#### Trust in Me.

Ringing through the past comes down the adage, "God helps who helps him-ett."
But the mocking present ever answers
By repeating like a question, "helps himself."

When the days unfold their heavy burdens; When the nights with shadows close around; With deep pitfalls gape, the mountain sum-Are the goals, to which our feet are bound; When some blinding lightning-flash of sor-Dreuches us in flooding rain of tears; And the shuddering, fearful heart is trem

With the dread of coming days and years When no human voice avails to quiet
The tempest in the spirit's surging deeps,
And we're faining with life's longing and

its struggle, O'er the argry waves a silence creeps. Then from out the stillness, with a sweet ress
Like the music of some far-off melody.
Comes a message to the fallirg, maimed and helpiess!
"I have chosen this, thy burden; trust in Me!

Step by step I ever led thee onward.

Strongest held thee when the way was
hard. Bore thy burdens when they grew too heavy, Through all perils still thy safety guard. Help thyself! Dear child, how proud thy weakness;
This thy greatest help, implicit trust in Me. Me, Rest in that, and rise o'er life triumphant, To the glory I have still in store for thee!"

### FIVE-MINUTE SERMONS FOR EARLY MASSES.

BY THE PAULIST FATHERS. Preached in their Church of St. Paul the Apostle, Fifty-ninth street and Ninth avenue, New York City.

New York Catholic Review. 'Ye men of Gailee, why stand we gaz-ing up to heaven? This Jesus Who is taken up from you into heaven shall so

come as ye have seen Him going into heaven. (Acts. chap 1, v. 11)
Our Lord remained forty days on the earth after His Resurrection. Then He secended into heaven from the Mount of olives in the presence of His Apostles. He arose in the air higher and higher, until He disappeared out of their sight has they stood grzing wistfully into heaven, suddenly two men in bright clothing stood before them and spoke the words of the text: "Ye men of Galiles, why atend ye gesting into heaven? This Jesus Who is taken up from you into heaven shall so come as ye have seen Him going into heaven."

career here was over.

The Gospel tells us they returned rejoicing with great joy to the city of Jeru-

What was it that made them rejoice? What was it that made them rejoice?
It was the lively hope which the sight of
the Ascension of our Lord excited in
them. Their thoughts were occupied
with the idea of their own entrance into heaven and eternal happiness with God.
All the sufferings of their Lord and
Master, His sgony and death on the cross,
were over, and now nothing but an immense, indescribable happiness remained mense, indescribable happiness remained for ever and ever. They knew well that great trials remained for them in this life, that they must bear witness, as He did, in hunger and thirst and fatigue and torments, and probably a violent death; but all this they did not care for or think of. It was all a mere trifle and unworthy of consideration in comparison with the

of consideration in comparison with the eternal reward they should surely receive. It was this glorious hope that lifted them up above all fears and anxiettes of this life. The festival of the Ascension is the festival of Hope.

There are three theological virtues by mesns of which we shall overcome the world and arrive at heaven. Faith, Hope and Charity. Faith is the four dation and root of the others. They grow out of faith as the tree grows from its root. Firmly adhering to the truths of the Catholic faith, we hope for the reward of eternal life, and love God, the infinite Goodness and our last end, for whom we were created.

Hope is a supernatural virtue by Hope is a supernatural virtue by which, with a sure trust, we expect from God the reward of eternal life, and all the means now necessary to obtain it. This virtue is the gift of God, planted in the soul at baptism. Now, when a seed is planted in the ground it comes up and it must be cared for, nurtured, manured. must be cared for, nurtured, manured, cultivated so as to grow. So the virtue of hope must be cultivated by us. must exercise it and strengthen it until it becomes a powerful principle within us, ready for all occasions.

This is exactly what many Christians do

This is exactly what many Christians do not seem to understand. They look on the dark side of religion. They think it a virtue to be always melancholy and sad and discouraged. They seem to think God a hard master, exacting of them more than they are able to perform They delight in dwelling on the threatening scainst singers and exaggerate their They delight in dwelling on the inreaten-ing sgainst elinners and exaggerate their own faults, instead of remembering the words of our Saviour, "Take My yoke upon you, for My yoke is easy and My burden is light, and you shall find rest for your souls."

your souls."
These dark and gloomy thoughts on the part of any abristian who is sincerely desirous of serving God are from the devil and not from God. We should not give them any place in our hearts. We must drive them out. It is the part of a must drive them out. It is the part of a Christian to rejoice, as St. Paul sayr, addressing Christians: "Rejoice, and again I say, rejoice." With Job we must say, "though He slay me yet will I trust Him." In the Mass the priest says, "Sursam Corda;" lift up your hearts; and the people say, "Habemus ad Dominum." "We have lifted them up to the Lord."

Hope is the anchor of the soul, as the

follow. "For the

OUR BOYS AND GIRLS.

Many people seem to forget that character grows—that it is not something to put on ready made with womanhood or mauhood; but day by day, here a little and there a little, grows with the growth and strengthens with the strength, until, good or bad, it becomes almost a coat of mail. Look at aman of business—prompt, reliable, conscientious, yet clear headed and energetic. When do you suppose he developed those admirable qualities? When he was a boy. Lat us see how a boy of ten years gets up in the morning, works, plays, studies, and we will tell you just what kind of a man he will make Many people seem to forget that charworks, plays, studies, and we will tell you just what kind of a man he will make The boy that is too late at breakfast, late at school, stands a poor chance to be a prompt man. The boy who neglects his duties, be they ever so small, and then excuses himself by raying, "I forgot; I did not think!" will never be a reliable man; and the boy who finds pleasure in the suffering of weaker things will never be a noble, kind man—a gentleman.

TRUE HAPPINESS.

Many young persons are ever thinking over new ways to add to their pleasures. over new ways to add to their pleasures. They always look for more "fun" more joy. Once there was a wealthy and powerful king, full of care and very un happy. He heard of a man famed for his wisdom and plety, and found him in a cave on the borders of the wilderness. "Holy man," said the kirg, "I came to learn how I may be happy." Without making a reply the wise man led the king over a rough path, till he brought him in front of a high rock, on the top of which an eagle had built her nest. "Why has the eagle her nest yonder?" "Doubtiers," answered the kirg, "that it may be out of danger." "Then imitate the bird," said the wise man; "build thy home in heaven, and thou shalt have peace and heaven, and thou shalt have peace and happiness."

THE PIQUANT STORY. Don't listen to it, girls. It may be very amusing, it may cause you to laugh, but when you remember it afterwards a blush when you remember it allerwards a blush
will certainly come, not only over your
face, but in your heart. Listening to
stories the wording of which and the
meaning of which are not nice, is the first they understood that they should see like to write it down and submit it to Him no more on the earth, that His your mother. I don't believe it would 'and this test, and, unless it would, don't

A TEST OF GOOD DEEDS. A king had grown tried of the many trials of skill and strength he saw, and said he: "I will have test of good deeds, and see if that will set people to thinking and see if that will set people to thinking in the right way." So a certain day was set for the trial, and the one that won the prize was to choose what he liked best. One by one the people were let in the king's palace to tell him what good thing they had done. Lest of all came a little girl, with her mother. "Well, little daughter," said the king, "what good deeds can you claim?" "I had no time to do good deeds, for my mother is so busy that I have to feed the chickens, pick up chips, sweep the porch, set the table and play

I have to feed the chickens, pick up chips, sweep the porch, set the table and play with the baby to keep him still; I wanted to try for the prize, but I had no time." The king told the little girl that the prize was hers, and she could have what she wanted. She chose a wagon for the baby to ride in. How many boys and girls are doing the good deeds that this little girl did?

apology of any kind being offered or even thought of.

thought of.

Brothers and slaters have become lifelong enemies from small beginnings.
Bitter quarrels have resulted from some
unpremeditated, but nevertheless cruel
injustice. Relatives imagine themselves
privileged to criticize as no stranger
would dare to do. Now this is all wrong.
Beathers and staters should speak words they have actually dared to allow the children in three counties in Eustern Ontario to be taught partly in French, the language of what he terms a comparatively allen people. And I believe there are some counties in Eastern Ontario where French is actually spoken in schools. Now, gentlemen, if we Canadians wish to educate our children, is it necessary that these children should be debarred from acquiring any knowledge whatever until it is filtered through the English tongue? (Cheers.) The next thing we will have is. Brothers and sisters should speak word of praise and encouragement. Leave others to do the disagreeble—it will be done, never fear. Be as courteous at home as you are abroad. Respect your home and family as you wish to be respected. Don't save all your smiles for strangers, and all your frowns for your

Love your brothers and sisters, remembering always that love begets love; you will never regret the kindness you have shown, while your thoughtlessness and ndifference to your own may reap bitter harvest.

TRAIN YOUR TEMPER IN YOUTH. TRAIN YOUR TEMPER IN YOUTH.

The cool man is the strong man, the popular man and the great man. We always associate coolness with bravery and we can not imagine a truly courageous man in a high state of excitement, roaring out what he is going to do. There may be persons who are boasters and fighters at the same time but the combination is certainly rare.

bination is certainly rare.

Perhaps you remember reading about the French soldier who jocularly spoke of

question before coming to a decision, and, as a rule, it saves hours and perhaps days of after vexation.

The man who loses his temper is not always in the wrong, but to the onlooker he always appears to be wrong.

When two persons engage in an argument or debate the one who keeps his temper will always invariably get the best of it.

temper will always invariably get the best of it.

Why do the utterances of a judge have so much weight with a jury? Because he keeps his temper. The lawyers may be ever so vehement, pathetic or angry, but the judge must be calm and cool, or he is not fit to be a judge.

Boys and girls are men and woman in miniature, and youth is the time to form the habits of after life.

"Think twice before you speak once" is an excellent rule for your guldance. To keep your temper you cannot afford to speak hastily.

If for no other reason, you should keep your temper on the score of good health. Choleric people are rarely long. lived. People have been known to die in a fit of anger, while no one ever heard of a death caused by being too placid.

Nothing will preserve good looks to old age like a good temper. The irritable, quarrelsome person is always wrinkled and distorted in visage as well as mind, and the only way to avoid these terrors of old age is to keep your temper.—

Golden Days.

A MANLY CATHOLIC.

MR NICHOLAS MURPHY, Q. C, OF

TORONTO, DELIVERS A STIRR-ING ADDRESS. From the Irish Canadian. It gives me a great deal of pleasure to It gives me a great deal of pleasure to renew my acquaintance with the electors of the County of Peel. Twenty-five years ago I spoke in this place in favor of the Hon. John Hillyard Cameron. favor of the Hon. John Hillyard Cameron.

I was a good C.n. ervative then; I am a
good Conservative now, although I oppose
Mr. J. L. Hughes; and the resson why I
oppose him is not a personal one. I have
the highest respect for Mr. Hughes personally, for his ability; I know he has
been Inspector of schools in Toronto for
some time; and I know there is no more
thorough Inspector in the Daminion of thorough Inspector in the Dominion of Canada. But, gentlemen, I do not admire the platform of Mr. Hughes; and, gentlemen, Mr. Gordon, who addressed you so elequently in the interest of Mr. Hughes, and who was so entirely Erglish in his statements to you to night, has forgotten one thing—and that is, that Canada and Canadians have had something Canada and Canadians have had something to say in building up this fair country of ours; that Canadians have surmounted many difficulties, and have borne themselves nobly as well as Englishmen. The celebrated defence of Kara was conducted by a Canadian, Sir William Fenwick Williams, known as the hero of Kara. (Cheere). And Mr. Gordon has also forgotten to tell you that Irishmen have had something to say: that in the time of ten to tell you that Irishmen have had something to say; that in the time of danger they have given a good account of themselves; and their loyal support at the polls should not be ignored or forgotten by the great Conservative party, which they have so often helped to victory. (Cheers.) Now Mr. Gordon has spoken of three Counties in the eastern part of this Province, and he has accused the Hon. Mr. Mowat of pandering to the French language for the paltry consideration of the votes of three members. His words were, as I remember them—"I charge were, as I remember them—"I charge them (the Mowat Government) and I defy them to deny it, that in three Countles in the Eastern part of Ontario the language of the Counties is not the Eaglish lan-The king told the little girl that the prize was here, and she could have what she wanted. She chose a wagon for the baby to ride in. How many boys and girls are doing the good deeds that this little girl did?

MAKE FRIENDS AT HOME.

Many boys and girls are very anxious to make friends among strangers while no pains are taken to make friends of those at home. Father, mother, brothers, and is siters, all seem to be beyond the pale of friendship. They may be slighted and insulted with impunity; no courtesy nor respect is paid them; they are expected in the months and the make up" at a moment's notice, no to "make up" at a moment's notice, no to make at the English language to the metal and a loyal people, who up to make at the total and a loyal people at the sate of the counties the

(Cheers.) The next thing we will have is, that the priest will have to say the Mass in English.

A voice—That would be better.

Mr. Murphy—You might understand it better then, and appreciate it more, and perhaps be better able to appreciate your Roman Catholic fellow-countrymen. But the universal language of the world among nations will not be changed in the Catho-lic ritual; for the Canadian Catholic, should he travel the world over, can go to any Catholic church in any land and hear any Catholic church in any land and hear the same service in the same language as he heard it when, with his wife and family, in his own free Canada, he attended his village church or cathedral to worship his God. (Cheera.) The child at the mother's knee (no matter what that mother's natural tongue might be) will have to learn his prayers in English; and if the mother does not speak English, the child is to be brought up a heathen. That is the natural outcome of the platform "though He sisy me yet will I trust Him."

The Mass the priest says, "Gursam In the beauth of the shower of sand cast by a cannon-ball state of the storm rage as it who put a Lieutenant under arrest, not because he pulled a pistol on him, but because he pulled a pistol on him, but because he pulled a pistol on him, but because he priest says, "Gursam In the Mass the priest says, "Gursam In the Mass the priest says, the succession of the Storm rage as it who put a Lieutenant under arrest, not because he pulled a pistol on him, but because he pulled

The gallant Captain has made what he no

doubt considers a grave charge against the present Government of Oatario—that they have actually dared to allow the

dice. (Cheers). Now, gentlemen, my time is pretty near up; and I will just say but a few words more. We all have a place where we live; we all have a home around which the effections of the heart centre. It matters not whether it is the grand mansion on the hill, where the successful merchant rests after the the successful merchant rests after the battle in the busy commercial mart; or whether it is the log house in the back woods, where the hardy pioneer, the bickbone of our country, is hewing out an estate for himself and his children—that spot is home; and we all love that home; we wish that home to be surrounded and protected by the laws we make ourselves. Let us be careful whom we send to frame or improve these her to put down the rebellion there; the name of Chateauguay, where French-Canadians bore themselves bravely, as Frenchmen can, will ever live in Canadian history. Rebellion could not live among a brave and a loyal people. No cry of race or creed then; no cry of the language of a "comparatively allen people" then; the only cry, union for the common weal. (Chears.) Veg. and there was a time, too. whom we send to frame or improve these laws; let us send men to our legislative (Cheers) Yes, and there was a time, too, at Prescott, when the smoke of battle rose over the waters of the St. Lawrence, when laws; let us send men to our legislative halls to do justly and act well their part—to see that the sons of Ireland, of Scotland and of France are protected in all their rights as British subjects, as Canadians, and let the question of creed or race be regelated to those who wish to perpetuate strife; let us acquit ourselves as men and as fellow Canadians. Here in Canada we are of the same the lavaders came from the other side of the water. Then there was no talk of creed; no talk of allen people allen to England, no; there was no faltering, no lip loyalty then on the part of the expa-triate Scotch Roman Catholics; Glengarry showed her loyalty in action, not in empty words; she told the daring invader that she preferred to live under the old flag with whose history we are so much identi-fied. The McDonalds rallied under the as men and as fellow Canadians. Here
in Canada we are of the rame
blood; the same blood courses through
the veins of fair women and brave men,
Canadians all. Let us make a home, a
true home, for those fair women that we
will be proud of. Do away with all this
question of greed and race; then we will fied. The McDonalds rallied under the old standard; St. Andrew was to the front, as of old, and gallantly the McDonalds strove to drive the invaders back. Opposed by greatly superior numbers, they were gradually being driven back, fighting shoulder to shoulder; no dream of retreat, but a stubborn stand for home and country, yielding only to superior force and but by inches at a time. They were almost overpowered, and the day was almost lost, when a Priest—a McDonald, worthy of the old G'encoe stock he came from—with a crucifix in his hand sprang to the front, question of creed and race; then we will have a Canada, our home, worthy of the nation from which she sprang, worthy of those who came here to hew out a home for their descendant—where the Rase, the Thistle, the Shaurock, and the Fleur-de-lis will form a garland worthy of our common country, and make a name for this Canada of ours in the history of the the world. (Prolonged and enthusiastic

the old G'encoestock he came from—with a crucifix in his hand sprang to the front, and gave the slogan cry—"Come on, McDoralds, show yourselves worthy of your name, or your mothers will spit upon you." Need I say that the invaders had speedily to retreat before the McDonalds, led by their loyal and patriot pastor? (Loud cheers.) These are some of the records of Catholic loyatry. But it is that we are loyal to a foreign potentate. The Pope has no more to do with my IN CATHOLIC SPAIN. Catholic Spain still keeps up her traditions of Holy Week. When the clock strikes ten on the morning of Maundy Thursday, all carriage, cart, and tramway traffic ceases, even in Madrid, and the capital becomes a silent city until the clock strikes ten on Holy Saturday and the bells of the churches "return from that we are loyal to a foreign potentate.

The Pope has no more to do with my loyality, or with any Catholic's loyalty, than I have to do with what is going on in Italy in civil matters. The Pope, if referred to, would teil me it was my duty to be loyal to the Crown, to be true to the country that sheltered me, to obey its laws; and there is nothing to do whatever between loyalty to Great Rome," as the popular saying has it, to announce the Gloria at High Mass. All classes and conditions are seen going about Thursday. At the doors of churches ladies of the aristocracy and the middleclarges stand with plates and velvet bags to collect alms for the poor and for charitto do whatever between loyalty to Great British and loyalty to the British Crown able institutions. "The uglier sex," as Spaniards call them, are bound to go and spaniaros call them, are bound to go and show themselves generous at these charit-able appeals, if they wish to be treated well at five o'clock tess and receptions for the rest of the year. The init length has the Catholic Church inculcates loyalty.

(Cheers.) Then, when that is the case, why have we to differ at all? Why do I, a Concervative, come upon this platform and, although cast such a gloom over Madrid society this winter, and so many people are in a Conservative, say I cannot support the clever candidate you have? Simply be-cause I am a Conservative; and I tell you that Lenten sermons and religious ceremonies have been of late far more crowded than drawing rooms. this, gentlemen, the chances of Mr. Meredith and Mr. Mowat do not amount to a hill of beans in the face of the dangers

and the Catholic Caurch, excepting that

that are coming. I quite agree with Mr. Gordon that the time is one that is fraught

with dauger, and you can almost hear the muffled rattle of the drums commencing

to sound for a terrific European war. In that time Great Britian will be found taking her part as a nation, as the fore most amongst the nation; she will be

drawn into the war; and the time will come when our French fellow country-men will be asked to don their uniforms

and turn out in defence of the British Crown. (Cheers.) Will their "en avant"?

welcome then than that of our

be less welcome then than that of our French allies in the Crimes, when under Bosquest they turned the tide of battle and capped the heights of the Alma? (Cheers) Why should we try to disturb them in their rights, as British subjects; why should we interfere with their tongue, with their language, in any way whatever? They have got to manage their own affairs in Quebec; we must manage ours here; and we will allow French children to be educated — yes, educated in the English language to them by the medium of their mother tongue.

united and a loyal people, even if French children are allowed to talk their mother tongue, and acquire English through that medium. (Cheers) And we do not want

medium. (Cheers) had we do not wasted any firebrands amongst us either, such as Mr. Hughes, whether he appears in the garb of a school inspector or wearing clerical cloth; we not want them to create dissension and strife as they are now using

dissention and strite as they are now using their best endeavors to inaugurate in this Province. No, our object is to have a united Canadian people. (Loud cheera.) There was on one occasion a poet, who wrote—and he wrote many good things—

and I cannot better illustrate what I am

trying to convey to you than by reciting a few of his verses :

Your glass may be purple, and mine may be

blue
But, while they are filled from the same
bright bowl
he fool that would quarrel for difference of

Shall I give up the friend I have valued and

erves not the comfort they shed o'er

The robbery of churches is still kept up by the Italian Government. The most recent which has been perpetrated is that of the grand old Cathedral of Monza, which contains the renowned iron crown used in the coronation of thirty-four kings of Lombardy. It was built in the fourteenth century on the site of a former kings of Lombardy. It was built in the fourteenth century on the site of a former church founded by Queen Theodolinda, and is a fine specimen of the Lombard Gothic architecture. In a casket set in the high altar crucifix is the iron crown of Lombardy. This is a hoop of gold studded with jewels, and is lined with a strip of iron, said to have been beaten out of a nail from the True Cross of Christ, brought from the Holy Land by the Empress Helena, mother of Constantine. It was last used at the crowning of Charles V. of Napoleon in 1805, and of Ferdinand I. In 1838. The iron crown was taken by in 1838. The iron crown was taken by the Austrians in 1859, but when peace was declared in 1866 the treasure was restored. The church also possesses scores of costly and sacred relics.

A Boon To Mankind. The quickest, surest and best remedy for rheumatism, neuralgia, lumbago, sore throat, soreness and lameness, is Hagyard's Yellow Oil. It quickly cures sprains, bruises, burns, frostbites, chilblains, etc. For croup, colds, quinsy, etc., t

drops on sugar, and apply the oil externally also, when immediate relief will result. also, when immediate relief will result.

Mr. W. J. Lang, Bethany, Ont., writes: I was one of the greatest sufferers for about fitteen months with a disease of my ear similar to ulcers, causing entire deafness. I tried everything that could be done through medical skill, but without relief. As a last resort, I tried Dr. Thomas Eclectric Oil, and in ten minutes found relief. I continued using it, and in a short time my ear was cured and hearing completely restored. I have used this wonderful healer successfully in cases of inflammation of the lungs, sore throat, coughs and colds, cuts and bruises, &c., in fact it is our family medicine.

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Well Adapted. The effective action on the glandular system and the blood, and the general regulating tonic and purifying action of B. B., especially adapt it for the bilious, nervous, costive or scrotulous. From 3 to 6 bottles will cure all blood diseases, from the soul.

Shall I ask the brave soldier who fights by
my side
In the cause of mankind, if our creeds common pimple to the worst scrofulous

Mr. C. E. Riggias, Beamsville, writes Shall I give up the friend I have valued and tried

If he kneel not before the same altar with me
From the heretic girl of my soul should I fly,
To seek somewhere else a more orthodox kiss
No-perish the hearts and the laws that would try
Truth, valor, or love by a standard like
This.

Mr. C. E. Riggias, Beamsville, writes:
"A customer who tried a bottle of Northrop to the best thing he ever used; to quote his own words, 'It just seemed to touch the spot affected.' About a year ago he had a uttack of bilious fever, and was afraid he was in for another, when I recommended this valuable medicine with such happy results."

Everyone Should Try

this.

(Cheers.) Now, with regard to this lan gage that is so objectionable to Mr. Hughes and others in sympathy with him—this French language—gentlemen, it was the language that brought civilization and Christianity among the red men here; among the red men of the north shore of labe Superior; it was through that language that language that language that language the state of the superior; it was through that language that the superior is the superior of the superior. To secure good health. The great speci-fic for all diseases arising from disor-dered stomach, such as overflow of bile, sick headache, loss of appetite, nausea, Due, sick neadache, loss of appetite, nausea, palpitation, in ligestion, constipation and all blood diseases, is Burdock Blood Bitters, Hundreds of people owe their health to B. B., nature's regulator and tonic. THE RED COLOR of the blood is caused by

the Iron it contains. Supply the iron when lacking by using Minard's Beef, Iron and Ill fitting boots and shoes cause corns Holloway's Corn Cure is the article to use Got a bottle at once and cure your corns "MANY MEN, MANY MINDS," but all men and all minds agree as to the merits of Burdock Pills, small and sugar-coated.

STUBBORN CHILDREN readily take Dr. Low's Worm Syrup. It pleases the child and destroys the worms, Minard's Liniment cures Colds.

## Catarrh

S a blood disease. Until the poison is expelled from the system, there can be no cure for this loathcome and dangerous malady. Therefore, the only effective treatment is a thorough course of Ayer's Sarsaparilla — the best of all blood purifiers. The sooner; the better; delay is dangerous The sooner you begin

the better; delay is dangerous.

"I was troubled with catarrh for over two years. I tried various remedies, and was treated by a number of physicians, but received no benefit until I began to take Ayer's Sarsaparilla. A few bottles of this medicine cured me of this troublesome complaint and completely restored my health."—Jesse M. Beggs, Holman's Mills, N. C.

"When Ayer's Sarsaparilla was received."

Beggs, Holman's Mills, N. C.

"When Ayer's Sarsaparilla was recommended to me for catarrh, I was inclined to doubt its efficacy. Having tried so many remedies, with little benefit, I had no faith that anything would cure me. I became emaciated from loss of appetite and impaired digestion. I had nearly lost the sense of smell, and my system was badly deranged. I was about discouraged, when a friend urged me to try Ayer's Sarsaparilla, and referred me to persons whom it had cured of catarrh. After taking half a dozen bottles of this medicine, I am convinced that the only sure way of treating this obstinate disease is through the blood."—Charles H. Maloney, 113 River st., Lowell, Mass.

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