

CALENDAR FOR NEXT WEEK.

NOVEMBER.

- 5—Twenty-fourth Sunday after Pentecost. Our Lady of Suffrage.
- 6, Monday—Commemoration of all the departed members of the Oblate Congregation.
- 7, Tuesday—Of the octave.
- 8, Wednesday—Octave of All Saints.
- 9, Thursday—Dedication of the Basilica of the Saviour in Rome.
- 10, Friday—St. Andrew Avelino, Conf.
- 11, Saturday—St. Martin, Bishop of Tours.

BRIEFLETS.

Rev. Régis Guibert, recently arrived from France, becomes assistant priest at St. Jean.

His Grace the Archbishop of Montreal has ordered a general mission to be held in all the churches of Montreal during the coming advent. This mission will last four weeks.

Rev. J. Waddel, S. J., arrived yesterday morning at St. Boniface College from Montreal to take the place of Rev. L. Dumesnil, S. J., who is on the sick list at his father's home, Ste. Agathe.

The new time-table for the close and delivery of St. Boniface mails came into operation last Saturday. It is as follows: Mail leaves St. Boniface at 8.30, 10.30 and 15; mail is due here at 10, 13 and 17.

The Ave Maria announces that Miss Louise Imogen Guiney is about to publish "The Martyrs' Idyl, and Shorter Poems." The title poem deals with the imprisonment and death of Saint Didymus and Saint Theodora.

According to the Athenaeum, "there is some talk of publishing a new volume of papers left by Cardinal Manning. Of these a large number remain that were withheld—some by accident and others by design—from the hands of Mr. Parcell."

Friday last at noon as Mr. A. Kohnen's children were coming home from St. Mary's school to dinner a man (?) riding a bicycle deliberately ran into the children, knocking down a little boy and injuring him rather severely. The rider only waited long enough to say "that the next time he met them he would give them a good one." Mr. Kohnen has got a good description of the rider and the police have been on the lookout for him.—Free Press.

The Most Rev. Peter Bourgade, Archbishop of Santa Fe, New Mexico, is a French ecclesiastic, who went to the South-western States about thirty years ago with all the indications of consumption, but, like many others, he found the climate a certain cure for incipient tuberculosis. The pallium was conferred upon him on the 4th of this month. His immediate predecessor in the see of Santa Fe was Archbishop Chappelle, now Delegate Apostolic to Cuba and the Philippines.

A KIND WORD FOR THE DEVIL.

An old Scotch woman was famous for speaking kindly. No sheep was so dark but what she could discover some white spot to point out to those who could see only its blackness. One day a gossiping neighbor lost patience with her and said angrily, "Wumman, ye'll hae a guid word to say for the deevil himself!" Instantly came the reply, "Weel he's a vera industrious body."

VISION OF THE CHERUBIM.

REV. FATHER DRUMMOND
PREACHES ON EZECHIEL.

Rev. Father Drummond, S. J., preached to a large congregation in the Church of the Immaculate Conception Sunday night in continuation of his series of lectures on "the Bible." He spoke particularly of "the vision of the cherubim" described by the prophet Ezekiel at the beginning of his prophecy, giving a most interesting account of modern discoveries at the site of Niveveh and other ancient cities which enabled bible students to better understand the vision than it was possible before the discoveries were made, and which explained the seeming absurdities and contradictions of the vision. These discoveries formed another example of the providence of God of which he had in previous lectures given them so many examples. The prophet Daniel had been illuminated and flooded with light thanks to modern discoveries and now the prophecy of Ezekiel which is more ancient than that of Daniel and far more obscure had been greatly illuminated and brought into strong relief by discoveries made in our day and the curious thing about it was that the men who made the discoveries had no intention of corroborating holy scripture. Let them thank God that he gave them in this way day by day proofs of the special providence which watches over the scriptures so that they might more freely understand them and be more sincerely attached to them to the benefit of their souls.—Morning Telegram.

INSOMNIA A THING OF THE PAST.

A well known New York physician who suffered from insomnia for many years, has found out a brand new method whereby sleep can be instantly obtained. The doctor has tried it on himself and on his patients and has never known it to fail. It is essentially self-asphyxiation, and yet there is no possibility of danger.

A long breath is first taken and the air is kept in until positive discomfort is felt, when it is slowly exhaled. This is repeated a second and a third time, and in a minute or so the patient will be asleep.

The theory of sleep that finds

If a man is going to fight he wants to be well. He wants to be

strong, steady-nerved, vigorous—able to take and give punishment. One of Roosevelt's Rough Riders actually starved to death because his digestive system wasn't strong enough to extract the nutriment from food that kept his comrades strong and well and in tip-top fighting trim.

The soldier isn't the only one who fights and needs strength. Business men, clerks, engineers, laborers, all have a fight on their hands. All have to fight for a living. The strong win. The weak go to the wall.



Is your blood all right? Do you feel right? Are you losing flesh? Feel "run down"? Do you sleep well? Have trouble with your stomach? Tired all the time? If so what you need is Dr. Pierce's Golden Medical Discovery. It makes men strong. It keeps the digestive system right up to concert pitch. It tones the stomach, stimulates the liver, strengthens the nerves, enriches the blood—makes a new man of you. Puts snap and vim and endurance into you. A. D. Weller, Esq., of Pensacola, Escambia Co., Fla. (Box 544) writes: "I have taken eight bottles of the Golden Medical Discovery, and must say that I am transformed from a walking shadow (as my friends called me), to perfect health. Four months ago I did not think to be in charge to assist our 'Uncle Samuel' in case of hostilities, but thanks to you, I am now ready for the 'Boss'."

the widest acceptance is that sleep is occasioned by the exhaustion of the nutrition of the brain, due to its functional activity when awake. During sleep there is a flow of nutrition to the brain, consequently an increase of blood to supply its deficiencies. By holding the breath the head and brain become intensely congested with venous blood loaded with carbonic acid. The carbonic acid and the other chemical products which venous blood contains act on the nerve tissues, producing sleep, and the same as ether and chloroform produce artificial sleep.

If you are truly brain weary do not try to replace the thoughts with others, but make the mind a blank as far as possible. If the brain is excited turn it to monotonous thoughts, recite poems or verses, or go over a journey which you very much enjoyed, recalling even the most trifling incidents.

Physicians are more and more arriving at the conclusion that the way of treating insomnia is not by drugs. There is always the danger of forming the drug habit, and in most cases drugs are not necessary. If noises inside the house or outside disturb one, putting cotton in the ears will be found to give relief.

Those who are troubled with sleeplessness should retire at a regular hour each night. If there is a fear of not being able to sleep that keeps one awake one should feign not to want it, and one will be surprised to find how quickly sleep comes. Always take a slight meal before retiring to rest. A vast number of cases of insomnia are caused by empty stomachs.

DANGER FROM THE BLACKS.

The most alarming reports that have yet come from South Africa are the threats of native uprisings. It is said both the Basutos and Zulus are likely to attack the Boers. The Basutos occupy a district in the southern part of the Orange Free State, and the Zulus' country is now a part of Natal. The Zulus themselves are a great part of the native population of Natal proper as well as Zululand. Another tribe that is a menace to the Boers is the Swazis, occupying a district in the eastern part of the Transvaal, north of Zululand. The menace comes not only from tribes settled on their own reservations, but from the thousands of natives scattered through the various States of South Africa. In Cape Colony there are more than 1,500,000 natives to 400,000 whites. In Natal proper there are nearly 500,000 natives to 61,000 whites, besides 180,000 natives in Zululand. Rhodesia, in the west, has an estimated population of between 1,000,000 and 2,000,000 of whom only about 6,000 are whites. The Orange Free State has about 130,000 natives to 78,000 whites. The Transvaal has a white population of 35,000 and a native population of nearly 750,000.

Rev. Dr. Béliveau, who has lately been acting rector of St. Norbert, resumes his duties as bursar and secretary in the Archbishop's House.

The new bells for Rev. Father Cherrier's church left Montreal by C. P. R. freight train on the 25th inst., and may be expected here at the end of this week or the beginning of next.

The Family Medicine. Trout Lake, Ont., Jan. 2, 1900. W. H. Comstock, Brockville. Dear Sir,—For a number of years I have used and sold your "Dr. Morse's Indian Root Pills." I consider them the very best for "Family Use," and all customers speak highly of them. Yours truly, R. LAWSON.

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