LA GRIPPE.

When bones they ache,
And nerves they shake,
And bees they buzz within your head,
When bells they ring,
And friends they sing
What time salt tears bedew your bed;
When pain doth rack
Your brain and back,
And tingle at each finger tip;
O when your nose
Outreds the rose,
'Tis then you know you've got the grip

When life doth seem
One big black dream,
One monstrous nightmare, crushing out
Each spark of hope;
O when you grope
In blackest night of bitter doubt,
When cares the grow
So heavy, O,
To 'scape them all your fain to slip
Your cable, friend,
Earth's woes to end,
'Tis then you know you've got the grip!

When 'tis like ice;
Then, in a trice,
Your blood is boiling in your veins:
When now aglow,
Your mind doth flow,
And now 'tis bound in iron chains.
When, if your soul
Did pay the toll,
You feel you're bound to take the trip
To the "Unknown,"
Man, you must own
You know this much—you've got the grip!

While each M. D.
Doth disagree
With every other as to what
The scourge that scourts
This earth of ours
May really be—microbe or but
Indeed, stardust,
Or what not—just
As likely one as t'other—slip!
It comes, and tho
M. D's, don't know
What 'tis, you know you've got the grip!

HOUSE AND HOUSEHOLD.

TAKE REST.

Many time *rest is the only medicine* needed by the sick. If a dog is ailing he rolls himself into a ball in a warm corner and eats little or nothing till he is well. Quiet and warmth are the main objects of the tousseeted philosopher. The man loses the instinct of the animal; fumes, fretts, takes stimulants and medicines and gives no chance to the recuperative forces of nature. If he, too, would retire to his chamber, keep warm and rest *to nature*, these waste and poisonous matters which produce the disease would be expelled in a few days, the organs of secretion. There is a power which carries on an internal bath when the body is at rest, pushes out from two to eight pounds of waste material in every twenty-four hours. The physician or experience says: It is says that with nothing and the fasting the system, in ordinary cases, will take care of itself.—*Good Health.*

FLORIDA.

It is surprising how some people will continue to use things in the kitchen without any attempt to learn how properly to use them. There is, for instance, the man who can never manage to sharpen his razor; the woman who winds her watch the wrong way; the people who do not know that the time of starting the principal trains on the different railroads and the time of closing the mails is advertised in the newspapers; the people who blow out the gas; the people who jump the wrong way from a moving car; the unfortunates who are always getting left or suffering injury or losing property because of ignorance with things they ought to know.

SLEEP.

It is not well to commence getting up early in the morning. It would be difficult to exaggerate either the pleasure or the advantages afforded by early rising. But to rise early one must retire early. And plenty of sleep is one of the first requisites of health. Fevers and other diseases are often occasioned by excessive fatigue. A person should sleep long enough to get the system rested. For some cause, sleep in the early part of the night seems to be more refreshing than sleep for the same number of hours afterwards in the morning. Unfortunately, modern social habits are tending to reverse the order of nature, turning day into night and night into day. This is very destructive to beauty, as well as health. It has been recommended that a person who is going to attend a late party, and may not be able, late nowadays, one sometimes several hours the day previous. It is asserted that the naive boys beauty of some of the middle-aged women of France and has been preserved amid all the dissipations of fashionable society in this way.

IN CASE OF POISONING.

If a person swallows any poison whatever, or has fallen into convulsions from having overloaded his stomach, an instantaneous remedy is a teaspoonful of common salt and as much ground mustard stirred rapidly in a teacup of water, warm or cold. It is sure to vomit, before it begins to come up, bringing with it the remaining contents of the stomach, and lest there be any remnant of poison, however, let the white of an egg or a teacup of strong coffee be swallowed as soon as the stomach is quiet, because these very common articles nullify a large number of virulent poisons.

THE KITCHEN.

TOMATOES FOR DYSPEPSIA AND BILIOUSNESS.

Having been a sufferer from biliousness and dyspepsia for a great many years, and having tried all sorts of medicines with success, a correspondent was recommended to try the effect of tomatoes. The result, he says, has been marvellous. I can safely say that since the tomatoes have been in season, I have only had one attack—and that a slight one—of this disagreeable complaint.

HOW TO COOK SPINACH.

Pick it thoroughly, wash the spinach, boil it in plenty of hot water with salt in it, and when it is done, drain it free from all moisture, chop it up, put it is a saucepan with butter, pepper, and salt; stir all together on the fire for five minutes.

FRIED CABBAGE AND BACON.

First, boil the cabbage, and when done and drained free from water, chop it up. Next fry some rashers of bacon, and when done, lay them on a plate before the fire; put the chopped cabbage in the frying-pan, and fry it with the fat from the bacon, then put this on a dish with the rashers upon it.

BUTTERED EGGS.

Fry half an ounce of butter in a frying-pan, then break three or four eggs into this; season with chopped parsley, pepper and salt, and again set the pan on the fire for two minutes. At the end of this time the eggs will be sufficiently set to enable you to slip them gently out of the pan upon a plate; and to finish cooking the eggs, it will be necessary to place them or hold them in front of the fire for a couple of minutes longer.

A BACON SALAD.

Having prepared any kind of salad you may happen to have, such as endive, corn salad, lettuce, celery, mustard and cress, seasoned with beet-root, onions, or shalot; let the salad be cut up into a bowl or basin ready for seasoning in the following manner:—Cut eight ounces of fat bacon into small square pieces the size of a cob-nut, fry these in a pan, and as soon as they are done, pour the whole upon the salad; add two tablespoonfuls of vinegar, pepper and salt to taste. Mix thoroughly.

Importance of Home Instruction of Children by Mothers.

In the course of a recent sermon in Baltimore, Cardinal Gibbons said:—"There are many modern 'Rachels' weeping for their children, mothers who connive at their children's downfall by indulging their caprices and desires. An imperative obligation rests upon Christian mothers, of instructing their children in Christian principles at home. The school of all schools is the home, the oldest, best, most sacred, and most influential. No school can supplant it. The formation of the child's character begins at the mother's knee. The mind of a child is like soft wax, and is then susceptible of impressions the most lasting. Children often understand more than people suppose. For this reason mothers are best suited to be the teachers. In the order of nature the mother is the [illegible] to the child. [illegible] The child [illegible] the mother's knee. [illegible] St. Augustine, St. Bernard, St. Bonaventure, St. Francis de Sales, were taught by their mothers. [illegible] Washington [illegible] Queen of Angels presided over Catholic piety and Catholic science, St. Bonaventure, the angelic doctor, and all other great doctors, [illegible] sing her praise, and take for their guide the entire Psalter in her honor, [illegible] works and all the holy [illegible] period, and speaking [illegible] dart as they have done [illegible] in a great hall [illegible] honors, [illegible] ment, in the heart of [illegible] tenderness and love of Mary.

In the city [illegible] even outside the two [illegible] Francis and St. Francis [illegible] the Blessed Virgin [illegible] a preacher for the [illegible]

[illegible]

Dr. Turk Defiant.

[illegible] Mr. Turk [illegible] of M. N[illegible] Russian [illegible] and matters [illegible] day in the Russians. [illegible] M. N[illegible] Russian [illegible]

Preparations for War.

Paris, April [illegible] The news [illegible]

Death of Father Paradis, C.S.P.

[illegible] Father Paradis [illegible] Fitzpatrick's Point [illegible] Cornwall, [illegible] Mr. Forbes's [illegible] miles distant.

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REMEMBERED BOOKS.

AN AGE OF MARY AND THE SAINTS.

The Dominicans and Franciscans—Five Great Orders Established in Thirty Years—A Great Development.

Those two great orders (the Dominicans and Franciscans), which peopled heaven by stirring up the earth, met, notwithstanding the diversity of their characters and modes of action, in one common object—the love and veneration of Mary. It was impossible that the influence of this sublime belief in the Virgin Mother, which had been steadily, and rapidly increasing since the proclamation of her divine maternity at the Council of Ephesus, should not be comprised in the immense spiritual movement of the thirteenth century. Hence it may be said that if, in the preceding century, St. Bernard had given the same impulse to the devotion of the people for the Blessed Virgin that he had impressed on every noble instinct of Christianity, it was the two great mendicant orders who raised that devotion to a position at once firm and exalted. St. Dominic, by the establishment of the Rosary, and the Franciscans, by preaching the doctrine of the Immaculate Conception, reared, as it were, two majestic [illegible]—the one of practice, the other of doctrine—from the summit of which the gracious Queen of Angels presided over Catholic piety and Catholic science. St. Bonaventure, the angelic doctor, and all other great doctors, [illegible] sing her praise, and take for their guide the entire Psalter in her honor, [illegible] works and all the holy [illegible] period, and speaking [illegible] dart as they have done [illegible] in a great hall [illegible] honors, [illegible] ment, in the heart of [illegible] tenderness and love of Mary.

In the city [illegible] even outside the two [illegible] Francis and St. Francis [illegible] the Blessed Virgin [illegible] a preacher for the [illegible]

[illegible]

Converts Gained from the Church.

As for three hundred years in English speaking countries Catholics and Protestants have been arrayed in two solid armies, we may naturally, as in all human affairs expect to see some pass from one side to the other; some who, while still apparently loyal to their colours, really give strength to the enemy. There is one remarkable feature about these conversions, and that is, that those who, led by conviction, bravely avow their faith in the unpopular creed of the Catholic Church, are as a rule, men and women of blameless lives, of untarnished reputation, of great learning and study, these who leave the Catholic Church for one in better estimation with the unthinking masses are too often persons of questionable morality, of vacillating and inconstant character, frivolous and superficial. The converts to the Catholic Church from the ranks of Protestantism are men who can be advanced to high dignities and show by their lives and their labours for good that the choice has been well made. Cardinals Manning, Newman, Bonnechose; Archbishops Bayley, Wood; Bishops Wadhams, Rosecrans, Young; priests like Hecker, Gallitzin, Stone; laymen in editorial chairs like Brownson McMaster, are proof of the merit and ability of the men who embraced the Catholic faith. But, though Protestantism welcomes those who leave the Catholic Church, and uses them, it is only to do the vilest work, that of reviling and misrepresenting the doctrine and practices of the Catholic Church. But their utter worthlessness is seen in the fact that no Protestant denomination has ever raised one of them to the episcopate or to the presidency of a college, or confided to any one of them the management of any of their church papers. Before they are cast out of the Catholic Church seems the sole aim; then they have no further use for them, except to [illegible] them to the world's scorn and set them to the most degrading work in order to prove their return to the Church [illegible] far as it may be [illegible]

IRISH SOLDIERS

SCATTERED AROUND THE WORLD.

The Connaught Rangers Turned Total Abstainers—No Drinking Regiment.

[illegible]

and sobriety is truly repented, and that the gallant —— have taken the pledge anew, and on this occasion mean to keep it. We do not name the corps deliberately, for we hold it in too much kindness. Several years ago there was a humorous story about a queer start at Aldershot on the national festival of Hibernia, when Gregory's concerts became for weeks the diversion of the camp, but subsequently there was an alteration for the better, and the Second Eighteenth turned teetotallers in a bulk, and fought as heroes fight no matter what the cause, on the sands of Egypt. We should like dearly to be informed how they got on at Lucknow this year. We know how the Rangers got on at Aden, and we are in raptures with the account. They are no longer Connaught black-guards, as Picton, once called them in a pet in Spain, to apologize shortly afterwards and honour them as hardest of combatants, but respectable, manfully behaved gentlemen. Yes gentlemen; we do not withdraw the word. Instead of being joyfully saluted as "the Devil's Own," which meant dare-devils, rowdies, and marauders, as well as staunch fighters, they are now God's own, selves getting and dressing and still we are ready to stake our character upon it as a true story, as all for nothing, as during [illegible] and stabbing in for Rodney's protectorate. What the Rangers of the Peninsula did we hardly know, [illegible] of forty years ago [illegible] [illegible] the Highlanders [illegible] other was.

[illegible]

Own Connaught Boys tramping to a tea fight on St. Patrick's Day. And a jovial set-out it was by all accounts, and the officers, every mother's son of them, from the chief down, attended, and may be there wasn't singing of Irish songs, and dancing of jigs for all the fierceness of the heat, and matches at billiards and gulping of iced *pani* and Bohea and Mocha, and eke of mineral waters and innocent fun and element galore.—*Universe.*

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