

Our Boys And Girls.

BEFORE IT IS TOO LATE.

If you have a gray-haired mother
In the old home far away,
Sit down and write the letter
You put off day by day
Don't wait until her tired steps
Reach heaven's pearly gate,
But show her that you think of her
Before it is too late.

If you've a tender message
Or a loving word to say,
Don't wait till you forget it,
But whisper it to-day.
Who knows what bitter memories
May haunt you if you wait?
So make your loved one happy
Before it is too late.

We live in the present,
The future is unknown;
To-morrow is a mystery,
To-day is all our own.
The chance that fortune leads to us
May vanish while we wait,
So spend your life's rich pleasure
Before it is too late.

The tender word unspoken,
The letters never sent,
The long-forgotten messages,
The wealth of love unspent,
For these some hearts are breaking,
For these some loved ones wait,
So show them that you care for them
Before it is too late.
—Young Catholic Messenger.

A LEGEND OF ST. ANTHONY. —
A Franciscan Father of the monas-
tery of St. Lawrence, at Naples,
tells the following story:

In a peaceful little cottage by the
seaside there lived a young fisher-
man and his mother. One night
while they were performing their
night-prayers, they were startled by
a desperate outcry as that of a man
in terrible agony. The young man
rushed out to the door, and, to his
horror, found a man who had been
wounded by robbers and was now in
a dying condition. The robbers fled,
for, besides fearing the presence of a
witness, they had to escape the
hands of the policemen who were on
their trail. The fisherman stooped
down to assist the dying man, but
in a few moments more all was over.
The policemen, now entering upon
the scene, and seeing the young man
stooping over the lifeless body, cap-
tured him as the murderer, congrat-
ulating themselves that they suc-
ceeded in tracing one of the band of
robbers for whom they had long been
searching. All protests on the part
of the son and mother were in vain,
and he was taken to prison.

The circumstantial evidences were
too strong against the young fisher-
man; the trial was soon ended. He
was condemned to death.

The police had heard the cry, the
body was still warm, no one was
near but him. The testimony of the
mother was of no value in this case,
and thus the declarations of the
young man's innocence were consid-
ered only as those of a stubborn
criminal. The poor mother had en-
deavored to come to the trial, but
she was so inexperienced and help-
less in such matters that she arrived
in court when all was over and the
death sentence was passed, the crim-
inal to be executed early next day.
The mother broke out in sobs and
tears, and asked the judge if there
were no way to save her son. The
judge, in order to get rid of her,
said in an off-hand way, "The king
could change matters." The mother's
mind was quickly settled. She would
go to the king at once, fall down at
his feet, and plead for the life of her
son. She did not know of any for-
malities, and she was disappointed
when told that she had to bring her
petition in the prescribed form of
writing. The sun was already going
down when she left the palace to
find a lawyer to write up her peti-
tion. When returning with the docu-
ment it was too late of course; the
doors were closed and no petitioner
could enter. The poor woman was
heart-broken. Not knowing what to
do, she passed by the church of St.
Lawrence. She entered, and before
the statue of St. Anthony prayed as
only a mother's heart under such cir-
cumstances could pray; but her time
even here was short, for the sacris-
tan soon came, and, rattling his
keys, gave her a sign that it was
time for him to shut the doors. In
her agony the poor mother, who was
still holding the document in her
hand, threw it over the iron railing,
calling out aloud and despairingly:
"St. Anthony, you must save my
child."

Singularly consoled and quieted,
she left the church and went home.
It was about ten o'clock. The king
was all alone in his study, looking
through some important documents
he had to sign. He had given his
servants strict orders to admit no
one, as he did not wish to be dis-
turbed. Suddenly there was a rap
at the door, and a moment after a
Franciscan brother entered. His ap-
pearance was so majestic yet amil-
able that the king was charmed for
a moment. The Franciscan ap-
proached the king, and, without any
embarrassment, modestly spoke: "I
beg pardon of your majesty for com-
ing at so late an hour, but my busi-
ness is very urgent, and will not al-
low any delay, as a man's life is at
stake."
"Speak, brother. What can I do
for you," said the king encouragingly.

"Your Majesty signed a death-war-
rant to-day for a young fisherman
who was found at the corpse of a
murdered man. All evidences seemed
to tell against him, and yet he is
entirely innocent."
"I am sorry," said the king. "I
can do nothing in such matters. The
courts are there for that, and when
the court passes a sentence I cannot
change it, nor can I presume that
the sentence is not just."
"I will vouch for the innocence of
my client," said the monk with a
positiveness that impressed the king.
"I beg your majesty to write a few
words of pardon below this peti-
tion."
The king spontaneously reached for
his pen, but, reflecting again, he
stopped and asked the monk, "Where
do you come from?"
"From the monastery of St. Law-
rence, your majesty," answered the
monk.
"But even if I do grant your peti-
tion," said the king, "it will be too
late, for he will be executed before
you can reach him."

"There is no time to be lost, it is
true," said the monk, "but I will see
that the document is delivered in
time; pray just write a few words
of pardon here," and the monk
pointed with his finger to the blank
space where the king was to sign.
The king did sign, and with a few
words of courtesy and thanks the
monk left the room.

The whole affair had made a won-
derful impression on the king. He
tried to continue his work, but, re-
flecting again, said to himself: How
could this man come in here at this
hour? He asked the chamberlain and
all the servants, but nobody had
seen any one enter or depart. They
searched, but no traces of the monk
could be found.

The king resolved to go to the mo-
nastery early next morning and find
the solution to this mystery.
The scaffold on which the young
man was to be executed had already
been erected and the poor young man
in his cell was expecting his execu-
tioner to enter, when the doors of
the prison opened, and, instead an
officer of the king appeared with the
pardon. The young fisherman was at
liberty to return home to his moth-
er.

At the dawn of day the state's at-
torney was terrified to see a docu-
ment of pardon signed by the king
the day previous lying on his table.
He supposed that one of his servants
had hid it there and forgotten or
neglected to tell him about it. He
was in a terrible predicament.
Snatching the document, he rushed
to the prison to save the young
man's life. We already know that
he was not too late.

In the course of the forenoon the
king appeared at the monastery of
St. Lawrence. He had all the bro-
thers assembled in the refectory and
asked the Rev. Prior who of them
had been to see him in the palace
the night before. The astonished
Prior replied that he knew of no
one to leave the house at so late an
hour. The king scrutinized the
monks, and, not seeing his man, told
the Prior what had happened.

The Prior suggested to call the
mother, who might inform them to
whom she had given the petition.
Meanwhile the king was shown a-
round the monastery to pass the
time, and was also taken to the
church. The king passed from one
altar to another until he finally came
to the shrine of St. Anthony. In-
stantly recognizing his man, he
pointed to the statue and said "That
is the one who came to see me."

In consequence of this incident, the
city of Naples selected St. Anthony
as one of its patron saints.

A VICTORY FOR THE POLES.

The Czar of Russia in an auto-
graph letter authorizes instruction in
the Catholic religion to be given in
the Polish language in all the mid-
dle-class schools of Poland. Such in-
struction has hitherto been limited
to six schools and had to be given
in the Russian tongue.

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Household Notes.

SPRING TONICS.—J. H. Kellogg, M.D., in "Good Health," says:—With the arrival of the warm weather of spring there is a general letting down of the vital tone with most people, which manifests itself in a mania of indisposition to mental and muscular activity, and in many cases a loss of appetite and general sluggishness.

Many are led by these uncomfort-
able symptoms to resort to the use
of wine or other alcoholic bever-
ages, to seek relief in tonics, so-call-
ed "spring tonics," perhaps, "blood
purifier," "appetizers," and patent
medicines of various sorts, whose
only virtues and in the false hopes
raised by the manufactured testimo-
nials by which they are recommend-
ed. Bitters and herb teas of various
sorts are also very commonly resor-
ted to in the springtime as remedies
for spring biliousness, lack of
strength, and other ailments which
become especially common at this
season of the year. None of these
remedies are capable of affording
anything more than very temporary
relief, and the majority are incap-
able of accomplishing even this. Some
are highly pernicious, and liable to
produce more or less serious injury
if employed for any length of time.

Before considering what remedies
may usefully be employed at a sea-
son of the year when there seems to
be a widespread feeling of need for
reinvigoration of the vital forces, let
us consider the meaning of the dim-
inished vigor which one feels on the
approach of warm weather. The
poetic figure which represents life as
a candle which is being slowly but
surely consumed, expresses not sim-
ply a poetic idea, but a scientific
fact. The body is in reality a living
furnace in which fuel (food) is con-
stantly burning, and sometimes the
furnace itself is in part consumed
when the supply of fuel is insufficient
or the demand unusually great. Dur-
ing the winter season the vital fire
burns at a more rapid rate than dur-
ing the warm months, the purpose
being to create the amount of heat
required to make good the daily
losses by exposure to an atmosphere
much below the temperature of the
body.

To maintain this rapid rate of
combustion greatly taxes the digest-
ive powers and all the vital forces.
Only the very strongest constitutions
can endure continual exposure to a
low temperature. In other words,
the extraordinary effort required by
the forces of the body to maintain
animal heat during the winter sea-
son makes a great draft on the vital-
ity, and when spring comes Nature
recognizes the necessity for rest and
opportunity for recuperation of the
vital powers. The advent of warm
weather lessens the demand for heat,
hence the vital fires are diminished
in intensity, the wheels of fire are
slowed a little so that the expendi-
ture of energy may be lessened, and
thus an opportunity be afforded for
recuperation.

An interesting fact which the physi-
ologists have brought out for us, is
the connection between heat and
work. A steam engine utilizes about
one-tenth to one-sixth of the energy
in the coal in work, the balance be-
ing lost in the heat which escapes as
a by-product in waste steam and
other channels. Bodily heat is like-
wise a product of vital work. The
living machine is far finer in the
mechanism of its machinery than is
any human device, and it is shown
to be capable of utilizing in work
one-fifth of the total energy of the
food, the remaining four-fifths being
accounted for in the by-product heat.
When a large amount of heat is re-
quired to protect the body from cold,
the increasing heat product which
occurs naturally increases the dispo-
sition to work and the amount of
work done. From this fact comes
the wonderful energizing influence of
cold weather. Warm weather, on the
other hand, lessens the amount of
heat-production, and at the same
time lessens the disposition to work
and the amount of work done. This
wonderful adjustment of the vital
balance, which is performed automa-

tically by the natural forces of the
body, is essential for our welfare. It
is a means by which Nature prevents
the undue and dangerous expenditure
of the bodily energies.

From the above facts, it is evi-
dent that instead of undertaking by
artificial means to produce a ficti-
tious feeling or appearance of health
and vigor, one should, on the con-
trary, seek to follow Nature's sug-
gestion by refraining from violent
exertion and by the adoption of
such means as will conserve the vi-
tal forces, avoiding an undue expendi-
ture of energy. In other words,
one should never force and stimulate
the system when Nature says plainly
that rest, recuperation, and refresh-
ment are required, and wise is he
who heeds her commands.

On the other hand, there are many
cases in which the spring depression
may be traced directly to overfeed-
ing, a very common practice in the
cold months of the year on account
of the natural increase in appetite,
the excessive use of sweets, rich
foods, confectionery, and various
other unwholesome articles. Such
digressions are often tolerated dur-
ing the winter months, but with the
approach of spring, when there is a
general letting down of the vital
tone, the evil consequences become
painfully apparent.

In this latter class tonics are quite
unnecessary. It is essential that only
the rich and greasy articles of
diet, meats, animal fats, sweets, hot
sauces, and indigestibles of various
sorts, shall be laid aside at once.
The dietary must be conformed to
the natural standard. It should con-
sist chiefly of fruits and grain pre-
parations, particularly bread, toast-
ed wheat flakes, granose biscuit, and
similar foods. Foods which contain
albumin, as milk, eggs, and even
nuts, should not be used too freely.
In many cases, milk and eggs must
be entirely avoided because of the
difficulty experienced by many per-
sons in digesting albumin and the
casein in milk.

In these cases, and in fact, in
most cases in which there is a spring
"letting down," simple tonic mea-
sures afforded by natural healing
agents afford prompt and efficient re-
lief. A light, cold bath taken by
means of a wet towel or the wet
hands every morning, out-of-door ex-
ercise, and the sun bath are ready
means by which substantial benefit
may be secured for this class of
health-seekers.

IRISH LANGUAGE.

A movement to have the teaching
of Irish history introduced in the
parochial schools of the diocese of
Newark has been begun by the
County Board of Directors of the
Ancient Order of Hibernians. At a
parochial schools of the diocese of
Lundy's Hall, it was reported that
the plan had been laid before Bishop
O'Connor.

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dend of eight dollars and a bonus of
two dollars per share of the capital
stock of this institution have been
declared, and the same will be pay-
able at its banking house in this city
on and after Thursday, the 2nd day
of July, 1903.

The transfer books will be closed
from the 15th to the 30th of June,
both days inclusive.
By order of the Board.
A. P. LESPERANCE,
Manager.
Montreal, May 30th, 1903.

Society Directory.

A.O.H. DIVISION NO. 6 meets on
the second and fourth Thursdays of
each month, at 816 St. Lawrence
Main street. Officers: W. H. Lawrence,
President; P. McCall, Vice-President;
Percy J. Quinn, Recording-Secretary,
931 St. Denis street; James
Scullion, Treasurer; Joseph Turner,
Financial Secretary, 1000 St. Denis
street.

A.O.H. LADIES' AUXILIARY, Di-
vision No. 5. Organized Oct. 10th,
1901. Meetings are held in St.
Patrick's Hall, 92 St. Alexander
street, first Monday of each month
at 2.30 p.m., on the third Thurs-
day at 8 p.m. President, Miss An-
nie Donovan; vice-president, Mrs.
Sarah Allen; recording-secretary,
Miss Rose Ward; financial-secretary,
Miss Emma Doyle, 68 Anderson
street; treasurer, Mrs. Charlotte
Birmingham; chaplain, Rev. Fa-
ther McGrath.

ST. PATRICK'S SOCIETY.—Estab-
lished March 6th, 1856, incorpo-
rated 1863, revised 1864. Meets in
St. Patrick's Hall, 92 St. Alexan-
der street, first Monday of the
month. Committee meets last Wed-
nesday. Officers: Rev. Director,
Rev. M. Callaghan, P.P. President,
Hon. Mr. Justice C. J. Doherty;
1st Vice, F. E. Devlin, M.D.; 2nd
Vice, F. J. Curran, B.C.L.; Treas-
urer, Frank J. Green, Correspon-
dent Secretary, John Cahill, Rec-
ording Secretary, T. P. Tansey.

ST. ANN'S YOUNG MEN'S SOCI-
TY organized 1885.—Meets in the
hall, 157 Ottawa street, on the
first Sunday of each month, at
2.30 p.m. Spiritual Adviser, Rev.
Father Flynn, C.S.S.R.; President,
R. J. Byrne; Treasurer, Thomas
O'Connell; Rec.-Sec., Robt. J. Hart.

ST. PATRICK'S T. A. & B. SO-
CIETY.—Meets on the second Sun-
day of every month in St. Pat-
rick's Hall, 92 St. Alexander St.,
immediately after Vespers. Com-
mittee of Management meets in
same hall the first Tuesday of every
month at 8 p.m. Rev. M. J. Me-
Kenna, Rev. President; W. P.
Doyle, 1st Vice-President; Jno.
P. Gunning, Secretary, 716 St. An-
toine street, St. Henri.

O.M.B.A. OF CANADA, BRANCH
26.—(Organized, 18th November,
1873.—Branch 26 meets at St.
Patrick's Hall, 92 St. Alexander
St., on every Monday of each
month. The regular meetings are
held on the 2nd and 4th Mondays
of each month, at 8 p.m. Spirit-
ual Adviser, Rev. M. Callaghan; Chan-
cellor, F. J. Curran, B.C.L.; Presi-
dent, Fred. J. Sears; Recording-
Secretary, J. J. Costigan; Finan-
cial-Secretary, Robt. Warren;
Treasurer, J. H. Feeley, Jr.; Med-
ical Adviser, Drs. H. J. Harrison,
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NOTES

VACATION TIME.—W
dresses and recommend
vices and words of war
is but little left to s
young people, at this s
simply wish them, one
happy and profitable va
going over our exchange
upon the following phr
ever you go for vacatio
away from God." Adm
vice beyond the power
properly appreciate, and
need of any amplification

At first sight it wou
needless warning, for sin
everywhere how could o
from Him? We cannot c
presence, it is true, but
trange our hearts from
Catholic school, be it f
girls, there is always p
means of keeping God in
of drawing closer to Him
out the scholastic year y
regular prayers that are
whether at morning, noon
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calculated both to instru
to God and to impress o
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bounty. You have the c
the door; the sacred in
their inspiring and sugge
toes, the surroundings a
breathe and speak of God
the perpetual, living, an
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God and to closer relat
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left behind; but it is the
lessons they inculcated
put into active practice.
time to carry all these r
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or in your daily presenc
less are you walking und
of God.

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can enjoy your vacation
est, you can repose from
of study, you can have
relaxation and recreation
and still keep close to
there is no more simple
to be faithful to your de
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fer Him every morning t
all its pleasures, its gan
creations, its rest, its jo
relaxations. And all these
come so many prayers, if
in the proper spirit and a
the code of real innocen
close you can offer Him
that you have done thro
day and for the faults y
ted you can ask a pardon

Youth will err, will mi
takes, will succumb to te
but if youth keeps close t
these will be but clouds f
a life-sky, leaving the bl
heaven just as blue and a
as ever—not a trace, scarc
ory of the shadow remain
So, then, we would imp
sentence on all who are
forth to enjoy the long v
summer. And if you do
year will only serve to b
nearer to God and God
you. It will become annu
and easier to drift along t
of goodness; and as the t
sweeps us down like a
rapid to the gulf-below, s
rent of good carries us al
out any great effort on
towards the great and
ocean that is called eter
eternity near to God.