

"Quiet Thoughts."
(Written for the Secret Heart Review.)

I stood on the top of a mountain,
The sun sank low in the West,
When over my spirit came stealing
God's heavenly peace and rest.

I sailed on a stormy ocean,
In the lonely midnight hour;
Hope entered my heart proclaiming
God's wondrous might and power.

I gazed from an open window,
At the starlit sky so fair,
And the sleeping world revealing
God's ceaseless, patient care.

I entered a wayside chapel,
The crucifix hung above,
Oh! then through my soul came surging
God's infinite perfect love.

The Cure of Ars.
(By Rev. Edward F. X. M. McSweeney.)

Get the Most Out of Your Food

You don't eat and can't if your stomach is weak. A weak stomach does not digest all that is ordinarily taken into it. It gets tired easily, and what it fails to digest is wasted.

Among the signs of a weak stomach are: uneasiness after eating, fits of nervous headache, and disagreeable belching.

"I have been troubled with dyspepsia for years, and tried every remedy I heard of, but never got anything that gave me relief until I took Hood's Sarsaparilla. I cannot praise this medicine too highly for the good it has done me. I always take it in the spring and fall and would not be without it." W. A. Nuzzar, Belleville, Ont.

Hood's Sarsaparilla
Strengthens and tones the stomach and the whole digestive system.

highest intellects of Europe knelt before the shepherd's son; the beauty and culture of France, Italy, Ireland, England, Spain, Germany, Poland, prostrated themselves here after hours or even days of waiting to obtain the boon of telling their sins and pouring their troubles into the sympathetic, merciful ear of the humble village pastor.

Listen to the testimony that some of the visitors to Ars give of their experiences. It is taken from the life of the cure by Father Monrie, one of his assistants when the incensing work made it necessary for him to have them. "We once heard," writes the Abbe, "a distinguished but somewhat skeptical philosopher exclaim in his enthusiasm: 'I do not believe anything of the cure's presence that the words escaped him unaware: 'I have never seen God so near.' Another distinguished pilgrim said: 'The cure of Ars is the very model of the childhood which Jesus loved; therefore it is that God is with him.'"

One of the most famous painters of France stayed about several days trying to get a perfect sketch of his face. "It has been one of the great blessings of my life," he said afterward, "to know the Cure d'Ars; we must have seen the saints to be able to paint them." "What did I see at Ars?" replied a prominent author to one who inquired of him, "I saw John in the wilderness! I was one of the eighty thousand or so that went there last year. People tell me of marvellous things that go on at Ars. I doubt not the power of God; it is as great in the nineteenth century as in the first days of Christianity. I am convinced that the prayers of the holy priest can obtain surprising and even miraculous cures; but to recognize the presence of the supernatural there I have no need of all this. The great miracle of Ars is the laborious and penitential life of its cure. That a man do what he does and do it every day without growing weary or sickening under it is what surpasses my comprehension; this is to me the miracle of miracles."

The cure was born in 1786, and died in 1859. He was declared venerable in 1872, and now, forty-five years after his death, when all danger of undue influence has been removed by the deaths of those who knew and might be disposed to favor him excessively, he is to be raised to the altar on the old record of his virtues. In spite of all his ascetic habits in what regards eating, drinking, sleeping and exercise in the open air, he lived in constant, almost uninterrupted, mental and bodily activity to the age of 73, and full of days and works departed to the Lord. His life has been written by Father Monrie, as I have said, and

also by an English Protestant lady, Geraldine. Both the books make delightful reading. Indeed, there is no reading more delightful than the lives of those real heroes and admirable men and women, friends and favored children of God, the saints.

I will not anticipate further the profit and pleasure in store for those who procure one of the lives of the cure, with its account of his plain food, poor lodging and attire and utter simplicity, nay, hard poverty of his long career, of his wondrous influence for good and the marvel that God worked in his favor, but will close my letter with this statement: I visited the house in which the cure lived and died, and saw some of his blood preserved in a small vial. It was perfectly liquid, as one perceived when the vial was moved, and had the rich, lark look, with the bubbles I noticed in that which St. Januarius shed fifteen hundred years ago for the truth, and which liquefies annually in Naples on September 19. My visit to Ars was on the first Sunday of October, 1880, twenty-one years after the cure's death.—S and T Times.

Christmas in Rome.

(For the N. Y. Freeman by Rev. H. G. Hughes.)

It is Christmas Eve in Rome. The Holy City is preparing, nay, has already begun to celebrate the Nativity of the Saviour of mankind. Nowhere, perhaps, except in Bethlehem itself, does the celebration of this festival rouse such devotion in a Catholic heart as in the centre from which the message of the Word Incarnate has gone out into the ends of the earth.

The clear Roman sky, decked to night with a myriad of shining orbs, recalls the splendors of the night when shepherds watched their flocks and the angels' song was heard. As it were with a holy impatient, the Church, in Mass and Office throughout the day, has sent forth words of welcome and expectation to meet the coming Saviour.

"Today ye shall know that the Lord cometh; and in the morning ye shall see His glory." Thus have we sung at Matins, and thus through every hour of the Church's prayer, the note of hope and joy has sounded with ever-increasing eagerness, till now the great festival has been ushered in with the first Vespers.

In Rome, besides the liturgy of the Latin Church, one may witness also the more elaborate rites of Eastern churches in communion with the Holy See. During the octave of the Epiphany Masses are celebrated according to the various Eastern rites and sermons are preached in many tongues in the great church of St. Andrea della Valle, affording a striking object lesson of Catholicity and unity. On the eve of Christmas, at three in the afternoon, S. I. m. High Mass is celebrated according to the Armenian rite in the Church of S. Blaise and that of St. Nicholas of Tolentino.

There are ceremonies, also, of great interest proper to churches in the city which have some special connection with the mystery of the Incarnation. Thus, early on the morning of the Vigil, the sacred relic of the cradle of our Lord, preserved at St. Mary Major, is carried in solemn procession from the inner chapel of the sacristy to the Papal "Altar of the Crib," and remains exposed to the veneration of the faithful.

Like many other venerated relics, this one has not escaped the attacks of modern historical criticism; but, notwithstanding this fact, crowds of faithful flock to do honor to what they believe to be a true relic of the Infancy, and, since their devotion is paid not to the material object as such, but to Him with whose earthly life it is held to have been connected, who shall say that a doubt, while it is only a doubt, is any reason for the suppression of an edifying act of homage?

When midnight comes, the first Mass of Christmas is celebrated in the principal churches. At the intonation of the "Gloria in Excelsis" in the Mass, a Bambino, or figure of the Holy Child, generally of wax, is in many churches exposed in a prominent position, frequently above the Tabernacle, where it remains till after the Epiphany, and is the object of great devotion. This figure usually takes the place in Rome of the "Crib" to which we are accustomed in our English churches. The moment when the Bambino is placed in its shrine is eagerly awaited by the people, and is the sign for many touching outward expressions of devotion.

At the second Mass of Christmas, which properly should be celebrated at dawn, interest centres in the Church of St. Anastasia. In former and better days this Mass was celebrated at St. Anastasia by the Holy Father in person, the "station" being held there. Hence the commemoration of this saint in the Roman Missal at the second Mass of Christmas day.

To many the solemn functions at St. Peter's are an attraction. These begin at 6 a. m. with the singing of Matins. Then follows the first Mass.

Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less female trouble than they think. Women suffer from backache, sleeplessness, nervousness, irritability, and a dragging-down feeling in the loins. So do men, and they do not have "female trouble." Why, then, blame all your trouble to female disease? With healthy kidneys, few women will ever have "female disorders." The kidneys are so closely connected with all the internal organs, that when the kidneys go wrong, everything goes wrong. Much distress would be saved if women would only take DOAN'S KIDNEY PILLS at stated intervals.

Miss Nellie Clark, Lambeth, Ont., tells of her cure in the following words:—"I suffered for about two years with kidney trouble. I ached all over, especially in the small of my back; not being able to sleep well, no appetite, menstruation irregular, nervous irritability, and brick-dust deposit in urine, were some of my symptoms. I took Doan's Kidney Pills. The pain in my back gradually left me, my appetite returned, I slept well, and an effectually cured. I can highly recommend Doan's Kidney Pills to all sufferers from kidney trouble."

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MISCELLANEOUS

He was an inspector of schools, and he was testing the knowledge of the class on the value of coins.

He pulled out a half dollar, threw it lightly from his hand to the other and asked a pupil, "Well, what is that?"

"Heads, sir," said the boy.

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Eight year old Henry, who had spent a summer on a farm in New York, after hearing an older brother tell about a one karat diamond that had been found, said:—"Why, that's nothin'. Uncle Frank had a barrel of carrots on the farm."

Sick with Worms.

Mrs. J. D. Mayo, South Stukely, P. Q., wrote the following:—"One of my children took sick with worms and after trying everything without getting relief we procured Dr. Low's Worm Syrup which acted promptly and effectually."

"That dog of yours flew at me this morning and bit me on the leg and now I notify you that I intend to shoot it the first time I see it."

"The dog isn't mad."

"Mad! I know he isn't mad. What he got to be mad about? It's me that's mad."

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To the infamous Judge Jeffreys, who taunted him with having grown so old as to forget his law, the great Sir John Maynard replied, "I have forgotten more law than you ever knew; but allow me to say I have not forgotten much."

Neuralgia

"I had been suffering about six months with Neuralgia when I started taking Milburn's Rheumatic Pills. They did me more good than any medicine I ever used. Mrs. Annie Ryan, Sand Point, N. S.

Teacher (to geography class).—Can any of you boys tell me what island is noted for its great internal improvements?

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Mrs. C. Windram, Balduf, Man. writes:—"I suffered for years from liver troubles, and endured more than tongue can tell. I tried a great many different remedies, but they were of little or no benefit to me. Some time ago I got a trial package of Laxa-Liver Pills, and they proved so beneficial to me that I procured more. I highly recommend them to anyone suffering from disordered liver."

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The fiftieth anniversary of the coming of the Sisters of Mercy to San Francisco was celebrated on Dec. 25th, in that city. Apropos of the celebration the Monitor remarks: "The angels of mercy in the human form, consecrating their lives and skill to the service of God and of their fellow beings, not only do not court the world's applause for their self-sacrificing charity, they disparage it. It is impossible therefore to speak of their half century of devoted nursing and care of the sick and the maimed, in the face of trials and difficulties unknown to the world, otherwise than in general terms from an objective point of view. Such an appreciation of unselfish humanity will appeal however to that very large section of a grateful public which in one way or another is more or less familiar with the splendidly unheralded achievements of the Sisters of Mercy during the career of St. Mary's Hospital now rounding out fifty useful and fruitful years."

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