

PSYCHINE

(PRONOUNCED SI-KEEN)

WEAKNESS

There is nothing else in the whole world that will bring back the color to the cheek, restore the dormant energies, revive drooping spirits, or put new life into the tired, listless, weakened system, as "PSYCHINE" will do it. There is really only one great tonic, and that is "PSYCHINE." Combining all the properties that make rich, pure blood, bringing back the lost appetite, driving away melancholy, creating new strength.

THIS WILL PROVE IT

Dr. Sloucum, Limited: Annaprior, Ont., Sept. 16th, 1904. "It's twenty years or more since I used PSYCHINE, and I write these words not to gain publicity, but that suffering and ailing humanity may learn of its great merits. I had felt weak and miserable for a long time; had no appetite, or couldn't obtain proper sleep. Was unable to work or enjoy life. People said I was so old my constitution was breaking up, but, fortunately, through using the Dr. Sloucum remedies I have proven this false. PSYCHINE is the only remedy I ever took that agreed with my stomach, which was exceedingly weak. Twenty years have passed since my recovery, and I am now eighty-nine years old, and so strong and well that I work all summer in my garden."

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The Dr. T. A. Sloucum, Limited, 179 King Street West, Toronto

Daily Routine of Holy Father

His Holiness continues to be a very early riser; his attendant, Silli, finds him when he knocks at the door shortly after five every morning engaged in reciting the little hours of his breviary. The daily mass (and Pius X. has never omitted to celebrate during the last two years) begins at six; the mass of thanksgiving, offered by one of his private secretaries, is over shortly before seven. The Pope's breakfast is truly Italian—a cup of coffee and milk, and a slice of bread—and occupied a bare five minutes of the Holy Father's time, after which when the heat of the morning is not too intense, he takes a walk for half an hour or so in the Vatican gardens, never failing to kneel for a few minutes at the shrine of Our Lady of Lourdes. Before eight he is back again in his study immersed in the mass of correspondence which every morning brings him. About nine he begins to receive the reports of the different congregations, to sign their various decisions, and to decide any complicated questions that may have been left over for him. Little more than an hour is left for this part of the day's work, and immediately it is over Cardinal Merry del Val appears with a heap of papers of all kinds—diplomatic documents, episcopal appointments, reports of nuncios or delegates, financial statements, extracts from the daily press and so on—all of which are carefully examined by His Holiness. Meanwhile, the ante-chambers are being peopled by cardinals, bishops, prefects of the congregation and private individuals waiting for the audience arranged for them by Mgr. Bissleti, the Pope's maestro di camera, and with all these the Holy Father is engaged until about half-past twelve. At half-past twelve he receives, and always with somebody (for a few days' experiment of solitary dining after his election was as much as Pius X. could stand) shortly after one, and the very frugal meal with his familiar conversation never lasts a whole hour. Like all Romans and Venetians, the Holy Father sleeps for an hour in the oppressive noonday. Before resuming work he finishes the day's writing and studying until half-past five. Another crowd is usually awaiting him when he leaves his private library. There may be a few private audiences to accord, but they are brief, and take hardly more time than the public one at which the Holy Father passes slowly before some hundreds of pilgrims and strangers, giving his hand to each to kiss. At half-past six the Pope is alone with his secretary in the loggia. Through the open windows they have a wonderful view of Rome and the Tiber, and the chain of Latin hills in the distance, as they walk to and fro for the best part of the hour. Then Pius X. returns to his apartment, works again at his desk until nine, takes supper, finishes his breviary, skims a few of the day's newspapers, and at half-past ten retires for the night. And he has no holidays!—Tablet.

The Catholic Swiss Mountaineers

Anna Seaton Schmidt has a charming sketch of the Swiss mountaineer's life in the August Atlantic Monthly. She writes of the blessing of the fields and cattle in the Alpine hills: "The sun was sinking behind the western mountains, the snowy heights of the Dent du Midi flamed crimson in its glowing light, as I crossed the fields where Rosalie had hastily prepared a little altar. Before it stood a priest in white vestments. The rude table, the queer little candlesticks and artificial flowers were transfused for me, as God's minister implored Him, to bless the earth, to bring forth its fruits for His children, to hold all living creatures within His care. Felix knelt on the ground beside his mother; their faces shone with the light of a perfect faith. Living close to the most stupendous mysteries of Nature, these peasants realize their absolute dependence on Him Who created it. When winter snow shuts them away from the world and they have for companionship only the vast mountains, from whose rocky heights the glacial torrents thunder, the avalanches crash down upon them, their sublime faith lifts their souls to the heavens above where dwells their all-loving Father. They do not fear death; it but opens No Alcohol in It—Alcohol or any other volatile matter which would impair strength by evaporation does not in any shape enter into the manufacture of Dr. Thomas' Electric Oil. Nor do climatic changes affect it. It is as serviceable in the Arctic Circle as in the Torrid Zone, perhaps more useful in the higher latitudes, where man is more subject to colds from exposure to the elements."

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the door of His kingdom. "Why should we be afraid of death, made-moiselle, when it leads us to God?" asked a pretty young peasant. And old Madeleine says: "Ah, made-moiselle, we mountain people love solitude. We can think more of God. He is nearer to us when we are alone."

Miss Schmidt tells of another dear old peasant whose smiling face always welcomed the tourists to his little home. A born collector, he revelled in the costumes, linens, and embroideries bequeathed to him by his ancestors. "My father," he said, "was ninety-four when he died; he, too, loved the ancient costumes. I have one which he often wore. I put it on in his honor for our greatest fête days. But look at this head-dress—you never saw anything quite so old, now did you, made-moiselle? My great-great-grandmother wore it when she was married." His face fairly beamed with joy. Miss Schmidt tells us, as he took from his carved chest the treasures of the past. In many of the linens the dates 1557 and 1622 were woven. One set of these linens he loved most of all—a set for the dying, when the whole room is hinged in white for the coming of the Lord in the Blessed Sacrament. He held up piece after piece of the most exquisitely embroidered linens and laces that were to cover the walls, to be thrown over the bed, and held in the trembling hands of the dying communicant.

"When my father and mother died," said the old man, "I was I who made the room all white and beautiful; when my turn comes, my sister has promised to do this for me." "But," asked the writer, "when you see this white room and you know it prepared for death, will it not frighten you?" The old man answered: "Oh, no, that will be a happy day, a time of great joy." "Dear old Isidore," comments Miss Schmidt, "I love to think of him in that still white room, his white soul waiting to pass into a higher life. Meaning while he was not unhappy. There is nothing of melancholy in the religious characters of these peasants. They have a keen sense of humor and a very practical turn of mind that makes them provide for this world as well as the next"—Sacred Heart Review.

SHE WAS IN BED FOR THREE YEARS

Pain Racked Woman Cured by Dodd's Kidney Pills.

Strong Statement by Mrs. Jas. Hughes, of Morley, Ont.—She's Strong and Healthy Once More. Morley, Ont., Oct. 2.—(Special.)—What Dodd's Kidney Pills are doing for the suffering women of Canada will never be fully known. It is only when some courageous woman breaks the secrecy that covers woman and her troubles that a passing glimpse of their great work is given. For this reason a statement made by Mrs. Jas. Hughes, of this place, is of more than passing interest. "I was a great sufferer for four years," says Mrs. Hughes, "I was treated by five doctors and a specialist from the U.S. I tried nearly every kind of medicine I could hear of, but none seemed to do me any good. "I was in bed for nearly three years. I had pains in my spinal column, in my head, over my eyes, across my back and through my left side. I took fourteen boxes of Dodd's Kidney Pills, and now I am strong and able to do a good day's work, thanks to Dodd's Kidney Pills."

SYNOPSIS OF CANADIAN NORTH-WEST Homestead Regulations

ANY even numbered section of Dominion lands in Manitoba or the Northwest Provinces, excepting 8 and 26, not reserved by the Government, may be acquired by any male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less. Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader resides in any other district, he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situated, receive authority for some one to make entry for him.

HOMESTEAD DUTIES: A settler who has been granted an entry for a homestead is required to perform the conditions connected therewith under one of the following plans: (1) At least six months' residence upon and cultivation of the land in each year during the term of three years. (2) If the father or mother, if the father is deceased of any person who is eligible to make a homestead entry under the provisions of this act resides upon a farm in the vicinity of the land entered for by such person as homestead, the requirements of this act as to residence may be satisfied by residence upon the said land.

APPLICATION FOR PATENT should be made at the end of three years, before the Local Agent, Sub-Agent or the Homestead Inspector. Before making application for patent the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa of his intention to do so.

SYNOPSIS OF CANADIAN NORTH-WEST MINING REGULATIONS. Coal.—Coal lands may be purchased at \$10 per acre for soft coal and \$20 for anthracite. Not more than 320 acres can be acquired by one individual or company. Royalty at the rate of ten cents per ton of 2,000 pounds shall be collected on the gross output. Quartz.—A free miner's certificate is granted upon payment in advance of \$7.50 per annum for an individual, and from \$50 to \$100 per annum for a company, according to capital. A free miner, having discovered mineral in place, may locate a claim 1,000 x 1,500 feet. The fee for recording a claim is \$5. At least \$100 must be expended on the claim each year or paid to the mining recorder in lieu thereof. When \$200 has been expended or paid, the locator may, upon having a survey made, and upon complying with other requirements, purchase the land at \$1 an acre. The patent provides for the payment of a royalty of 2 1/2 per cent. on the sales of PLACER mining claims generally are 100 feet square; entry fee \$5, renewable yearly. A free miner may obtain two leases to dredge for gold of five miles each for a term of twenty years, renewable at the discretion of the Minister of the Interior. The lessee shall have a dredge in operation within one season from the date of the lease for each five miles. Rental, \$10 per annum for each mile of river leased. Royalty at the rate of 2 1/2 per cent. collected on the output after it exceeds \$10,000.

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