OUR CURBSTONE OBSERVER ON RELICS.

For the past few weeks I have been moralizing more than observing; but this vacation season is one in which people are permitted certain relaxations and luxuries, and "each according to his taste" is a good motto. I have always had a great veneration for old people and old buildings, and I have come to feel it apersonal loss when some old familiar figure disappears forever from the street, or some edifice that dates back very far in the history of our comparatively young country is demolished. No lines ever affected me more in this sense than those of the late Father Ryan, the Poet-Priest of the South:

"Yes; give me the land where the ruins are spread, And the living tread light on the graves of the dead; Yes; give me the land of the wreck and the limb—
There is grandeur in graves, there is glory in gloom;
For out of the gloom future brightness is born.
As after the night comes the sunrise of morn."

Servations I have remarked that the objects which attract the greatest amount of attention and create the deepest interest, in the musueums, are deposit in the service, in the genest interest, in the musueums, are deposit interest, in the musueums, are deposit interest, in the musueums, are deposit which attract the greatest amount of attention and create the deepest interest, in the musueums, are deposit which attract the greatest amount of attention and create the deepest interest, in the deposit interest, in the musueums, are deposit interest, in the deposit interest, in the musueums, are deposit which attract the geetst musual musueums, are deposit which attract the geetst musueums, are deposit which attract the geetst musual musueums, are deposit which attract the deepest interest, in the deposit interest, in the deposit which attract the deposit interest, in the deposit with edose with which astract the deposit with edose with which astract the deposit interest, in the deposit of attention and create the deposit on the deposit interest, in the deposit of attention and create the deposit on the deposit intere

of morn."

One by one old land marks vanish; the plough of progress turns furrows over objects consecrated by time. Like the living, the monumental relics of the byegone vanish and their places are taken by that which is modern and frequently uninteresting. We in Canada, living in a young land, have few really ancient buildings, yet there are still edifices whose stories date back a couple of centuries, or more. But, by degrees, they are disappearing and will all very soon be forgotten. I would not say that the progressive needs of the present should be sacrificed to the sentimentality that springs from a contemplation of the past; but, we cannot fail to regret the breaking of links in that chain which binds us to the early days of Canadian history. I will never forget how much I was impressed by the tearing down of the old Jesuit College in Quebec, in 1878-9. I felt as if I were a living witness to a deed of vandalism like unto those we read of in the Middle Ages. The same feeling of regret — a foolish one according to some—comes over me when I observe the disappearance of the old chapel of Notre Dame de la Victoire, on Notre Dame street. It stood between the busy street (at the head of St. Lambert Hill) and the picturesque chapel of Notre Dame de Pitie, which is adjoinstreet (at the head of St. Lambert Hill) and the picturesque chapel of Notre Dame de Pitie, which is adjoining the Mother House of the Congregation de Notre Dame. The history of this building, or rather portion of building is so interesting that I take the liberty of reproducing here a brief account of it from the pen of a writer signing "M. E. Macl., M." It runs thus:—

As one train of thought generally it on the curbstone or elsewhere leads to another one, so this subject of monuments and memorials of the dead past, brings me very naturally to that of relies in general. In the course of my multitudenous ob-

Editor of the "True Witness." Sir, I have read with no little

pleasure your appeals to my fellowcountrymen in Montreal and through-

pleasure your appeals to my fellow-countrymen in Montreal and throughout this province to unite and subscribe the necessary capital to start a Catholic daily newspaper. For some years I resided in Montreal, and was associated with one of the Irish national societies. My experience of that period convinced me that there was little of that public spirit to which you have so often referred during the past four or five years. Some score of years ago Irishmen of Montreal had an opportunity to successfully carry out the project of a Catholic daily paper, but they evidently did not possess the enterprise or pluck, or both, to help the undertaking during the critical years of probation to those of prosperity and success. Mr. Hugh Graham, a young Protestant business man, was then, as to-day, proprietor of the "Star." At the period of which I write he made a brave light, and if the details of the struggle were put in cold type they would be interesting reading. What Mr. Graham has achieved might have been accomplished by our Catholic daily of that period; the \$50,000, annually, which, it is said, the "Star" puts into the pockets of its enterprising proprietor, might have been shared by our journal had our people been a little more generous in their support of it. The first stages of any undertaking beholds Irishmen, as an Irish patriot once said "soaring to the giddiest heights of enthusiasm," and the other, that at which they should be staunch, patient and enthusiastic, finds them, in the words of the same noble Irishman, "cowerir" a pass-

PLEA FOR A CATHOLIC DAILY

Are they not aware that the honor roll of Irishmen, in the public service of this province and in the cities, towns and villages of this province, has almost completely disappeared, and that Irishmen to-day hold the less important offices in these governing bodies?

Let your readers answer!

Some of my countrymen there are, men staunch and true in many ways, who declare that the project of a Catholic daily is a mere dream, and beyond the realms of achievement. They use the old argument of the critic that its promoters are enthusiasts. It would be useless to deny that the organization of a daily such as I have in view, a thoroughly independent news-giver, would be surrounded with many obstacles and attended with the greatest labor and anxiety in its first struggle for a place in journalism, but to say that it is an impossible task is nothing less than the most covering kind of pessimism. I am one of those who believe that a Catholic daily can be made a success if run upon proper lines—not narrow in its religious or national policy—and such a success as would fairly dazzle those in our ranks who are now opposed to it, not to mention the uneasiness it would cause in the ranks of non-Catholic publishers of newspapers.

"If I was asked," said a well known Irish Catholic of the Ancient Capital, a couple of years ago: "What is the need of the hour for our people? I would most emphatically answer. A well conducted Catholic daily which would educate them up to a standard of self-reliance in all things as a nationality."

This view is held by thousands of others in our cities and towns, who now have to supply their homes with newspapers that contain matter, very often, which is nothing less than open prosettyism for Protestantism.

A Catholic American weekly in the course of a recent article in referring to a question which has been discussed times beyond number, that of anti-Catholic books and periodicals, says "they are calculated to weaken or pervert Catholic faith, and are to be avoided. The Catholic should refrain f

This same clergyman—a very able and very polished gentleman— was shocked, a few days later, to witness a number of pilgrims venerating a.relic of St. Anne down at the shrine at Beaupre. He claimed that this "terrible superstitution was one of the baneful results of Catholic priest craft and general ignorance." I need scarcely here repeat for the readers of the "True Witness" my impressions. Could ever contradiction be greater? Could there ever be a clearer proof of the absolute mental blindness which prejudice engenders?. According to what I have been taught to believe and practice in matters of religion I understand that as a Catholic I am obliged to "adore" God— and God alone. I am invited to honor those whom God has honored; to venerate all memorials, or relics of those whose beings were consecrated to God, whose souls enjoy the Beatific Vision, and whose bodies (as temples of the Holy Ghost and envelopes of flesh for their saintly souls) were sanctified. If this be either superstition, or idolatry, I have either misunderstood the teachings of the Church, or else I am, in common with all the human race—Catholic, Protestant, Jew or Gentile—a superstitious idolator. The heroes, the great thinkers, the renowned writers, the immortal preachers, the wonderous law-givers of the Catholic Church are the saints—from the apostles down to the last canonized. To possess a relic of one of these is to my mind—leaving all matter of faith and question of religion aside—incomparably more important than to have a sword of Napoleon's, a piece of Cromwell's skull, a hair from the grey horse that Dutch William rode at the Boyne, or any other mement of the renowned men who passed across the stage of history. The Orangeman would defend with his life the grey at the present moment, many books of undoubted literary ability and interest which attack, generally in an indirect way, the existence of God, the divinity of our Lord, the Church and man's moral responsibility. When the Catholic layman reads these productions, as he does far too freely, he is astonished and disturbed to find so strong a case made out against his faith. But why is he astonished and puzzled? It is generally because he knows so very little about his own religion. He has learnt his catechism, perhaps, as a child, and has heard a sermon now and then, but the evidences, the explanations and exposition of Christian doctrine have had little or no interest for him; and hence he is more or less at the mercy of the heretic and the sophist. It is evident that men and women of so little instruction have no right to expose themselves to the arguments of the enemy. And when they do come across such arguments, in their newspapers or general reading, they should know that it is chiefly their own ignorance that makes the difficulties seem so formidable."

Is not this a confession of weakness? If we had a newspaper entering our homes every day of the week would it be possible for such books and periodicals as referred to above, to find a place therein? The answer is obvious. It seems to me that the manifest duty of every Catholic man

the body of the one who gave birth to the Mother of Christ.

As far as my observation goes, by it on the curbstone or elsewhere. I have found that common sense—of which too many lack—confounds be every Protestant idea of religious practice, and confirms the reasonable—ness of every Catholic teaching.

ATHOLIC DAILY

ATH

ten at the expense of everything else. The big thing in shorthand is legibility, for there are many who can write fast enough, but who are unable to tell what it means after it has grown cold. I have been a stenographer, depending entirely on it for my living, for twenty-five years. During that time, I have, of course, picked up some knowledge on the subject. I have been the stenographer for two cabinet officers, four assistant secretaries and three or four senators. Incidentally I have worked for a year as the private secretary of one of the big bank presidents in New York city.

"All of this experience has proven one thing very conclusively, and that is that there is no necessity for any stenographer who does amanuensis work to write over 120 words a minute, and in 99 cases out of 100 no necessity to write over 100 words a minute. Indeed, I know at least twenty-five stenographers who are drawing the largest kind of salaries as private secretaries who have assured me that they have never been required to average as much as ninety words. Under these circumstances it seems strange that some teachers in stenography will excite pupils to write 150 to 200 words per minute, and endeavor to make them believe that such a railroad speed is a necessity. Such a practice does actual injury, for it discourages many from even learning a moderate speed. There have been instances where it may have been necessary for stenographers to be able to write over 200 and more words a minute, and there is a legend hanging about the Senate chamber that General Hawley, for ten or twelve minutes in a speech, once spoke 225 words a minute. senate channer that deletar have ley, for ten or twelve minutes in a speech, once spoke 225 words a minute. The average speed of senators in speeches does not reach 110 words a minute, and in dictating letters rarely reaches 100 words."

MEDICAL CONGRESS AND CONSUMPTION.

Some very novel and peculiar suggestions in regard to consumption were made at the medical congress which met the other day at Naples. The physicians, strange as it may appear, were unanimously of opinion that the various Governments ought to take some steps to ward off the evil, and Dr. Callivokos, of Athens, even maintained that no one should be employed in a public or private capacity who was not absolutely free from the disease, and that any persons who are now employed and who have in their systems the germs of consumption should at once be dismissed. The exact physical condition of each employee, he pointed out, could be readily ascertained by making a thorough medical examination,

the companies would only substitute linoleum for the customery carpets in the carriages, and if, instead of the velvet and other heavy cushions, they would use some light material, which could be easily washed.

At present, he pointed out, tuberculosis is not officially classified among the infectious diseases, and, therefore, railroad companies are not bound to disinfect the carriages in which consumptives have travelled. In any case, on account of the tapestry, curtains, velvet and decorations of such carriages, it would be very difficult to disinfect them thoroughly. Finally, Dr. Sanarelli maintained that on every railroad there should be special carriages for consumptives, but he did not explain how consumptive passengers could be caloled into occupying these carriages during their journeys. That they would occupy them of their own volition, and thus publicly exploit themselves as the victims of a contagious disease, is not likely.

"The influence of Climate on the Evolution of Consumption" was the title of a paper by Dr. Sannalongue, in which he described a curious experiment recently made by him. Selecting 150 healthy guinea pigs, he innoculated them on the same day with the culture of Koch's bacillus of consumption, and then he divided them into three equal lots, one of which he sent to the sea coast, another to the mountainous region of Haute-Loire, while the third lot he placed in the cellar of his laboratory. In due time he examined the animals and found that those which he had placed in the cellar were the strongest and healthiest. He accounts for this strange result on the ground that there was an equal temperature in the cellar. He adds, however, that what may benefit guinea pigs, may prove prejudicial to human beings, and thus he tacitly admits that the air of the seashore or mountains is l'kely to prove more beneficial to consumptives than that of a cellar.

LOOK OUT FOR THE ENGINE.

HOUSEHOLD NOTES.

WHEN ONE FAINTS.—Remember that fainting proceeds from a disturbance of the circulation, by means of which the blood is drawn suddenly from the head. The first thing to do is to lower the fainting person to the floor in such a position that the head is lower than the rest of the body. Loosen the clothing across the chest and at the throat. Bathe the face and temples with cold water in which a little cologne water or aromatic vinegar has been used, and use smelling salts. It is a serious mistake to prop up the head with pillows or administer alcoholic stimulants.

pillows or administer alcoholic stimulants.

THE MAKING OF A HOME. — It is often said that the making or marring of a home lies with the wife, and this is true if we add, with the husband also. Either sex has the power, though the true home spirit must be created by the wife, and once created she must see that it grows until it is the ruling influence in that home. Habits we learn at home, and thoughts that have been instilled into us there will remain with us always and influence us for good or evil. What should home mean to us? The dearest place on earth, the place where mother is; that is the true home. It is so easy to find fault, so hard to always look for the best in each member of the family. But did you ever stop to think what looking for the best really means? Surely it means a continually guarding of one's thoughts and an earnest desire to see some good in each person we meet. And there is some good in every one, even in a hardened criminal. This one habit is enough to re-create any home, and every home needs some re-creating. What a power a good home is and how much it can do for our country! There should be no restraint in the home life. Every member should feel that he is free to express himself as he chooses, no matter what his views are or how they may differ from those of the rest of the family. The that he is free to express himself as he chooses, no matter what his views are or how they may differ from those of the rest of the family. The child gives the parent the best aid to correction when he speaks as be thinks. The home should be attractive to the eye, and by this is meant not necessarily elegant and expensive things, but neat, dainty, homelike things, such as any woman can make ano such as many women know how to arrange to the best advantage. Point after point could be taken up, but if we folllow but one—"look for the best in every one"—it would mean a vast improvement in hundreds of homes.

Hill) and the picturesque chapel of Norts Dame. The history of this building, or rather portion of some interesting that I take the liberty of reproducing here a brief with a building, or rather portion of religion aside—incomparably the building is on interesting that I take the liberty of reproducing here a brief of one of these is to my minduling is one interesting that I take the liberty of reproducing here a brief of one of these is to my minduling is one interesting that I take the liberty of reproducing here a brief of one of these is to my minduling is one interesting that I take the liberty of reproducing here a brief of one of these is to my minduling in the property of the saints—from the apostles down that I take the liberty of reproducing here a brief of one of these is to my minduling in the property of the saints—from the apostles down the case of the cas

ADVICE TO COOKS.—Great cleanliness as well as care and attention
are required in cooking.
Keep your hands very clean, and
don't wipe your fingers on anything
that is handy.
Don't try to save time by laying
down utensils anywhere, thinking it
saves time; it makes work.
Clean up as far as possible as you
go; put scalding water in each pan
as you finish with it.
Dry your pots before you put them
on the shelf.
See that all "left-overs" are
promptly used.
Never throw anything but water
down the sink. Keep sink and sink
brush scrupulously clean.
Be careful not to use a knife that
has cut onions before it has been
cleaned.

POLISHED SILVERWARE.—There is nothing that is more effective in making the table beautifully brilliant than well polished silver and clear, shining glassware. What looks worse than dull, black silver and nuggy looking glasses, dishes, etc.? Yet, how often we see this, and in places where one would expect everything immaculate, and it is absolutely unnecessary, when a few minutes' time would make these articles look as if they were new. A few drops of ammonia in the water in which you wash your cut-glass, or any other, will do the work; if they are deeply cut, a soft brush and soap will help wonderfully. For cleaning silver, take equal parts of ammonia and alcohol and enough whiting to make quite thick; apply with a cloth or soft brush if the article is at all rough; set aside to dry, and by the time you have finished your other articles this will be ready to polish, which is done with a piece of dry flannel, leaving the article as shining as new. POLISHED SILVERWARE

VALUABLE HINTS ON FOOD.

It is claimed that many housekeers do not know how to plan the daily bill of fare so that dishes the are not alone appetizing, but which will give strength to all the different parts of the body shall be select Food which best supplies muscul waste is termed nitrogenous, the

which is heating and fat-forming, carbonaceous, and brain-forming, phosphatje. Every meal should be served with a variety of food that will give heat, muscle and brain food to the body. Among vegetable foods and cereals, oats supplies the largest, proportion of muscle-forming food; beans supply 25 per cent. of the muscle-forming food; beans supply twenty-three and four-tenths parts; apples supply 16 per cent. of muscle-forming principle, while peas supply twenty-three and four-tenths parts; apples supply 16 per cent. of muscle-forming food; chicken supplies twenty parts; beef, fat and lean, about 15 per cent. of muscle-forming food; chicken supplies twenty parts; beef, fat and lean, about 15 per cent. of muscle-forming food; eal, ten and five-tenths; mutton, twelve and five-tenths; pork, ten parts of muscle food.

THE HEALTH PROBLEM

THE HEALTH PROBLEM.

Is much simpler than is sometimes supposed. Health depends chiefly upon perfect digestion and pure blood, and the problem is solved very readily by Hood's Sarsaparilla. You may keep well by taking it promptly for any stomach or blood disorder. Its cures of scrofula, salt rheum, catarrh, dyspepsia, rheumatism and other diseases are numbered by the thousands.

The favorite family cathartic is Hood's Pills.

Hood's Pills.

FRIENDS WELL MET.—When true-hearted men in North and South met and understood each other, there was never real enmity between them. A certain Virginian lived near the field of Mechanicsville, where McClellan fought one of his severe battles in the summer of 1862. This man went out to the field, after the Northern troops had retired from it, and noticed a little fellow lying, wounded, in the hot sun. As he looked pityingly at the boy, the young fellow gained courage to make a request. "Neighbor, won't you get me a drink of water? I'm very thirsty."

"Of course I will," said the man, and he brought the water.

The little fellow was encouraged by this, and he asked again:

"Won't you get me taken to the hospital? I'm badly wounded."

"Well, now, my boy," said the man, "if I get you taken care of, and you are well enough to go home again, are you coming down here to fight me and my folks once more? How about that?"

It was a hard test for a wounded prisoner, but the boy stood it. He looked his captor firmly in the eye, and said:

"That I would, my friend."

and said:
"That I would, my friend."
"I tell you," said the Virginian, afterward, "I liked his pluck. I had that boy taken to the hospital, and he had good care."

"No Eye Like the Master's Eye."

You are master of your health, and if you do not attend to duty, the blame is easily located. If your blood is out of order, Hood's Sarsaparilla will purify it.

Saparilla Will purify it.

It is the specific remedy for troubles of the blood, kidneys, bowels or liver.

Heart Trouble—"I had heart trouble for a number of years and different medicines failed to benefit me. I tried Hood's Barsaparilla and three bottles completely and perfectly cured me." Mas G. A. Funs, Wallace Bridge, N. S.

A Safeguerd—"As I had lost five children with diphtheria I gave my remaining two children Hood's Barsaparilla as they were subject to throat trouble and were not very strong. They are now healther and stronger and have not since had a cold."

Mas. W. H. Flecker, Pembroke, Ont.

Hood's Sarsaparilla

Never Disappoint Hood's Pills cure liver ills; the non-irritating and only cathartic to take with Hood's Sarssparilla

CUDE ALL YOUR PAIRS WITH Pain-Killer. A Medicine Chest in Itself. Simple, Safe and Quick Cure for DRAMPS, DIARRHOEA, COUGHS, COLDS. RHEUMATISM, 25 and 50 cent Bottles WARE OF IMITATIONS:
BUY ONLY THE GENUINE
PERRY DAVIS'

A Blessing to the Fair Sex!



PERFECT BUSTS by th
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ORIENTAL Powder,
the only Powder that assures perfect development
of the bust within three
months, and cures Dyspeepsia and Liver Complaint.

Proce ner hox, with di-Price per box, with directions, \$1.00; six boxes for \$5.00.

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