Feast of the Sacred Heart.

Two lights on a lowly altar; Two snowy cloths for a Feast; Two vases of dying roses. The morning comes from the east With a gleam for the folds of the vestments

And a grace for the face of the priest

The sound of a low, sweet whisper Floats over a little bread, And trembles around a chalice, And the priest bows down his head O'er a sign of white on the altar-In the cup-o'er a sign of red.

As red as the red of roses, As white as the white of snows But the red is a red of a surface Beneath which a God's blood flows And the white is the white of a sun-Within which a God's flesh glows

Ab ! words of the olden Thursday ! sure to go home with a headache. Ye come from the far-away! Ye bring us the Friday's victim In his own love's olden way. In the hand of the priest at the altar His Heart finds a home each day.

The sight of a Host uplifted ! The silver sound of a bell! The gleam of a golden chalice. Be glad, sad heart ! 'tis well; He made, and He keeps love's promises, With thee, all days to dwell.

From his hands to his lips that tremble.

From his lips to his heart a thrill, Goes the little Host on its love path, Still doing the Father's will; And over the rim of the chalice. The blood flows forth to fill.

The heart of the man anointed With the waves of a wondrous grace A silence falls on the altar-An awe on each bended face-For the Heart that bled on Calvary Still beats in the holy place,

The priest comes down to the railing. Where brows are bowed in prayer In the tender clasp of his fingers, A Host lies pure and fair, And the hearts of Christ and the

Christian Meet there-and only there!

Oh! love that is deep and deathless Oh! faith that is strong and grand! Oh! hope that will shine forever, O'er the wastes of a weary land!

> FATHER RYAN. Good Health.

view makes the following observa-

Good health is so important, especially to a woman, that it is well worth a great deal of hard work to acquire it and to keep it when you have it. No one woman in a hun-Tommy's aunt had consumption. terrible. His uncle was insane. You may as well let the poor youngster have the best time he can, give him anything be wante, and make him happy while he's with you, for you will never raise him.

Women who talk like that to young mothers-and there are a lot of tactlese, well-meaning folks in the world-ought to be shown the door, if it weren't for burting their feel. ings. The best way perhaps is to let what they say go in one ear and out of the other se quickly as possible. As a matter of fact most babies are born healthy. And if they are in charge of wise mothers. who have trken the trouble to learn the best ways of feeding and dress ing and bathing and airing them, they will stay well. The care a of sod houses. Some are wholly baby gets during his first two years usually determine his future heal h. in a hil side and fronted with a wal Of course there are constitutional differences. One baby will stand more wrong treatment than another, but a baby with a weak constitution will grow strong and healthy under proper treatment while another, with an iron constitution, will suc cumb to a drink of soda water or s little bite of pork and cabbage giver him by an indulgent but thought. We like best to call less mother.

After one is grown up, absolutely perfect health is not to be expected.

The mere fact of living and working wears us out. Even for the most to the nerves, its action is that and headache and mean feelings. With care, however, and an understanding of what is necessary to joe and fr.ee; all druggiese.

In the first place if you want good health you must think health and not sickness. Our minds have more to do with cur physical condition than we are apt to believe. If you are constantly thinking about your symptoms and discussing the details of disease you are sure to feel out of sorts vourself. Sickness is a stock subject of conversation with many women. Aunt Bride knows several households where callers are entertained with an account of all the sickness in the neighborhood, with all the details, and some exaggeration. Then follows an account of the narrator's own symptoms, her fears that she is going in the same way as her aunt, who had something awful, and so on as long as you stay. Aunt Bride has learned to avoid such bouseholds, except when her spirits are at the top notch and she can see the humor of it. O herwise she is

Don't talk sickness with any body except your doctor. At sanitariums, where they understand such things, patients are forbidden to discuss their symptoms or to talk about ill health. Books and pleasant views and other diversions are pre-ided to keep their minds off their physical condition. Learn to talk about pleasant things.

While it's of first importance not to talk about your symptoms, thinking about them is almost as bad. Interest yourself in something outside yourself, get busy at some absorbing work. If you have leisure do embroidery, ride a wheel, study trees and birds, raise flowers, join a society which meets regularly to do some good work.

If you have anything serious the matter with you, go and see a good doctor at once. But if you simply don't feel well, try what a little work for health will do. Proper exeroise, fresh air, the right diet, deep breathing and cold baths will do much to restore your vigor. Take long walk, or a ride on your wheel every day. If you can't do that. cultivate a few flowers. Don't get some one else to do the digging. Spend an hour at it yourself every day. Take deep breaths of fresh air the first thing in the morning, the last thing at night, and whenever you think of it during the day. Christ's heart finds an earthly heaven Begin the day with a cold sponge In the palm of the priest's pure bath. Don't sleep in the underclothes you wear during the day. Be careful of your diet. Eat plain d Cut candy sods water pie, and fried food of all kinds from A writer in the Sacred Heart Re- and vegetables, bread and butter, cereals and milk, very little meat. Use no offee or tea.

Modern Cave Dwellers.

Houses built of chunks of sod out from the prairie still abound in redred ever thinks of health as some- moter parts of the Western plains, thing to be worked for just as we but are nowhere nearly so numerous work for education or culture or as they were a generation ago, acmoney. It's not easy as a rule to cording to a writer in the Pilgrim. bring home to the average woman The extension of the railroads, with that whether she has good health or the lessening of transportation rates ill health depends almost entirely on for lumber and building materials, herself. A chila's health rests and the gradual effacement of the largely on the intelligence of the border-lines of civilization have betgrown-ups who have him in charge, tered the condition of the Western He has very little to say about the pioneers nowadays. Thirty years clothes he wears, the fcod he eats, ago, when families went with ox the air he breathes, or the healthful teams and prairie schooners out upon ness of his surroundings. All these the vast lonely plains to settle upon are left to the whime or the good Uncle Sam's free farms in texas. sense of his elders. Heredity cuts Kansas, Nebraska and the Dakotas. a figure, of course, but it doesn't the only material for home building count nearly as much as many wo- was the virgin sods of buffalo grass, men imagine. To hear these women and of that there was always enortalk you would think children had mous abundance. The winning of no show for good health at all. the West was accomplished by dwellers in sod houses. Many white His grandfather on his father's side baired men and women in the West had rheumatiem. There was his point with pride to a caved-in ruin great aunt Susan, she bad scrofuls of a but or a sod house athwart a hillside as the scene of their first battle for making the plains prosperous and civilized. On a fenceless plain farm a sod

> The eye wanders over great level stretches of corn and wheat fields. across a sparse collection of cottor. wood trees, a rude coral of horses and cattle and a few squat outbuildings with sod roofs, but no farm dwelling is in sight. However, if one looks longer he will see, away on at the base of a low bill, a spiral of smoke emerging above as earthly protuberance. More careful gezing will revesl a little square window in the clump of earth and a primitive wooden door close behind the window. This is the sod house of the plainsman. There are several styles dugouts—that is, a chamber scooped of cakes of sod in which a window and dopr of rudest construction have been le'. Some are half dugouts -that is, a low sod bouse built about a chamber dug in a low bill. Then there is a sod house simple. It is close to a hill and is constructed of

house is an inconspicuous object.

Consideration

SCOTT'S EMULSION a food because it stands so em-

cut in the dirt walls.

itive occupied by white people in their priest, whoever he happened Americs, but it serves the purpose. to be." The floor is bardened earth, and in wet weather there may be pools of part of the earth-banked roof. The rooms inside are economical in saving space. Sometimes a more prosperous and ambitious pioneer on the plains will have a sod house of three tiny rooms, and mayhap a dugout in the hillside at the rear for the storage of supplies for the family and heaven upon our city." the cattle.

A "Calvary" Dedicated in Treguier, Brittany.

(Sacred Heart Review.)

It will be remembered that the rench Government lent the full proe of its power and prestige to the theistic demonstration which ocurred in Treguier, Brittany, on the occasion, last year, of the unveiling of the Renan Statue. So it was not at all inconsistent for the same Government, on the recent dedication of a Calvary in Treguier as a protest in Catholic belief and sentiment against the statue of an athiest forced upon the community, to make a great display of military force in order to intimidate the Catholic people. A regiment of infantry, a regiment of s. a large force and a battery of artillery, were quar. your bill of fare. Eat plenty of fruit | tered in the town, ostensibly for preserving the peace, but those who have given even a little study to the machinations of anti-clericalism in France know that the troops were there for other and far more sinster purpose. As if to good the to be exposed to view, except on the trenched position. private ground on which Calvary St. Petersburg, June 23.-It is not be to proceed to the Calvary in groups not exceeding 100 each.

Deepite this, peace was preserved through the efforts of the Catholic bishops and priests, and the affair alty to Oatholic faith. The benediction was pronounced by the Archhymns in their Celtic language. M. cipitate matters. D'schard and M. de la Baronnais presented the monument to Cardinal chard described the initiation and that the Japanese made a determined progress of the movement for the attack upon Port Arthur by sea and erection of the Calvary, which would land yesterday and last night. be, he said, a perpetual protest Staff has received the following from Calvary, and the ceremony came to an and amid shouts of "Long live pied Senuchen towards evening with our division of infantry, being cavalry

letter to Father Price, of St. James' of Feng Wang Cheng. Church, that city, wherein he ex, Laio Yang, June 25.—It is reported pressed his regret at being unable to attend the exercises, "which I would have enjoyed to the full," said he, talk of a serious engagement shortly. heretic though I am." Referring It is also rumored that the Japanese to his acquaintance with Father forces that were recently advancing in Tobin, one of Pittsburgh's most re- this direction have fallen back on Feng espected Catholic clergymen, the Wang Cheng. It is also reported from Rev. Dr. Donehoo wrote:

"When I was started forth as a conthful preacher I had been taught to believe that, the Roman Catholic Church was the mother of all iniquities, and her priestbood a corrupt set whose raission was to lead the was out three days returned last night Francis Tobin was a great disapstudied him. He attended strictly anese plan is to enter Kaichou unorto bis duty, coddled nobody, toadied posed. Not later than to-day he exto his duty, coddled nobody, toadled to nobody. His coust the Japs will place troops in New-

bad days may be reduced to a very | square chunks of hard, dry prairie | and end in honoring the Lord Christ. led one upon another. The frame- I do not think I ever said anything work is of wood and the walls are to anybody about it, but he succeed composed of cakes of turf held to- ed in upsetting all my notions about gether by mud smeared in the inter- the Roman priesthood. And in all stices. The roof is made of rafters my going about among the people I and loss of cottonwood, upon which never saw a R man Catholic doing sods are heaped a foot or more thick. a wrong thing that I could say in A stovenipe is pushed through the my heart that he had learned to act sods for a chimney, and a window that way from the teaching and exand door, each cased with wood, are ample of his priest. And so I have felt charitably disposed ever since The habitation is the most prim- those times towards your people and

> "No race suicide in Laurence," water and mud on the floor, but the was the thuught suggested to many place is a domicile, nevertheless. If minds as our beautiful May process winds blow through a chink between sion of nearly 2,500 children, slowly the sods, a handful of mud will rem. wended its way through the tens of edy it. Of course, the interior of thousands of spectators thronging the house, with its walls of cakes of the route of the procession, May 22, sod and brown buffalo grass, just as says Our Parish Calendar, of Lawthe turf has been cut with a shovel, rence, Mass. "There was not a may look sombre, but a pioneer fam | child in that line of beauty and innoily has too serious a fight for self- cence that was not followed by the preservation on hand to give heed loving eyes of fond parents and to estheticism. The habitation has friends. To many were recalled probably cost about fifteen dollars the happy days when they helped for the wooden frame, roof, window to fill the ranks of the procession, and door, and all the rest of the work that has each year grown to larger on it has been done in a few days, and larger proportions, till now time by the stalwart plainsman and taxed the capacity of our great his wife and children. Most sod church to accommodate the chilhouses are about eight feet high dren alone; and many a young from foundation to the uppermost couple looked anxiously forward to the day when their little 'tots' would be old enough to march.' The scene in the church was one of enchanting beauty and inspiration. Who will say that such a demonstration in honor of onr Blessed Mother does not bring down a blessing from

> > ANOTHER DICCESE,-Still does the Church go on extending ber limits and increasing her influence and strength in every land. According San Juan, a Pontifical document creating the Diocese of Ponce and Mayaguez and elevating that of San Juan to the Archbishopric has been pub liebed and it has made an excellent impression. No wonder, for we are constantly told of the falling off of Catholicity in these regions. But facts speak for themselves.

Decroa's FEE. -In a recent case before the courts in which a medical practitioner claimed a large fee, the presiding Judge ruled that the "Indeed?" wealth of the patient must not be considered in making out the bill. The character of the service, the seriousness of the complaint, the acke, N. S. says: "I have used Laxa skill and time required, the result Liver Pills for serious Liver Comhe patient's pocketbook.

News of the War.

New Chwang, June 22-While the Russian force of eight thousand under General Condralovitch were traversing people into an overt set of violence, by concealed Japanese artillery. 'The no, procession was allowed to pass Russians lost twelve hundred men. through the streets, and no banners Condralovitch at last extricated his men or religious emblems were permitted and led them in good order to an en-

stands. The people, upwards of traying Admiral Skrydloff's plans to 20,000 in number, were compelled say that important naval developments are imminent. The Admiralty news remedy for colic, but I don't agree has reported the loss of two Russian with you. torpedo boat destroyers off Port Arthur. The latest desnatch from Rear Admira Wihof reports all well there. An immense battle in the northern part of was a grand demonstration of loy. Liac Tung peninsula is admitted by the bad brandy in my house my husband War office and indicated in desnatches from correspondents at Liao Yong. It is believed here that General Kuropatbishop of Rennes, assisted by the kin's object is to prevent the junction of Bishops of Saint-Brieuc and of Quim- the Japanese armies. On the other per. There were scores of prelates hand the aim of the Japanese is apparand pricets in their robes, and thou-ends of pilerims in picture cone. Tung Peninsula preparatory to the sands of pilgrims in picture-que march on Liao Tung. The approach of Breton costumes chanting quaint the rainy season will most likely pre-

St. Petersburg, June 23.-The expec-Laboure, and Moneignor Faillieres, tations of a great land battle is intensi-Bishop of Sain'-Brieuc. M. Des- fied by a Chee Foo despatch which says dealers.

against the mont ment to Renan the Lieut. General Sakahar. At 8 o'clock apostate. Two Breton bards in na- on the morning of June 21st the Japantions | costume next chanted bymns | ese vanguard resumed the advance of their own composition before the against our outposts, four miles south of Calvary, and the ceremony came to Senuchen. Other strong columns of the and 32 guns. The enemy are concen-Says the Sacred Heart Review : trated southwards of Chupan Pass, near The Rev. E Donehoo, whose name Chinghai Ten and Lung Tia Tien. The sounds Irish and Catholic enough, main road to Lia Yang on June 19 with but who is, nevertheless, a Protestant a hattelion of infantry and a squadron minister of Pittsburg, on the of cavalry. A detachment of the same occasion of the recent celebration of strength occupied Chaelingu in the val Bishop Phelan's golden jubilee, sent ley of the Tsuo River, seven miles north

> Yan Kow that the Japanese are recruit ing a number of Chinese bandits and are paying them good wages.

London, June 25 .- The Japs are with n twenty-five miles of Port Arthur. Newchwang, June 27 .- A courier who people away from the simplicity of and reports Japanese scou's ten miles the Gospel, while living vicious lives. southwest of Kaichou. Information from private Russian sources indicates pointment to me, in that I could not of field artillery between Liao Yang and discover a thing wrong in his life or Kaichon. A Chinaman who is known conduct, no matter how carefully I as a Japanese agent gays that the Japwork and mission seemed to begin chwang immediately.



LOADED UP WITH IMPURITIES.

#### IN THE SPRING THE SYSTEM IS LOADED UP WITH IMPURITIES.

After the hard work of the winter, she eating of rich and heavy foods, the system becomes clogged up with waste and poisonous matter, and the blood becomes thick and sluggish.

This causes Loss of Appetite, Bilious. ness, Lack of Energy and that tired, weary, listless feeling so prevalent in the spring. The cleansing, blood-purifying action

eliminates all the pent-up poison from the system, starts the sluggish liver working, acts on the Kidneys and Bowels, and renders it, without exception,

BURDOCK BLOOD BITTERS.

MISCELLANEOUS

The Best Spring Medicine.

Little Bo-Peep, she lost her sheep, But little Bo-Peep was wise. She wrote an "ad" and now she's

glad. The moral-Advertise!

A box of Milburns' Rheumatic Pills will be sent free to any one who suffers from from Rheumatism, Sciatica, to a recent press cablegram from Lumbago or Neuralgia if they never tried these pills before. Send 2c. stamp for postage to the T. Milburn Co., Limited, Toronto, Ontario.

> "A blue shirt waist suit would be just the thing for me," Mrs. Percy Vere continued. "Of course I could get that brown one, but few women look well in brown-" "My dear," interrupted her husband, who was weary of her chatter about dress, "the one thing I'd like most to see you in is brown.

'Yes, a 'brown study.'"

reached, may all be considered; not plaint and they have done me a world of good making me smart and healthy.

> Hostess's Daughter(trying desperately to keep the conversation going). -Did you ever hear the joke about the curio dealer who had two skulls of Columbus-one when he was a boy and the other when he was a man? Fi'znoodle .- No; I don't think I bave. What is it?

Keep Minard's Liniment

Mrs. A .- You say brandy is a good Mrs. B.-What do you know about

Mrs. A -A great deal. Before I never had colic more than once or twice a year, but as soon as I kept a supply he had colic almost every day.

**All-Round Remedy** 

Mrs. Hannesson Binscarth, Man., writes: "I bave used Haygard's Yellow Oil for Sore Throat, Outs, Scalds and Frostbites for a long time and cosider it the best all-round househole remedy made. Price 25c. all

The law of compensation holds good in all thing. The homeliest spinster, according to her lady friends, always has the "most beautiful hand" or the "tiniest foot," or the sweetest smile."

Minard's Liniment cures Dandruff.

When I hear of a married woman seeking to bring good influence to bear upon a wicket young man, I at once begin to speculate upon what lawyer would get the divorce case.

Minard's Liniment cures Diphtheria.

Could Not Sleep At Night.

Was So Nervous She

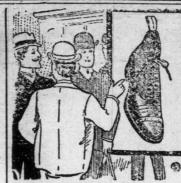
May 20, 1903.



Are Yeu One of Those Troubled in this Way? My you are, MILBURN'S HEART AND NERVE PILLS WIll Care You-They Cure Nervausing ass. Sleeplassness, Anaemia, Paint and Dizzy Spells, General Debility, and all Heart

Downiaton Statement of Low

Read what Mrs. C. H. Reed, Cobocon was troubled with palpitation of the heart and loss of appetite. I was so gervous I could not sleep at night. I took MILBURN'S HEART AND NERVE PILLS. They cured me, and I have not been bethered since.



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Has been gained by twenty four years of research, experiment and study. Our claims are, that we know where to get the best Seeds, and that we know good seed when we

We don't know anything about the Dry Goods business, don't want to, but our knowledge of the Seed business is worth a good deal to the farmers of P. E. Island. We don't sell cheap seed but sell as cheaply as good reliable seeds can be sold for.

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