Archbishop O'Brien's Letter

ploratic still, with just enough of in selections demands to engander vanity and a belief that they are learned

Whilst then an abundance of healthy blood courses, through the voins of the day, the soul is left to die of anaemia, or bloodleseness. For the soul, though an inmanterial and spiritual substance, requires its food no less than the body. Trysts, whether in the nation of the supernatural when one count of the supernatural when the supernatural supern

on elevation relations, the second of the every relations to the Most Scored Heart of Jesus aboud appair evy sterong's to the second control of the Most Scored Heart of Jesus aboud appair evy sterong's to the second control of the second cont

Take up my yoke upon you and learn of me, because I am meek and humble of heart; and you shall find rest for your souls. For my yoke is sweet and my burden light. '(Matthew XI, 28-20) You, in meckness and hamility of heart we shall find rest for our souls; and in bearing the yoke of Christ, that is, by observing His law, our labours with appear easy, and our burdens light. The Secred Heart of the Lord is thus placed before us by litinging and our collifeation; its virtues are to be instacted if we would find rest and peace. Now, as then, overy creature groaneth and is in abour; and Holy Church ever fathriolly reflecting the spirit of her divine kounder and Spouse, lostors, and seeks, so proparate, devotion to the Sacred Heart of Jesus as a most efficacious means of reching souls from the bondage of materialism, and of upiliting times the and illipsians ofolloctual and manufactual manufact

A WORD WITH THE YOUNG MEN.

this act of consoration.

A WRD WIFH THE YOUNG MEN.

(Written for The Register.)

It has been well remarked by an eminent writer that a man's education over stope this side of the grave. While this is aiment a truism in so far as one's character is more or less influenced continually by change of circumstances and ovents, it is regretable that so many of our young more receive the best part of their education by changes and ovents, it is regretable that so many of our young more receive the best part of their education by changes and could equipment of fight the battle of life with much greater chances of success. Endeave to be broader than your calling, it is right to have the ambition to be a good mechanic, a good realroad man, a good bookkeeper, but don't stop there-don't iet the work and the routhue of work absorb all your ideas. How many men you will find whose whole scope of ideas is centred on their work alone, not only on week days but on Sundays, and every day in the year. If in conversation with them you launch forth on politics, religion, or any of the leading topics of the day, they find themselves beyond their depth, in a hepipes sea, and can puly anche when brought back to the all absorbing, never failing thought of "WORKE."

Tale is the class of men who become mere machines, or rather cogs and wheels in a machine, incapable of self-direction; who become there tooks of ward politicans, and a drag on society. A bright contrast is found sometimes, however, in the young man who, although he is a thoroughly good mechanic or bookseper, has not confined himself to his occupation, who can however, in the young man who, although he is a thoroughly good mechanic or bookseper, has not confined himself to his occupation, who can incollege the and the active part in the duties of citizenship should occasion demand.

There are so many cough medicines in the market, that it is sometimes difficults

There are so many cough medicines in the market, that it is sometimes difficult to tell which to buy; but if we had a cough, a cold or any affliction of the threat or laugh we would try Bickle's Anti-Commuppive Syrup. Those who have used it think it is far absed of all other preparations recommended for other preparations recom-such complaints. The little as it is as pleasant as syrup.

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