### The Sanctuary Lamp (Written for The Catholic Bulletin

Oh sanctuary lamp! deserving all our praise. For watching through the night

with prayerful rays Of light and heat: like soul, wit grace made pure, Consuming self with love, ye doth endure.

Thou art more angel-like than rising sun, The task that's thine was neve

left undone, The task? Tis bliss to join th angels there, Who watch with thee in sweet-

est, silent prayer. The night has come and men enjoy Or for some earthly goods their

watch do keep, But thou alone, thou faithful one, dost know

How many graces from the altar deadly sin Ere death prevents, at last God's

chance to win priest-so nigh To God and souls, passing by.

with joy, Will serve the priest-He's called the altar-boy;

as snow Receive their living God with arms.

love aglow. The bridal couple enter 'neath thy

With motives pure and hope that's always bright; The lifeless body, too, doth lie near thee,

And asks from outer darkness to be free. Intent upon the altar and its ed joy. I never reached either

rights, lonely nights;

With all thy glory, I wouldn't change with thee.

### Across the Sands.

BY MARION AMES TAGGART in Benziger's Magazine. (Concluded.)

head on hers, pressing her cheek hight in contemporary literature. against his lins soundlessly, while his tears rained upon her. Then widening, her color mounting. An he looked at Margaret, unasham- author was to her, living aside

feel the pain with which she recognized the end of her brief possession of this Blessing. "It is wonderful that she is

here," she said. "So small a thing to be washed up by the sea!"

she is so light. Yet I cannot my arms in the lifeboat. She was washed out of them-" Again he broke off, shuddering. Were there—Have you other

home on account of ter. Her father wanted her brought home to the States. I have sent the coastguard back to tell my mother he saw the baby here in your arms he had a glass. Little Blessing—Little Blessing!" He stopped his staccato recital to crush the child's Margaret's face. face against his spain and low

"It is wonderful!" cried Man ed, grief-worn man above

"You're young!" he "They told me an elderly wome lived here alone. You're youn and all mother!

"I live alone; I am not married," said Margaret, flushing. "Nor am I young. I'm thirty-four."

"I'm thirty-eight; we're both young! Oh dear God, how can I thank Thee that I am not stricken old this morning?" He lifted his head toward heaven as if the and reverently made the sign

All Stuffed Up from estarth, especially in the morning.

Great difficulty is experienced in clearing the head and threat.

No wonder catarrh causes headache. impairs the taste, smell and hearing pollutes the breath deranges the stom ach and affects the appetite.

To care catarrh, treatment must be constitutional—alterative and tonic. "I was Hi for four months with catarrin the head and threat. Had a bad courand raised blood. I had become discouraged when my husband bought a bottle of Hood's Sarsaparilla and persuaded m to try ft. I advise all to take it. It have and built me up." Mas. House R. Dolff, West Liscomb, N. S.

Hood's Sarsaparille

the cross upon his breast. "And how shall I thank you? he added looking down on the slender woman before him.

"I did nothing; only took her in. It was most beautiful to have her, even a little while. They must have known the kind of child she would be when they named her Blessing," said Mar-garet wistfully.

"They didn't. She is baptized To wash some dying soul from Elizabeth. But she is a blessing that's all," said the man. < "Yes. Nothing so precious ever

came to me across the sands be-Thou must be like a pleading fore, and I've watched these sands all my life. She came walking across them as if she had been dropped from paradise. I thought The little youth, thou look'st upon perhaps she had-for me," said Margaret.

The stranger looked at her thoughtfully. Blessing, catching The little ones with souls as white the note in Margaret's voice, leaned toward her out of her David's

> "I love you," she cooed in a voice all sweetness. "You will miss her," said David slowly. "You want her, too."

"I shall miss her, yes. But she is not for me, after all. It will be like a dream. Once, when I was a child, I saw the shadow of an angel far up the sands. I followed it, quivering with excit-

Alone, thou art with God those that angel; the shadow broke into many shapes before I came up Were I a priest, with God so with it. It was a passing cloud. Blessing's visit will be like that,' said Margaret sadly, though she

"Not like the shadow of loud," said David, regarding her with an expression that she could not translate. "Let it be per your love. Won't you be her knew you for the friend whom I The man lifted her and held have long known was somewhere her so close to his heart that for me. I am David Gilbert." He mentioned the name that ranked

Margaret started, her eyes from the main-traveled roads of "I thought -I thought-" he life, not much less wonderful a visitor than would have been the angel which she had seen shadow-

"David Gilbert!" she gasped.

"Oh, I love what vou write!" "Love my writings, love me!" David Gilbert laughed, bending on her eves that danced with mischief, yet were warmed by somehing quite different. "Surely one's writings ought to be equal to a dog in logical sequence! Even quence. This is a beginning,

solitary little lady-of-the-dune you whose eyes forbid solitude." Margaret looked up at him, her hands lying still in her lap, palms

Margaret's face.
"What a day!" David barst forth.
"To find my Blessing and in your

new that it would prove true.

"I am glad you came to me cross the sands," said Margaret HAD CHOLERA ing. "They have been my one nighway my life long. I felt ure God set me down beside them for a purpose. See how beautiful

hey are in the sunlight after the

They turned and faced them Margaret holding little Blessing, whose soft cheek pressed hers The sands gleamed and flashed i jewel colors and both the man and woman felt the significance that ay in their facing of the east, the

## ource of beautiful days to come. The Laugh Cure.

The habit of frequent hearty laughter will not only save you many doctor's bills, but will also save you many years of your

There is good philosophy as well as good health in the maxim, Laugh and grow fat."

Laugh is a foe to pain and disase and a sure cure for the blues," melancholy and worry. Laughter is contagious.

Laughter is nature's device for He hears of your denunciations.

glow to the whole system.

yawning and stretching aid cir- into your home he will go to the culation, brings certain muscles bottom of his heart for tender into play that bring back the expressions of love for the depart blood into active circulation. This ed one and condolence for the ones ame authority also says that who are left to mourn. hange of interest or work often rings relief from fatigue and cites Minard's Liniment Co., Limited. xamples were girls coming home rom a tiresome day in the shop office complaining of fatigue Rheumatism and Sprains, as I dance and do not complain the cellent results. least bit of feeling tired after dancing several hours, proving nay be, a change of scene or thought gives relief, by bringing lifferent muscles into play through

## I Believe In My Job

more, it is God's job for me He has a purpose in my life with eference to His plan for the world's progress. No other fellow an take my place. It isn't a big place, to be sure, but for years world's work. I could take n other man's place. He has the same claim as a specialist that I make for myself. In the end, th nan whose name was never hear lived; or the shop in which worked, may have a larger place than the chap whose name ha job. May I be kept true to the which lies before me-true to myself and to God, who intrust ed me with it.

## The Editor and You.

If he should knock your be rse a grudge again

that your daughter has graduated. He praises her to the sky, says

# INFANTUM

### Boctor Said He was In a Very Dangerous Condition.

Joe, then a year old, was taken sick with cholera infantum. He was so bad the waste matter from the bowels looked as if it had come from a broken boil. I sent word to the doctor who was at a neighbor's, about a mile distant, and he said my boy was in a very dangerout condition. He sent me some tablets which made the child vomit, and when he learned that they caused vomiting he sent me more tablets to stop it. In the meantime I had been giving Dr. Fowler's Extract of Wild Strawberry, which I continued using, and when the bottle was all used my baby was cured. I though it only fair to let you know about it." Joe, then a year old, was taken sick with

berry has been on the market for the past 70 years, and is known from one end of Canada to the other as a positive cure for all bowel complaints. When you ask for "Dr. Fowler's" be sure you get what you ask for as there

heerful and you make everybody the smartest thing on earth and that her parents have just cause around you happy, harmonoius to be proud of her. You can mark Laughter and good cheer make your paper refused -stick it back ove of life; and love of life is half in the office and boast of the fact to your friends, humilating him if Use laughter as a table sauce: you can, but if your son gets into sets the organs to dancing, and trouble, rather than hurt your thus stimulates the digestive pro- feelings he suppresses things connected with the unfortunate case Laughter keeps the heart and at the risk of being called a numbface young, and enchants physical skull who can never get hold of

exercising the internal organs and feels the sting of it all and somegiving us pleasure at the same times suffers financial loss as a It sends the blood bounding columns of his paper to get even. through the body, increases the On the other hand if you have espiration and gives warmth and anything to boost, he will boost A noted lecturer on rules for you, he takes local pride in heraldhealth is quoted as saying that ing it abroad, and if death steals

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