

LIMITED.

St. James Street

SEPT. 13, 1902.

Autumn.

rooms are fast fill-
for Autumn Trade!
the better goods are
the Big Store. This
the stock a value all
elegance and exclu-
Autumn opening the
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S, New Axminster
Carpets, New Velvet
rugs.

RUGS.

89c
89c
89c
97c
\$1.25

Sale.

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this timely sale of
before them to be
secured.

at Prices.

ches, white wool
borders.....\$4.60
ches, white wool
borders.....\$5.05
ches, white wool
borders.....\$5.60
ches, white wool
borders.....\$6.30
ches, white wool
borders.....\$7.20
ches, white wool
borders.....\$7.75
ches, white wool
borders.....\$8.65

covering.

and of the newest

es \$1.40 to \$3.15.
es 42c to \$1.95.
es 31c to \$1.45.

oth, Wool Damasks,
re Fringes in Cotton

quisites.

inches.....\$1.30 pr.
inches.....\$1.40 pr.
.....75c.
1-4 size.....90c.
x 40 inches 30c pr.
x 42 inches 35c pr.

60c yard.

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OUR CURBSTONE
OBSERVER.

ON DIET FADS AND THEIR CONSEQUENCES

LAST week I was reading a number of exchanges, which the management of the paper had kindly given me, when I came upon a very interesting article with the foregoing title. The first paragraph read as follows:—

"One of the fashionable fads of the day is to atone for an overindulgent society life, and perhaps a too great indulgence in eating and drinking, by a strict adherence to a regime prescribed by one's physician, and as each doctor has his own peculiar ideas on the subject, and constitutions and complaints vary, the lot of a hostess who tries to adapt her menus to the requirements of her valitudinarian friends is not a happy one. Miss A. is forbidden to eat just what Mrs. B. is ordered to partake of, while Miss C. apparently cannot take any ordinary food, but has a strange dietary made out for her by some specialist, consisting of dates, nuts and various 'health foods,' which she prepares herself over a spirit lamp in her own room. It is curious, the mania which many people who will not take the ordinary precautions of life have for doctoring themselves, and thereby not only locking the stable door after the horse is stolen, as the old saying has it, but taking in the end far more trouble and denying themselves infinitely more than they would have done in the first place if they had followed the simple sanitary rules dictated by common sense."

QUEER SUGGESTIONS.—The reading of this passage brought to my mind a few of my own strange observations—long forgotten, and decidedly destined to perpetual oblivion, had it not been for the above. What queer suggestions come to the mind at times, often from the most insignificant and apparently foreign causes! A couple of years ago a young lady of this city, then in her twenty-fourth year, had grown exceedingly heavy and unwieldy. It fretted her very much, and she sought all kinds of remedies. She was in the habit of going twice or three times weekly to a neighboring flour store to be weighed, and always returned home sadder than ever. There was no sign of any decrease in her size, and she began to despair of ever becoming a "feather-weight." Finally, towards mid-summer, when she turned the scale at 210 pounds, she met a young physician—just back

from the hospitals of Europe, and especially from Paris—who undertook to prescribe for her. He ordered a diet of milk and eggs and a few weeks, or months of country air. She followed his instructions; went off to the mountains of the North, and there revelled on milk and eggs for four weeks, at the end of which time she weighed 219½ pounds. She came home; and in her vexation flung the physician, his prescriptions, the milk, eggs and country air to the winds, and went to work on three meals of meat each day—not excepting Friday. The result was that after six weeks of her own regime, she was reduced to 198½ pounds. The physician claimed that this reduction was due to his prescribed diet, which was only beginning to have its effect when she made the change, and that had she not commenced to eat meat at that particular time, she would have found herself reduced to 150 pounds. She laughed at the physician, and went on eating meat and breathing city air. The result was that in the end of September her weight began once more to increase, until at Christmas it reached 218 pounds. Like a barometer she went up and down, between 200 and 220, for a half year; she had tried every imaginable diet, and yet the alternating increases and decreases were as regular as clock work. Finally she fell ill, and a couple of physicians had to be called in for consultation. They, then, discovered that her diet had no more to do with her rising or sinking weight, than had the moon or the gulf stream. She was actually the victim of an organic disease, the seat of which was heretofore unknown to her or to those whose advice she had been following. Five months sufficed to master the malady, and to-day she weighs about 140 pounds, which is her natural average.

VEGETARIANS.—When I was a boy at college I had a classmate, the son of one of the most prominent public men of that day, and a man who is still before the country as a representative of the people. At Christmas time my father took me home, and we invited my fellow-student to spend Christmas with us. He gladly came, and he enjoyed it immensely. A very natural thing took place—we had turkey for dinner at Christmas. The boy was overjoyed to eat turkey; and we saw nothing very strange in that. But when he

went hom to his father's house he boasted of the delights of Christmas dinners, especially when there is turkey to be eaten. One day, in the following summer, my father was travelling to Quebec on the night boat from Montreal, when he was met by the prominent politician in question. Without any formality the latter set to work to roundly abuse my father for having ruined his son. For a time the situation was absolutely incomprehensible. My father could not imagine what on earth he had done to deserve such a tirade of invective. Finally when the honorable gentleman had exhausted all his billingsgate, it leaked out that the terrible crime committed consisted in having given his son turkey to eat, and thereby creating in him an appetite, or a taste for flesh meat. This statesman was and is yet, a vegetarian, and all his family was subjected to the rigid rule that he had adopted for himself. He feared and hated meat worse than he did liquor—and yet his attitude towards the latter was never the most friendly. This is merely a sample of what strange results come from the diet fads that certain people affect.

WISE RULES.—In connection with this subject I have had to come to the conclusion that, all religious or spiritual reasons apart, the regulations of the Catholic Church are the wisest that have ever been conceived or enforced. For example the Friday abstinence forces people to observe a health-imparting, and digestion-helping diet that cannot fail to protect the majority against the evil consequences of high living. Nothing could tend better to recuperate in man the exhausted energies of life than the strict regime of Lent. It compels the person to take care of that important organ the stomach, and to give it the necessary rest which prevents a host of diseases. If we were to only consider the Church's laws and discipline from a purely physical point of view, we must admit that they are the outcome of a wisdom far surpassing the accumulated science of the medical sages of the centuries.

POVERTY.

All Christians should practice the counsel of poverty; yes, both rich and poor. The spirit of poverty is detachment from created things. One's heart must not be set on them. One must not love riches for their own sake. One must feel obliged to share with the poor. One must not despise the poor, but must love them for Christ's sake. One must give a good deal for religious purposes. One must keep his baptism, vows to renounce the devil and all his pomps. One must, therefore, deny himself in many things that savor of the pride of riches, even if he is rich. Why? Not because he is a monk, nun or priest, but because he is a Christian.

WITH THE SCIENTISTS.

LIQUID FUEL.—A paper on the use of liquid fuel for steamships was read by E. L. Orde at the summer meeting of the British Institution of Mechanical Engineers, under four heads: The characteristics and calorific value of liquid fuel, the general conditions which must be obtained for its proper combustion in boiler furnaces, the various types of apparatus for burning liquid fuel, and the actual results which have been obtained. Under the head of proper combustion, it stated that the first effect of the furnace heat on the petroleum spray is to liberate hydrocarbon vapors and ignite them on the outer surface of the jet. The ignition raises the temperature of the whole of the jet and probably dissociates some of the hydrocarbon vapors. As the temperature of the flame rises, the hydrocarbons are probably all dissociated. When the conditions are satisfactory, the flames are opaque and dazzling white in color for a distance of some six inches from the nozzle of the burner, become semi-transparent and almost violet in color at the middle of their length, and shade into red at the end. If water is present in the oil, the combustion is incomplete, the violet color never appears, and the end of the flame is dark red and fringed with smoke. In some cases, where water is present in comparatively small quantities, the end of the flame is white.

ICELESS REFRIGERATOR.—An iceless refrigerator has been invented by an Oregon man, in which the principle of the evaporation of water to reduce temperature is used. According to the inventor, the iceless refrigerator presents much the same appearance as do ordinary refrigerators. The outer casing and door may be made of plain or expensive woods, as taste may dictate. The upper half and the top are closed tightly. The lower portion is formed of inclined slats, through which air may be freely admitted. The door is also made tight at the top, and provided with slats at the bottom. The interior frame is made entirely of galvanized iron to prevent shrinking and expanding or becoming mouldy with constant dampness, and it is also a good conductor of heat, and, therefore, assists in reducing the temperature lower than it could otherwise be maintained. Burlap or other fibrous material is fastened upon this inside frame so as to form an interior wall, which stands at a sufficient distance from the outer wall of the structure to form an annular space between the two. In the top of the inner structure is an opening covered with screen material. Through this and the slats around the bottom of the outer cas-

ing a constant draught of air passes, thus causing an evaporation of moisture, with which the fibrous material is saturated, so that the interior of the apparatus is maintained at a low temperature. All around the top of this frame is a strip of galvanized iron, with an inclined lip bent over. The edge of the burlap is fastened upon the face of the frame, one-eighth of an inch above the edge of the lip, so that the water which is discharged upon this inclined surface will not flow over the burlap, but will be directed against it, so as to be absorbed, thus saturating the burlap. The fastening for this burlap on other fibrous material consists of a double-pointed tack or holder, the head of which is soldered or otherwise secured to the face of the galvanized iron. The fibrous material being pressed over the points, they are folded down to hold it in place. This renders it easily removable for change or cleaning. Above the top of the frame is a tank for holding water. Projecting from the sides and ends of this tank, and at a suitable distance apart, are horizontal pipes having in the outer ends vertically disposed needle valves, which control the flow of water from openings in the lower parts of the pipes. These openings and controlling valves are situated in line above the slanting lips, so that water delivered from the openings falls upon the lip and flows down into the fibrous material, keeping it constantly saturated.

THE NEW BRIDGE over an arm of Sydney Harbor in New South Wales was opened formally on June 28. It is, says the "Electrical Review," one of the largest and most substantial bridges yet constructed in the commonwealth. Its total length with approaches is 1,758 feet, the bridging occupying 1,200 feet, of which 223 feet represent the length of the swing span. The area of the latter, 12,000 superficial feet, compares favorably with the 10,600 feet of the Newcastle-on-Tyne bridge swing, the 9,400 feet of the swing bridge in connection with the Manchester Ship Canal, and the 8,700 feet of the bridge swing at Hawarden. The heaviest work of construction was in connection with the sinking of the caisson forming the main support of the bridge swing. This huge chamber, having a diameter of 42 feet, was commenced on August 2, 1900, and a few weeks later was completed sufficiently to admit of its being grounded, by means of girders and wedges, in the position it was intended to occupy permanently. Then it was gradually worked down a depth of 46 feet below low water mark, at which point the cutting edge touched rock on one side. The necessary damming having been completed, the water was pumped out and excavations carried on in

the "dry" until a "blow" occurred, when the work had to be continued with the surface of the rock under water. The caisson, when the work of sinking had been completed, was filled with a solid mass of stone and concrete representing a dead weight of over 6,800 tons.

Electricity supplies the motive power for working the bridge swing; its slewing, the lifting of the ends, the operating of the gates closing the traffic, and the lighting of the roadway being controlled by a man stationed in a cunning tower on the centre of the bridge. So perfect are the arrangements that by simply pressing a button the bridge—weighing 800 tons—can be opened or closed in 44 seconds. Both the slewing and lift motors are carried on a platform inside the drum, the former working through a train of gears a vertical shaft, on the lower end of which is a cast-steel rack secured to the top of a pivot pier, while the end lift is effected by means of cones on horizontal shafts worked by a 35-horse-power motor gearing on to a longitudinal shaft running the whole length of the bridge span. The materials used in the latter were iron and stone, Australian hardwood being largely employed in the construction of the other spans, twelve in number, each having a length of 82 feet; while the roadway, which is four feet wider than that of the Tower Bridge, London, is asphalted. The estimated cost of the structure, which possesses a substantial, yet not ungraceful appearance, is £112,000, against £295,700, the estimated cost of the design obtaining the first premium in the competition open to the world, although the necessary works were on a more extended scale.

A TALKATIVE VISITOR.

A philanthropic lady visited the asylum at Kingston, Canada, not long ago, says "Brooklyn Life," and displayed great interest in the inmates. One old man particularly gained her compassion. "And how long have you been here, my man?" she inquired. "Twelve years," was the answer. "Do they treat you well?" "Yes." "Do they feed you well?" "Yes." After addressing a few more questions to him the visitor passed on. She noticed a broad and broadening smile on the face of her attendant, and on asking the cause heard with consternation that the old man was none other than Dr. Clark, the superintendent. She hurried back to make apologies. How successful she was may be gathered from these words: "I am very sorry, Dr. Clark. I will never be governed by appearance again."

OUR WEEKLY PARISH CALENDAR.

ALL COMMUNICATIONS MUST REACH US BEFORE 6 O'CLOCK P. M., ON TUESDAY OF EACH WEEK.

AN ACCURATE CHRONICLE - BRIGHT NEWS NOTES.

OPEN TO ALL OUR PARISHES

ST. PATRICK'S.

PARISH SOCIETIES.

FIRST SUNDAY OF MONTH.—Holy Seapular Society, instruction and investment in scapular, immediately after Vespers in the Church. General Communion of Sacred Heart League at 8 o'clock Mass.

SECOND SUNDAY.—Meeting of Temperance Society, instruction and giving of temperance pledge, after Vespers in Church. General Communion of Holy Name Society at 8 o'clock Mass; recitation of office of Holy Name at 7.30 p.m.

THIRD SUNDAY.—Holy Rosary Society after Vespers, instruction in Church, after which society business attended to in large sacristy.

FOURTH SUNDAY.—Children of Mary, general Communion at 7 o'clock Mass, meeting in hall of St. Patrick's (girls') school after Vespers.

Promoters of Sacred Heart League hold meeting in large sacristy at 2.45 p.m., distribution of leaflets,

etc., in library, 92 Alexander street; on 4th Sunday, 8 to 6 p.m., and after evening service, and on 1st Friday, after evening service.

FIRST FRIDAY DEVOTIONS.—The Blessed Sacrament is solemnly exposed all day in St. Patrick's on every first Friday, solemn Benediction and Act of Reparation at 7.30 p.m., followed by short instruction.

LADIES OF CHARITY meet every Tuesday at 2 p.m., again at 8 p.m., to make garments for the poor. There are some sixty members, many of whom attend regularly every week to join in this highly charitable and meritorious work.

PARISH REGULATIONS.

BAPTISMS are attended to each Sunday and week day (except Saturdays) from 2 to 5 p.m. in the sacristy. Baptisms should not be brought on Saturday afternoons, on account of confessional work, except in case of urgent necessity.

MARRIAGES.—Parties intending marriage should see the priest in charge before deciding on the day and hour for the ceremony. In this way many inconveniences can be avoided.

Your marriage may not be the only one to be arranged for. Many matters in connection with a marriage are likely to be known only by the priest, and it is your interest as well as your convenience to allow him reasonable time to attend to them.

Ranns are received any day from 4 to 5.30 p.m., except on Saturdays, Sundays and eves of holidays. Outside of these hours they are received only by appointment arranged beforehand.

Each contracting party should bring a reliable witness, and when available, parents are preferred. According to the civil law, the consent of parents is necessary for the marriage of minors or those under 21 years of age.

Those who are to be married should go to confession some days at least beforehand, and tell their confessor of their intended marriage, so that he may give them advice and direction suitable to the occasion. They should also ask him for

a certificate of confession, which they have to present to the priest who marries them.

CONFESSIONS are heard on Saturdays and eves of feasts, from 3.30 to 6 p.m., and from 7.30 to 10 p.m. On ordinary days, except Tuesday afternoons in summer, and Thursday afternoons in winter, confessions are heard from 4.30 to 6 p.m.

During the last two weeks of Lent, especially, and at other times when confessions are numerous, persons having leisure to come in the afternoon should do so, in order to leave the evening for those who are working during the day and can come only after nightfall.

FUNERAL SERVICES.—It is the universal practice of the Church, and the expressed wish of the Archbishop that those who can afford it should have a burial Mass chanted over the remains of their deceased relatives. The Archbishop has pronounced against afternoon funerals, in which for the sake of a numerously attended funeral the deceased are deprived of the benefit of a Mass sung over their remains.

CATECHISM CLASSES are held at St. Patrick's every Sunday, from September till the summer holidays. They begin at 2 p.m. sharp, and are

conducted by two of the Fathers, assisted by the school teachers and a staff of some 65 catechism teachers.

Order of Exercises—2 o'clock, opening prayer, recitation; 2.20, disciplinary remarks or short exhortation on the feast of the day, hymn; 2.30, instruction followed by Hymn; 3.00, dismissal.

N.B.—The success of the catechism depends in a large measure upon the fidelity of the parents in sending their children regularly and on time.

BOUNDARIES OF PARISH.—St. Patrick's parish extends from Amherst and Grant streets on the east to Mountain and McCord streets on the west. Above Sherbrooke street, it runs from Amherst street to city limits west beyond the Grand Seminary; on the south, it runs from the corner of McCord along William street to McGill, down McGill to river and along water front east as far as Grant; the northern limit is the old city boundary, now the dividing line between St. Louis and St. John the Baptist wards, and running from the corner of Amherst and Duluth Avenue, along a line about midway between Duluth and Napoleon streets. All St. Louis Ward lies in St. Patrick's parish.

WHO ARE PARISHIONERS.—All Catholics residing in this territory, and whose language is English, belong to St. Patrick's. Those of all other languages belong to one or other of the French parishes, either Notre Dame, St. James' or St. Louis, according to location. In families where French and English are equally spoken, the nationality of the head of the family decides to what parish the family belongs, thus when the mother tongue of the head of the family is French the whole family belongs to the French parish, and to St. Patrick's when the mother tongue of the head of the family is English. In cases of doubt, especially on occasion of marriage, parties should consult one or other of the pastors of the territory on which they live.

HOURS OF SERVICE.

ON SUNDAYS AND HOLIDAYS.—Low Masses, at 6, 7 and 8 o'clock; High Mass, at 10 o'clock; Vespers and Benediction, at 3.30 p.m.; evening service, (except during July, August and September) consisting of Eocary, congregational singing in English, sermon and solemn Benediction at 7.30 p.m.
ON WEEK DAYS.—In summer, Masses at 5.30, 6 and 7 o'clock; in winter, Masses at 6, 7 and 7.30 o'clock.