implements. She handed them to Myks with seeming reluctance as she believed they were going on a poaching expedition-one of the company being a noted poach-er-and she did not wish her hus-band to become embroiled in such dangerous pursuits. Still she did not seek to prevent him, as he was a man who wished to have his own way, as Mary well knew. After partaking of some warm gruel (tea was unknown in Carbury at the time) the three men started on their journey, Myles bringing his pipes, in addition to the spade and shovel. Left alone the spouse of the piper sat slumbering over the fire until the embers were nearly extinct. The night must have been well ad-vanced when she was roused by the weird cry of a woman. She listened attentively, and a feeling of genuine <text><text><text>

dful news les, and actually a re morning about My convinced that if not a before morning about Myles, and was convinced that if not actually a corpse, his days on earth were num-bered. She understood, of course, that he was on a posching aspeli-tion, and concluded that he might have got into an altercation with the gamekseper and loag its life. If she only knew in what direction the men had gone, she would summon courage and face the journey for the sake of her husband. Thoughts innu-merable rushed to her brain, all to make her more unhappy and unhope-ful, and still the Banshee wailed, and coased not till the dawn of day, when all became as silent as the home of the dead. Yet no sign of the three men ! Tears of anguish and sorrow fol-lowed each other in quick succession down her furrowed checks until, ex-hausted, she fell into a disturbed sleep, where we will leave her to fol-low the seekers for gold.

III.-Myles and his companions called, as arranged, at Dawson's for the pair of bull-dogs, which Jimi Dawson freely lent expecting that the men would have their journey for nought. Jim was not a believer in such fireside tales, as he was pleased to designate the hidden-gold story. story

Having secured all they needed for

story. Having secured all they needed for their work, the three chatted over their work, the three chatted over their task, and Myles, although the prominent figure, was the coolest of the band. "What you propose do-ing when we reach the old Castle?" said one of the men to the piper as soon as they came within view of the runs. "Thave made full arrangements." quickly answered Myles, "and you both may rest satisfied that the danger, if any, will all be mine. I will venture myself, and if I fail or meet my death, I know the country will not forget poor Mary, but will see that she does not want for the remainder of her life; but I do not think she is going to lose me, for I have implicit confidence in the dogs, should the worst come." "We never could supply the loss," responded one of the men, "as there is not your equal in the country, and the Pattern each year would be lifeless without your presence and music." "Do not venture at all, Myles,"

"Do not venture at all, Myles," broke in the second man; "we could not forgive ourselves if we thought we did not try to prevent you, in the event of your faring ill, al-though we encouraged you in the be-ginning; but should you persevere and then find the slightest danger, turn back at once, and no one but ourselves will know." The piper gave a musical laugh, and said: "Never fear, boys, all will be well, as I think my plan is a feasible one. I must stop, however, as we are on the spot, and unfold it." "Do not venture at all. Myles."

it." "I intend going into the under-ground passage with the two dogs, and shall bring the lights with me, which I did not forget. One of you is to stand at the entrance and not leave there, while the other is to walk on the earth above me. I will commence to play the moment I emwalk on the earth above me. I will commence to play the moment I en-ter, and the one over me is to listen most attentively to the hum of the pipes, and keep walking along over the sound with his ears well open. No matter how far I go, he is to accompany me, but remember this is a very particular part of the ar-rangement, for on it my life may de-pend. The moment he fails to hear the hum of the pipes, he may con-clude that I desire him to dig for me, at the spot, for I either will be in trouble or shall wish to give up the search."

the search." The two men having promised to do their share of the undertaking, Myles' shook them warmly by the hand, then, with the dogs, entered the passage, which is there to the present day, and commenced playing at once. The man appointed to remain at the entance took up his modifier

The man appointed to remain at the entrance took up his position, and the other, who had the most re-sponsible task, stepped slowly along the grass, and could hear faintly be-neath him the humming of the pipes For a quarter of a mile or so the hum reached his ear, and he scarcely looked around, fearing he might fail to locate the sound. At last, and quite suddenly, the hum-ming ended, and whether it was the fright or that he was drawn away by some occult power, he ran back to his companion in a most excited state, with the spade on his shoul-

SEVEN TO ONE

THE TRUE WITNESS AND CATHOLIC CHRONICLE. uted. The result is that the for s apt to reach the stomach imp

der, without the lenst ides, in his disordered Grain, of the point at which he had left the poor piper. His friend looked at him with won-der, and asked, in nlarm, what had happened or had he dug out Myles. "No, no," he naswered, "the mu-sit stopped, and I was so much put about that, forgetting what I was doing, I ran back for you, and never thought of leaving a mark." "Its companion reproached him bitterly, and said that all they could do was wait a while and Myles might come out at the entrance. "Their wait, however, was son doed. To their construction the two bull-dogs crawled out of the passage palpitating with triver. They were bleeding profusely, and on examining them the horrifled instance of the passage. Horrority the autance of the passage. Horrority two bald-di event unde their eyes to two ball-doing stard out of the dogs collarsed at the men's feet, and usensity. The two men turned their eyes to prove blow down of the passage. Horrority two balded leves gauged out of the plotted eyes glared out lited. The result is that the food is apt to reach the stomach imper-fectly masticated. The proper way to est is to mas-ticate every morsel until it becomes a soft, pulpy mass, and is easily swallowed, in consequence, unaided by drink. If this rule is observed, the meal is easily and rapidly disposed of in the stomach; and, after all is finish-ed, let the tea to coffee be enjoyed by itself. An average adult requires two and a half pints of water daily, which may te in the form of tea, coffee, aerated drinks or otherwise, but should not be drunk during meals. There is no law decreeing that a man of sedentary habits must be a chronic victim to illness. Brain-workers can really enjoy a fair de-grée of health and comfort by living on light food, which does not re-quire much force to digest. Again, a greater expenditure of neve power is demanded for the di-gestion of heavy meals than for that of the lighter repasts which are suitable to the sedentary, from which fact it results than the hat-ter case this precious power is re-served for more useful and more de-lightful pursuits than that of mere

served for more useful and more de lightful pursuits than that of mere fever

ever. Search was made for the piper, but a this day no trace of the body has lightful pursuits than that of mere digestion, especially when this func-tion is not too well performed. Ce-real foods, such as well-made brend in variety, and vegetable produce, including fruits, should form a fair portion of the diet consumed, with the addition of eggs and milk if no meat is taken except in the form of soup, and little of other animal food than fish, fowl and game. For the brain-worker whose daily business does not allow of very moderate exercise, and for the great projortion of women whose engage-Search was made for the piper, but to this day no trace of the body has been discovered. Such is the legend related at the firesides in Carbury, when the gold supposed to be hid-den in the Castle ruins forms an abscribing theme of awesome conver-sation. Many of the residents claim to have distinctly heard the hum of a pilter and weird fincans of agony in the ruins after nightfall.—John O'Brien, in the Leinster Leader.

FOODS And Their Relation to

Health. Sir Henry Thompson. Bart.,

of the leading physicians of Eng-land, is now in his eighty-second year, and is still strong and healthy. Because of this fact and also for the reason that his whole life has been devoted to discovering the whys and the wherefores health the following notes, extracted from his two books, "Food and

ed from his two books, 'Food and Feeding,' and 'Diet in Relation to Age and Activity,' are of interest to every man and woman. Any tendency to corpulence may be fought by largely reducing the use of fatty foods; by renouncing all pastry, which contains that element largely; also cream and milk, as well as all starchy matter, which abounds in the potato and other mealy products of the vegetable kingdom; and especially in those combinations so popular and so uni-versally met with at the family ta-ble, as rice, sago, tapicca, and corn-flour puddings, made with milk and eggs, of which the yolks contain mucl' fat-a combination of the most fattening nature. If any wine is druck if should be licht Mogelle The "Catholic Standard and Fin.es," of Philadelphia, publiched the following account of the conver-sion of a non-Catholic. The editor fattening nature. If any wine is drunk it should be light Moselle

drunk it should be light Moselle, while ale or beer in any form is wholly inadmissible. Doe very common result of corpu-lence is liver derangement, as shown in the case of the unfortunate goose which is made to swallow more food than is good for him, and falls a victim in less than a month of this gluttonous living to that form of greatly enlarged and fatty liveg which, under the name of foie gras, offers an irresistible charm to the gournand at most well-furnished ta-tales. The reason for commencing dinner sion of a non-Catholic. The editor says that he knows the convert and can vouch for the truth of the nar-rative in every particular :--We sat on the forecastle of an occan liner, and I may adr it here that without any better reason than my own conceit I regarded the Mo-hannmedan as a know-nothing, whilst I posed as the enlightened Christian, etc. We discussed relations schisme etc. We discussed religious schisms and isms, when I casually remarked that "in the light of history Mo-hammed was not verified as that for which his followers so earnestly ac-cepted him." The Mohammedan inwhich his followers so earness! cepted him." The Mohammede quired : 'And you are a Christian?" 'Yes." 'Are you a Catholic?" 'No." "But your forefathers were?" I presume they were at least

bles. The reason for commencing dinner with soup has often been discussed. Some regard it as calculated to dim-inish digestive power, on the theory that so much fluid taken at first di-lutes the gastric juice. But there appears to be no found-ation for this belief; a clear soup disappears almost immediately after entering the stomach, being absorb-

disappears almost immediately after entering the stomach, being absorb-ed by the proper vessels, and in no way interferes with the gastric juice, which is stored in its cells ready for action. The habit of commencing dinner with soup has without doubt its origin in the fact that food in this fluid form—in fact, ready di-gested-soon enters the blood and rapidly refreshes the hungry man, who, after a considerable fast and much activity, often sits down with a sense of exhaustion to commence his principal meal. Two or three minutes after taking a plate of good warm soup the feeling of ex-haustion disappears. Some persons

shall not prevail against My Church, let He who heareth not the Church, let him be as the heathen and the pub-lican,' this man Luther proclaimed himsoff the Church, saying that the original was fallen into gross error, and called on mankind to hear and follow him, which millions of you did, thereby branding the Church, and called on markind to hear and follow him, which millions of you did, thereby branding the Church her Founder and your Holy Bible as failures or frauds. Now, those who crucified your prophet of Naz-areth had power over His body on-ity. Was there any way under heav-en in which Luther could more ei-fectually scorn, deny and crucity his ability to be or found a church where the Messiah had failed? Is not the soldier guilty of muitnous con-duct expelled from the ranks and de-graded? But your Christian soldier Luther said : T am the minister of war, the generals, the colonels, the cartains. I am the army, Kick over the hundred or two millions who have all eque astray and follow me.' And you answered, "Hallelugh! Amen Can you sir, point to any-thing in Mohammedanism so sa-prenely ridiculous as this? What would be thought of or done to the individual day laborer who parad-ing in front of the Parliament or palace, should loudly repudiate all the existing laws and enactments of his government and King, crying.' I an your King and your government; throw those pretenders out and fol-tor me.' Should we not think hum presender.''. Thus, Your Malesty, ' But, my courtier, obsrive what Luther has done over there.' I observe Your Malesty.' Why not, in-duct, Your Malesty,' T, will ordain Some persons

We discussed religious schis

SATURDAY, JANUARY 18, 1908.

you a bishop, an archbishop, and you grant me a divore." Amen, Your Majesty. It was dens and again a wavering battalion of the Cross and the Crucified threw down their arms and followed - what ? Then came Wesley, Knox, Calvin, Joe Smith, Brigham Young, Boath and e thousand others, all vieing with each other to nail their lies like banners to the cross : to like like banners to the cross : to like the came frame frame before your eyes an open book which itself witterly condemned every protonsion to enact laws or to dignify their personal opinions with the name of Church. Yet they obtained a good ly following.

Church. Yet they obtained a good-ly following. "Our history shows clearly and we believe that this is the Church founded and endowed with mathority to teach and continue to the end. You acknowledge His mission on earth was to establish a church and offer Hamself a sacrifice for all man-offer for an and a sacrifice for all man-offer for a sacrifice for all man-sacrifice for a sacrifice for all man-sacrifice for a sacrifice for a sacri then you may see how to take the mote from mine. We may pity, but we have no room to'scorn the Cath-olic, since his Church believes, pro-fesses and practices the doctrine as set forth in the Christian testament. Our unflinching yet withal gallant foe, she has ever remained to her first love and faith true; a fact to which we, numbering one-third of the earth's population, bear true, and sorrowful witness; as, had she once relinquished her first profes-sions, we could easily have defeated her with the pen where the scimitar ind failed. Our struggle against her supremacy was at least sincere: we tried with all our might to oblice-ate her on many a gory plain. Cen-turies before the atheistical, salary-grasping sects of yestenday had found a name we were unequal to the task. As the poet in truth re-marks : "And still the means of the second pity, but the Cath-

"And still the crescent paler waved Be'ore the hallow'd sign, Oh, sacred Palestine. Which flew in triumph o'er thy fields,

Which lew in triumph o'er thy fields, "And wonderful but true, we found that in victory she caressed the hand which had struck at her ifte. Wonderful, although we are as well aware that her book says "Love thy edemics" as we are that the existed ere the book was writ-ten. And to-day she commands even our profound respect, while you, who scorn and deride the Prophetic h we book says that ten. And to-day she commands even our profound respect, while you, who scorn and deride the Prophet of Nazareth and the prophet of Mecca, alike with Him who sent them— the deity whom you worship (if any) must be a gross conception of your own vain imagining, which afflicts you first with the scourge of the 'higher criticism,' socondly, with the curse of agnosticism, and, final-ly, with the inherited curse of in-fidelity. You, sir, may travel far the curse or agnosticism, and, final-ly, with the inherited curse of in-fidelity. You, sir, may travel far, yet will you fail to find one Moham-medan preaching and teaching bis own condemnation and glorying in

Needless to say this unexpected lecture started a train of thought which in about six months resulted in my being enrolled a member of the one true Church, and I am no longer one of the number longer one of the number who cause the Mohammedan to point the finger of scorn and ory "fool."

TEETHING BABINS.

A Trying Time for Mothers When Great Care and Watchfulness is Necessary.

is Receasary. There is scarcely any period in ba-by's early life requiring greater watchiuness on the part of the mo-ther than when baby is teething. Al-most invariably the little one suf-fers much pain, is cross, restless day and night, requiring so much Care that the mother is worn out looking after it. But there are other real dangers frequently accompanying this period that threaten baby's life itself. Among these are diarrhoea. this period that threaten baby's ife itself. Among these are diarrhoea, indigestion, colic, constipation and convulsions. The prudent mother will anticipate and prevent these troucles by keeping baby's stomach and bowels in a natural and healthy condition by the use of Baby's Own Tablets,' a medicine readily taken by all children and which, dissolved in water, may be given with prefect "But your forefathers were?" "I presume they were, at least be-fore the Reformation." he ex-claimed. "It was then that a man named Luther, holding in his hand your Holy Bible, in which was writ-ten, "As My Father.sent Me, so send I you, he that heareth you, heareth me: and I am with you always even to the end; and the gates of hell shall not prevail against My Church; He who heareth not the Church, let Condition by the use of Baby's Own Tablets, a medicine readily taken by all children and which, dissolved in water, may be given with perfect safety to even a new-born infant. In every home where these Tablets are used baby is bright and healthy and the mother has real comfort with it, and does not hesitate to tell her neighbors. Mrs. C. J. Delaney, Breckville, says :--'T have been giv-ing mv filtcen-months' old baby Baby's Own Tablets, whenever ne-cessary, for some months past. She was tetching and was cross and restless. Her gums were hard and inflamed. After using the Tablets she grew quiet, the inflammation of the gums was reduced, and her teeth did not seem to bother her any more. An improvement in baby's condition was noticeable almost at once, and I think there is no botter medicine for teething babies." Ba-by's Own Tablets can be procured from druggists or will be sent post paid at 25 cents a box, by address-ing the Dr. Willmas' Medicine Co. Breckville, Ont.
A GURARANTEE-'I hereby certi-fy that I have made a careful chemi-cal analysis of Baby's Own Tablets, which I personally purchased in a drug store in Montreal. My analysis has proved that the Tablets contain absolutely no opinte or narcotic, that they can be given with perfect safest to the youngest infink; that they are a safe and efficient medicine for the troubles they are indicated to relieve and curs." (Signed)
MILTON L. HERKEY, MA.Sc., Provincial Analyst for Quebec. Montreal, Dec. 23, MOL.

OUR B HOWARD'S FIRST New Year's Eve! H fell, covering streets a The busy throng in the

closely around them a their way as quickly through the blinding their way as quickly brough the blinding not a pleasant day to a walk, at least so ard Freel as he turne window to say good-ther, before leaving fi-where his work was wa-And now let us hav-at the mother and sc singularly beautiful, an other that even the ma-server should be struc-resemblance. The sa-destruct curls; the sa-section of the sa-section of the sa-destruct curls; the sa-ture and the fragment ing repast still on the Howard has bade adi on his way officeward his morning, f good news for his des-Hardity had Howard

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go s return. Hardly had Howard Hardly had Howard his desk in the office, opened, and a tall, di gentleman entered. De stern countenance of t was something that dence and admiration He walked over to saic : 'Howard, you faithful boy, and afte mas holidays you will sponsible place to be fice. Your work there er, and your pay will have settled the mat partner, Mr. Gray." have settled the mat pariner, Mr. Gray." He then took a rol his pocket and handed ad saying, "Take t best wishes for to-ma spoke to the boy the almost of tendernes Walking to the desk a scaled envelope, ar away to his own off Howard was overce and gratitude. Oh, longed for that place the boy loved thi mar, whose words w whom all seemed to whom all seemed to a delighted mother w Howard. But there was not rejoicing ov Paul Hunt, the other white with anger and had overheard Mr.

had overheard Mr. marks and knew that no doubt as to white would get the promo Paul Hunt was of ard, a smartly actin, who had always give faction to his employ there was a degree o unmanliness about hi not escaped the shar Langley, although M dered him invaluable him implicitly.

dered him invaluable him implicitly. The hours wore aw almost time to close Mr. Langley again en accompanied by Mr. will find it on the de ley was saying, as t door. Both walked desk, but the envelo Paul and Howard w. neither could give a regarding the lost a seen it on the desk. regarding the lost at seen it on the desk... Langley himself had afternoon, Howard I poring over his book ticed nothing. Searc less, the office was a ed when suddenly M rested on a piece of protuded from Howy et. A second glance that here was the m Stepping up to Hows the paper and said : is this the way you the trust we placed i never let me see y again."

bosiness does not and y of very moderate exercise, and for the great projortion of women whose engage-ments are incompatible with much activity in the open air, the nutri-tive elements afforded by fish abun-dantly supply an important part of the wants of the body. The moder-ate amount of flesh-forming material present in fish, and in a form which entails little labor on the digestive organs-for most persons certainly less than meat-and the facility with which fish may be associated with other elements-some fatty mat-ters, with cereals and vegetables, as well as fruits, place it in the first rank of foods in that mixed dietary which is suitable to those who lead a sedentary life. which is suitable to those who lead a sedentary life. There is no foundation for the statement that fish contains certain elements which adapt it in an espo-cial manner to renovate the brain. Its value to the brain-worker is due to the fact that it contains, in smaller proportion than meat, those materials which, taken abundantly, demand more physical labor for their complete consumption, and without complete consumption, and without this produce an unhealthy condition of body, more or less incompatible with the easy and active exercise of the brain. STORY OF A CONVERSION.

From reports received we figure that one bottle of Scott's Emulsion sometimes builds seven times its weight of solid, healthy flesh! Why is this so?

Because Scott's Emulsion is itself the richest and most digestible of foods.

Because Scott's Emulsion gives strong appetite.

Because Scott's Emulsion makes all good food do goodstrong stomach-strong digestion.

Because Scott's Emulsion wakes up the dormant systemnew life to the tissues-so that the body uses it's food for bone making and flesh building. We'll send you a little to try if you like. SCOTT & BOWNE, Chemista,

haustion disappears. Some persons are accustomed to allay exhaustion by taking a glass of sherry before food—a gastronomic no less than a physiological blunder, since it over stimulates and tends to injure an stion

<text>

SAVE TOUS REPT. SAGA, Sold Read of the second secon

bans, s sent in y E

never let me see y again." Howard's eyes fi look of burning im calming himself, he i trembing with emoti you accuse me unjust hore at the usual ti she was about to go to 'look for his com known step was hear and Howard entered dent signs of recent has happened, my de tioned the mother. Heward told the we finished by saying : at least, could never "Aver, my darling Mrs. Freel; 'you has scheme, but God will you.'

you." Howard could only hot tenss, foat was see his fond a res i shattered. The thoug moirer, now deprive had been giving her-Langley's frien'ship-his cuaracter-all th overwhelming weight