

The Apostolate Of the Press.

Many valuable suggestions were made with regard to the support of the Catholic Press in England at the annual meeting of the "Catholic Newspaper Guild," held in the Throne Room of Archbishop's House, Westminster, recently. Mr. Lister Drummond, the acting president of the Council, occupied the chair, and amongst those present were the Right Rev. Hedley (Bishop of Newport), the Right Rev. Dr. Bellord (Bishop of Milevis), the Very Rev. Dpm Gilbert Higgins, C.R.L., the Rev. Philip Fletcher (Master of the Guild of Ransom), Dowager Lady Loder, Count Moore, and Mr. Dudley Baxter (hon. sec. and treasurer of the Guild).

Mr. Drummond, in his opening remarks, explained the objects of the Guild, which was founded some years ago by Mr. Dudley Baxter, with the assistance of Miss Busk, who from the beginning had been a most zealous supporter of the work. The object of the Guild was perhaps best laid down in its golden rule:

"Never throw away Catholic papers or magazines when read, but always distribute them for the benefit of others." The speaker explained in detail the work of the Guild, which included the supply and dissemination of Catholic newspapers, magazines, books, etc., in free libraries, hospitals, workhouses, and infirmaries, as well as in Catholic clubs, public reading rooms, etc. The only drawback to the development of the Guild, said Mr. Drummond, was the absence of funds. In pointing out the usefulness of the work of supplying free libraries, the speaker said it was very unfortunate that owing to the apathy of Catholic ratepayers those libraries which provided religious newspapers out of the rates were in so many cases without Catholic newspapers.

His Lordship, Dr. Hedley, heartily commended the work of the Guild. There was much talk, he said, of the Apostolate of the Press, and the phrase he considered to be a very just one, because not only did the Press do the work of the Apostle, but it was necessary that the gentlemen who were responsible for the Press required the endurance of the Apostle. There were many people who frequented the free libraries of this country. Indeed he did not think they fully appreciated the importance of the reading room in modern life. Such places were resorted to by the lower middle classes to obtain information which they are most anxious to possess. There were many who went there merely to read the daily papers, but there was also a numerous attendance of the public—serious working people—who wished for information, and who went to the reading room to obtain it. It was upon the voting and the action and the conversation of such people that a great deal of the public life of our towns depends (hear, hear). Certainly it was true that Catholic literature was very badly represented in places frequented by such persons he had referred to, and he thought they did not realize the importance of placing Catholic newspapers within the reach of such a class of people (hear, hear). How could they expect to bring Catholic information before the general public without some such means? (hear, hear). Ignorance on Catholic topics had spread all over the country, and it was very difficult to estimate its depth, and therefore any effort by which Catholic newspapers could be placed before their fellow-countrymen was most laudable and most important, and should be well supported.

He (His Lordship) had the greatest possible respect for the Catholic Press. When many of them talked of what ought to be done the men who carried on the Catholic Press set to work to do it, and sometimes under great difficulties. A movement such as that which they were assisting that afternoon brought to mind the conviction that they could not be too particular or too anxious to support the Catholic Press and the conductors of the Press.

When they found they had a public of the description which the Guild was desirous of assisting must understand they were not to confine

themselves to mere theology, or purely Catholic topics, or not to treat things in a slipshod way, but to speak as though they were speaking to the great public of the country, and the proprietors and editors and writers of our Catholic newspapers would be inspired by the thought that there was a society which was determined that their productions should not be hidden away, should not be kept in darkness or in the back-ground, but should be distributed as far as possible amongst those whom it was necessary to influence from the Catholic point of view (hear, hear). That was their object as Catholics and citizens—to bring the knowledge of Catholic principle and practice, as far as they could, before the whole country. Therefore as far as he could he (His Lordship) would consider himself honored in taking a part in the promotion of a society such as the Catholic Newspaper Guild. If they were to do anything for the Press they must try to put their hands to a work of this description (hear, hear). It was a common-place thing to say, but it was nevertheless true, that the most powerful agency in the world at the present moment was the Press. Therefore anything they could do to propagate good Catholic literature—anything they could do to support the Catholic Press was a work of the highest purpose, and would be blessed in every case. He (His Lordship) therefore wished success to the Newspaper Guild.

His Lordship, the Bishop of Milevis, congratulated the founder of the Guild. He thought that the greatest amount of profit to the Catholic Church in this country was to be expected from a Guild of this description. With regard to the circulation of Catholic newspapers, His Lordship was struck with the fact that there were many people who never procured them. When they had been supplied by a newsagent or by a priest to be sold at the church door on Sunday morning a large number were bought. As the society was for the benefit of Catholic newspapers, and as it was to promote the sale of the first copies as well as distributing the used copies, the management of those papers might allow an advertisement of the Guild to be inserted free of charge, or perhaps insert from time to time a brief article on the objects of the organization. His Lordship thought that there should be a member of the Guild in every town. Catholic newspapers had had to labor under great difficulties, often of a financial character. A newspaper was a very expensive and difficult thing to start, but he hoped that by the operation of this Guild the circulation of the Catholic papers would be materially increased, the result being that certain improvements might be carried out, so that no grumbler could possibly find fault.

The Very Rev. Dom Gilbert Higgins, C.R.L., thought that the Catholic newspapers had never been properly supported in Catholic England. The correspondents and reporters labored assiduously to collect the latest and most interesting news, but such efforts did not seem to be fully appreciated. If it were only possible to get a Catholic newspaper in the homes of Catholic families throughout the land, in homes where perhaps members of other denominations resided, an increased interest in the work of the Catholic Church would be the result. For years he had taken a great interest in the Catholic Press. Father Higgins expressed his conviction that it was necessary for Catholics to be better educated—to know better the glories of their Church, to learn of her struggles, and to know where she was being attacked. How were they to obtain news about the warfare which was being carried on? How were they to know of their successes or of the surprises, which might be made against their forces? Was it in the secular Press? No, emphatically, no. If they wanted to know of the glories of their fighting men, if they desired to learn something of the heroism of their sisters on the field of battle, or to know of the labors of their missionaries in foreign lands, if they desired to know what laymen were doing throughout the world, they must go to the Catholic newspapers. Catholics had to face a battle over the London Education Bill. How, he asked, were Catholic ratepayers to understand this question, except through the columns of the Catholic Press? They were told by secular newspapers that the new Education Bill meant the restoration of England to Popery, which had been the woe and the misfortune of this country in the past. These statements would send men to the voting stations and make them record their votes, and it was therefore most necessary for Catholics to

support their papers, which provided an antidote to such false statements. This was a work which directly affected the Catholic newspapers. They must be circulated broadcast over the country.

People often grumbled about the Catholic Press, they must remember that if such people only threw themselves into the work and caused the papers to be better known, and to see they were sold wherever possible, the proprietors would feel their duty to spend more money in the production of a better article. Catholics had it in their power to elevate the Catholic Press, as they desired it to be lifted still higher, so that Catholics and Protestants alike knew that there was culture, there was something for the mind in the Catholic newspaper. They knew that progress was to be made, but let them be practical, let them try and provide the sinews of war so that Catholic newspaper proprietors could do better.

Advice About Breathing

Most persons live by throat breathing, very few breathing from the chest. When you consider the human anatomy, and see nature's evident intention that we should breathe from the chest, the wonder is that most of us live at all. How many people do you know who regularly or frequently take deep breaths, completely filling and exercising the lungs? If an organ is unused it grows weak and dull, and tends toward disease. This law applies to the lungs, in fact has a special application; and yet, to put the proportion high, it is ignored by ninety-nine people of every hundred.

This neglect of proper breathing—this failure to take deep, full drafts of air—is producing catarrh, asthma, bronchitis, consumption and various other nasal, bronchial and pulmonary diseases. Every year ten thousand people die young of these complaints, who, if they had spent five minutes a day in painless, yet pleasurable, exhilarating breathing exercise, would have lived to a healthy old age. Some fail thus to exercise their breathing machinery on account of laziness; some, on account of carelessness, lack of a little will, a little system; and many, because they think disease is for other people, and will never come to me. But disease is for all who violate the laws of nature and who consume, as it often does, can carry off the trained athlete, "how shall we escape, if we neglect so great salvation" of the body?

Whoever fails to practice deep breathing, whether consciously or unconsciously, soon ceases to breathe, in the strict sense of the word, and takes to panting instead. A hundred yards of rapid walking puts him out of breath, so that he wheezes and pants. Such a person—man or woman—is then in hourly danger of attack by some bronchial or pulmonary disorder. Especially, can no reader or speaker afford to allow himself to become short-winded; for it is uncomfortable to get out of breath in the presence of an audience, besides being most unpleasant and embarrassing to the hearer.

Deep breathing—drafts inhaled four or five times a day—is easy, especially if done systematically—at fixed hours. The air so breathed should be comparatively pure, preferably outdoor atmosphere, and should be warmed and further purified by passing through the nose. The person who breathes through the mouth, under any circumstances, thereby gives disease a most cordial invitation to enter. Inhale deeply and slowly through the nose; not however to your utmost limit, as long as convenient; then slowly exhale it without opening the mouth. Repeat once or twice at each exercise. The colder the air, the slower should be the inhalation, in order that the current may be sufficiently warmed before entering the lungs. The breathing can be done lying down, sitting, standing or walking; alone, or in company. Many people who have practiced it for years say they never have cold; others, that it has cured catarrh, asthma or bronchitis; and all, that it has greatly increased their chest expansion, made ordinary breathing easier and deeper, and in other ways added to the happiness of living.

Dr. Zahm On Situation In France.

Very Rev. J. A. Zahm, provincial of the Order of the Holy Cross in America, has just returned to Notre Dame from his trip to Europe, where he spent the last four months laboring in the interest of the Order of the Holy Cross in France. When interviewed, according to the "Catholic Citizen," Milwaukee, Dr. Zahm spoke freely concerning the French friar troubles, and gave new information and important data which thorough investigation has brought clearly to his knowledge.

During his absence Dr. Zahm has been overtaxed with the cares of the order in France, providing for the dispersment of the members who are compelled to leave the country. Many of the community will be brought to America, where they will be sent to Notre Dame and its different branch schools in Cincinnati: Austin, Tex.; Portland, Ore.; Watertown, Wis., and Washington. Several will go to Canada, and provisions have been made for more in the far eastern missions of Bengal, while others will go to the Philippines as soon as arrangements can be made with the bishops there.

When asked on what grounds the French Government attempted to justify the confiscation of all religious property, Dr. Zahm said:

"That is a question that no one is quite able to determine. In fact, the Government does not make any attempt to make an explanation of its attitude. It is simply a question of 'might makes right,' or another application of the fable of the wolf and the lamb. Undoubtedly, it is an attempt to ultimately drive all religion from France. The Government claims it wants the state to control all education and all schools. That is the only explanation offered for closing the schools.

"All the property of the different communities will be confiscated by the Government and sold at public auction, barring, however, any of the religious orders from repurchasing it. Thus the work of a hundred years will be destroyed in a day. Even the libraries will be a total loss. No friar will be allowed to leave with anything but his clothing.

"The loss of our order will be enormous, but I am unable to state just at present what it will be. The proceeds of the sale will go to the Government, but I fear that before the question is settled the French Government will be the greatest loser, for the religious orders have secured the very best legal talent, and the Government will have thousands of suits on its hands, as the legality of the confiscation will be assailed from many points.

"While we are suffering greatly from the loss of property, we will have no trouble in securing homes for our members. Most of them will be taken to our schools, and I am receiving many letters daily from different laymen and others offering homes, lands, money and assistance.

"March 19, the preaching orders were given fifteen days in which to leave. A few went to other missions, but the majority stayed. These are not offering resistance, but the people are sympathizing with them, and I believe the worst is yet to come. There is not so much sympathy, aroused as yet over the expulsion of the male orders as there will be when the decree goes into effect with regard to the religious orders of women, who are very popular in France. The teaching orders will have to leave at the end of the scholastic year, which ends June 1.

"During the last twenty-five years I have visited in France frequently. I know that the Government has no more to fear from the French orders than it has from those that do not belong to any sect. Some favor a monarchy, and many favor a republic. I believe that if the laity have a right to their preferences, that the religious orders have the same right to theirs.

"It would be hard for one not having witnessed those scenes to imagine the pitifulness of it," said Dr. Zahm. "There are thousands of aged priests and nuns who have spent their whole lives in charitable or educational work, and are now too old to begin life anew in a foreign land, and yet must now face the world without that protection which they have known almost since their childhood.

"The expulsion is not so hard on

the younger men and women but to these aged nuns and priests it is indeed a terrible trial. To the nuns, accustomed as they have been to their cloistered life for so many years, to be compelled now to discard their habit and go into the world in the garb of women of the world, entirely dependent upon their friends and the Church outside of France it is especially hard. We shall locate the members of our order in the United States, mostly in the West and Southwest.

"At the new college at Austin, Tex., which I shall immediately begin to rebuild, I can provide for nearly fifty of our fathers. I may also possibly establish a college in New York. Some of my congregation will go to our college at Washington, and a number of them and also the sisters to our university at Notre Dame."

Asked if any of the priest and nuns would go to the Philippine islands, Dr. Zahm said: "The Philippine islands now furnish the richest field of labor in the world, as well as the hardest, for teachers and missionaries. The great dearth of priests there now offer a home for many. I shall arrange for a number of my order to proceed there at an early date.

"I have the authority of the Superior-General of one of the expelled orders to arrange with the authorities for the establishment of his entire following in the Philippines."

BEAUTY'S CHARM A Clear Skin, Rosy Cheeks and Bright Eyes Compel Admiration.

No woman needs to be told the charm of a clear complexion. No man can be blind to the beauty of rosy cheeks, or the power of sparkling eyes. And every woman—no matter what her features may be—can have a perfect complexion come from pure blood—and pure blood comes from Dr. Williams' Pink Pills. By enriching the blood Dr. Williams' Pink Pills give vigor, strength, health, happiness and beauty. Here is a bit of proof: "For upwards of three years I suffered from anemia," says Miss Mary Jackson, of Normandale, Ont., "I had no color in my face, my lips and gums were bloodless and I grew so weak I could scarcely walk about the house. I doctored a good deal but got no benefit until I began using Dr. Williams' Pink Pills. Before I had taken them more than a couple of weeks I could see a change for the better, and continuing the use of the pills for some time longer my strength returned, the color came back to my face, and I gained fourteen pounds in weight. I can recommend Dr. Williams' Pink Pills to every weak, ailing girl or woman."

These pills are good for all troubles due to poor blood or weak nerves. Don't take any other medicine—see that the full name, "Dr. Williams' Pink Pills for Pale People," is found on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed at 50 cents per box or six boxes for \$2.50.

WOMAN'S WORK.

At a reception tendered last Sunday night by the Catholic Women's National League in the Auditorium parlors, Chicago, to Archbishop Quigley, he paid a high tribute to woman and womanhood. He said they were the inspiration of every movement for good in the history of the Church.

"When St. Paul was establishing missions in Greece the women offered him the greatest encouragement," said His Grace. "They attended in larger numbers than the men and helped to spread his doctrines and plant them in the hearts of all humanity. Then and ever since woman has been behind and inspired all the good work accomplished by the Church. But, while it's true that woman has been the cause of all good works in the Church, I can scarcely recall a schism or trouble or evil result of any nature in the Church that cannot be traced to her. It is necessary that she remain faithful to the teachings of the founders of the true religion and work in harmony with them."

CARICATURIST MUST GO.

Now that a deserved crusade has been organized against the stage Irishman, the good work should be followed up by devoting some attention to the cartoonist, and also to the idiot who manufactures the stories about Pat and Bridget—Chicago Citizen.

WITH THE SCIENTISTS

PRESERVATION OF TIMBER.

That common salt will preserve timber is announced by a correspondent of a Southern paper as an important discovery. "It is well known," he says, "that salt is used to preserve meats, and why not timber?" That the preservative qualities of salt are not limited to meats, however, is no new discovery, as we are reminded editorially by "The Railway and Engineering Review." Says this paper:

"It has been well known for a long time that any metallic salt injected into timber will preserve it from decay as long as it remains in the timber in considerable quantity. Common salt is the chlorid of sodium, and chlorid of zinc is the salt used in the Burnett process of timber treatment, which engineers have applied to structural timber and railroad ties for a long time. In many respects, including those of general appearance, and deliquescence in the presence of moisture, these two materials are very similar. This latter property gives rise to one of the difficulties in the use of metallic salts as a timber preservative. In desert countries, where the atmosphere is very dry almost all the year round, railroad ties and other timbers retain the salt and resist decay for a long time, but in ordinary climates the moisture in the atmosphere, the rains, and the moisture in the ballast will cause the salt to leach out of the timber in a few years, and the antiseptic is thereby removed. Other salts which have been used for timber treatment to a considerable extent are the sulphate of copper (blue vitriol) and the bichlorid of mercury (corrosive sublimate). These also disappear from the timber in the presence of moisture. The problem with engineers has been to devise means to retain the antiseptic in the timber in sufficient quantity to protect it from germs of decay.

"The tendency of the salt to leach out of the timber seems also to have been 'discovered' by the correspondent referred to, for he recommends that the salt be renewed annually, and thinks that if this were done the timber would last indefinitely. He has had experience in applying salt to telegraph poles. This he has done by boring a hole diagonally downward into the heart of the timber, starting about three inches above the ground line and going three or four inches below the surface. The hole is filled with salt and then plugged. He states that after many years of observation this method of treatment has shown good results, and such is about what would be expected by experts in timber treatment. What this man has found out about timber treatment has been well known to engineers who have worked in that line, for a long time. What engineers have been looking for in the way of cheap substances for timber treatment is not so much a cheap material with preservative properties as one which will remain in the timber when once applied, or means to hold it in the timber. One means which has been extensively applied is to force in a solution or glue by hydraulic pressure, after the preservative has been injected. In order to properly impregnate the timber and to protect it from loss of the preservative it has been found necessary to stem the timber, place it in a vacuum, and finally use pressure to secure the desired penetration of the solution, and these various processes are what figure largely in the expense of the treatment. Should it be found advantageous to substitute common salt for other metallic salts used in timber preserving, the treatment would still be expensive, owing to the cost of handling the timber and the various processes necessary to get the material into the timber in the desired quantity, and hold it there."

TESTIMONIAL TO A BISHOP.

Dr. Dougherty, bishop-elect of the diocese of Nueva Segovia, Philippine Islands, sailed from New York for Rome recently.

Dr. Dougherty's departure was preceded by an event eminently calculated to inspire and encourage him in the performance of his new and exalted duties. As many of his most intimate clerical brethren as could be accommodated at St. Malachy's rectory, Philadelphia, met him at a farewell dinner given in his honor by Bishop Prendergast. In the course of his remarks Bishop Prendergast said it was his pleasure and privilege to present to the bishop-elect, in the name of clergy of the diocese, a check for \$11,000. Father O'Connor presented another check for \$550 on behalf of a number of the laymen, friends of the bishop-elect.

THE CO

CHAPTER

HOW THE GENTLEMEN SPENT THE EVENING WHICH PROVE RATHER WARMER THAN HARDEN EXPECTED

"Peace!" said Her with a face of drunk "peace to the manes ton."

"Amen, with all my claimed Mr. Cregan, cocks are well rid of better horseman never ter."

"I drink him," Cregan, "although self toast a man who dies 'That's all trash a Cregan," cried Connolly you yet upon the flat and roaring for a priest gain."

"Upon my honor as I am serious," said O may talk of the field bloody breaches forlor hollow squares, and what is the glory of all! To drag through a whole campaign, with itants of night-watches marshes, and bivouacs ther, and with no bri at the year's end thar ing one among half a fighting fellows who a heap like larks; and meet, not hand to h to cloud, moving ab and waiting your turn allowance of cold lead with your neighbors. glory is there in figur types among a list of wounded? the utmo that a poor sub can Why, a coward is no r than a gallant fellow, often shine together u list. No—my ambition a higher aim. While I lie be that of a fearl when I die, let my ep in a handsome parag head of 'Domestic Int the county journal. A —Yesterday morning a meeting took place—H Esquire, attended by l —and Captain Blane, tended by Blank, Esqui state—Mr. Cregan—thi tally wounded—born ground. The affair, w originated in a disput lovely and accomplish brated as a reigning quarter."

"And the grand-need stand," added Har —to the unhappy gen fate we have just rec

There was a laugh a "Nay, my young fri adjusting his ruffles w a Chesterfield, "the shall mention that must be dated many y "Adad, not so far Cregan," exclaimed "and if you were to g row morning I should you go posting to th such a mission as that

"Talking of the Devi ton Connolly, 'did you that the priest is to h on the altar next Sun count of that little sq the mountains the day "It may be," said C supercilious smile; "m pas mon affairs. I ha honor to belong to his "Oh," cried Mr. O enough. You belong to religion."

"There you have the me," said Connolly, "Papist. Well, Cregan, to impugn your gallant this: a Papist, to fight quires and possesses t a Protestant ten times "Pray, will you obli reason for that pleasur "Tis as clear as gl testant is allowed a