

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 from 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.

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 sunlight Within which a God's flesh glows. Ah! words of the olden Thursday!

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, and hear! '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! Christ's heart finds an earthly heaven In the palm of the priest's pure hand.

FATHER RYAN.

Good Health.

A writer in the Sacred Heart Review makes the following observations:

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 hundred ever thinks of health as something to be worked for just as we work for education or culture or money.

Women who talk like that to young mothers—and there are a lot of tactless, well-meaning folks in the world—ought to be shown the door, if it weren't for hurting their feelings. The best way perhaps is to let what they say go in one ear and out of the other as quickly as possible.

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 vigorous there are days of depression and headache and mean feelings.

bad days may be reduced to a very small number.

In the first place if you want good health you must think health and not sickness. Our minds have more to do with our 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 yourself.

Don't talk sickness with anybody 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 provided to keep their minds off their physical condition.

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 exercise, fresh air, the right diet, deep breathing and cold baths will do much to restore your vigor.

Use no coffee or tea. Modern Cave Dwellers. Houses built of chunks of sod out from the prairie still abound in remote parts of the Western plains.

On a featureless plain farm a sod house is an inconspicuous object. The eye wanders over great level stretches of corn and wheat fields, across a sparse collection of cotton-wood trees, a rude coral of horses and cattle and a few ragged outbuildings with sod roofs, but no farm dwelling is in sight.

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SCOTT'S EMULSION. A food because it stands so emphatically for perfect nutrition. And yet in the matter of restoring appetite, of giving new strength to the tissues, especially to the nerves, its action is that of a medicine.

square chunks of hard, dry prairie piled one upon another. The framework is of wood and the walls are composed of cakes of turf held together by mud smeared in the interstices.

The habitation is the most primitive occupied by white people in America, but it serves the purpose. The floor is hardened earth, and in wet weather there may be pools of water and mud on the floor, but the place is a domicile, nevertheless.

A "Calvary" Dedicated in Treguier, Brittany.

It will be remembered that the French Government lent the full force of its power and prestige to the atheistic demonstration which occurred in Treguier, Brittany, on the occasion, last year, of the unveiling of the Roman Statue.

Another Diocesan.—Still does the Church go on extending her limits and increasing her influence and strength in every land. According to a recent press cablegram from San Juan, a Pontifical document emanating from the Diocese of Ponce and Mayaguez and elevating that of San Juan to the Archbishopric has been published.

News of the War.

New Chwang, June 22.—While the Russian force of eight thousand under General Kondratovich were traversing the Marungo ravine they were surprised by concealed Japanese artillery.

St. Petersburg, June 23.—It is not surprising that Admiral Skrydloff's plans to say that important naval developments are imminent. The Admiralty has reported the loss of two Russian torpedo boat destroyers off Port Arthur.

London, June 25.—The Japs are within twenty-five miles of Port Arthur. Newchwang, June 27.—A courier who was out three days returned last night and reports Japanese scouts ten miles southwest of Kaichow.

and end in honoring the Lord Christ. I do not think I ever said anything to anybody about it, but he succeeded in upsetting all my notions about the Roman priesthood.

"No race suicide in Laureroc," was the thought suggested to many minds as our beautiful May procession of nearly 2,500 children, slowly wended its way through the tens of thousands of spectators thronging the route of the procession, May 22," says Our Parish Calendar, of Lawrence, Mass.

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 Milburn's Rheumatic Pills will be sent free to any one who suffers from Rheumatism, Sciatica, Lumbago or Neuralgia if they never tried these pills before.

"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."

Mary A. O'Connell, Middle Street, N. S. says: "I have used Lax Liver Pills for serious Liver Complaint and they have done me a world of good making me smart and healthy."

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

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

BURDOCK BLOOD BITTERS. 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, The Best Spring Medicine.

MISCELLANEOUS.

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