THE DANGERS IN MIDDLE LIFE.

Dr. Floyd M. Crandall in How to

Dr. Floyd M. Crandall in How to Keep Well—an explanation of modern methods of preventing disease—summarized in popular form what everyone should know in regard to modern medicine and surgery, bacteria, the management and control of infectious and control of infectious and control of infectious and control of the regular control of the regular

and years. Dr. Crandall states in his preface that his object was to give in language that all could understand and language that he was to give in language accumulated

during long years of patient toil by medical workers in the laboratory, the

medical workers in the laboratory, the post-mortem room, and the hospital. Our reading is from one of the chapters dealing with the regimen of adult life.

Every man ought to understand, that when he has reached the age of forty-five he bas entered upon a period of life in which certain accidents are

danger signals some time in advance.

a good sleeper, unwonted irritability,

with business problems, are warning signals. Occurring for limited periods,

they mean little or nothing, and may

Many maintain a higher tension of life than is necessary. The delerious style of doing business is partly habit, and in some cases is done for effect. Men often keep themselves in a nervous state and do more rushing about than there is any necessity for. They keep themselves keyed up to such a nitch.

themselves keyed up to such a pitch that they use up as much vital force in doing routine work and unimportant

details as in negotiating great trans-

actions. Men permit themselves to be-come excited over trifles, and fly into passions of temper over trivial short-

omings of subordinates or at fancied

oring on a breakdown by fiving a file of unnecessary tension and using up his vital power through failure to control himself. It is unwise for a man to assume so much business that he will be

obliged to labor up to the full extent of

his powers. There should be some al-lowance made for emergencies when the business will suddenly be increased.

little annoyed to find that affairs moved

on pretty well without him. It is the duty of every man to attempt to arrange

Persistent insomnia in one who has

diseases, antitoxins, the regulatagious diseases, antitoxins, the regulations of daily life with a view to health and years. Dr. Crandall states in his and years.

by the knowledge accumulated

SIVE

for the security of its eing a grand total paid 0.43. This sum largely result of thirty-three

. H. RIDDELL, Secretary.

nal Treatise on the na Actions of Oar the author of "The Sacred Heart." Edit-J. G. Macleod, S. J. on. Price \$1.50, post

LIC RECORD OFFICE NDON, ONT.

ER OF NEW FRANCE.

CATHERINE CROWLEY, teresting and romanic novel rolle in tone—following closely in biographical records of the Canadian history, with a silant Sieur Cadillac and brote. Beautifully illustrated and. Price \$1.50.

CHATS WITH YOUNG MEN. his affairs so that he may leave them to others if it is necessary. Accident or illness may come to any man without warning, and they are rendered far more serious by worry over business.

—True Witness, Montreal. Obedience to God is the yoke by sub-Obedience to God is the yoke by sub-mission to which we may reach rest. Obedience to God is the fitting of self to its sphere. Obedience to God is the step into that great harmony through which alone the sense of true restful-ness comes to the soul of a man. Obed-ience to God involves the curbing of ambition and discontent and selfish de-sign that make largely the burdens of

# OUR BOYS AND GIRLS.

A Legend.

ambition and discontent and selfish de-ambition and discontent and selfish de-sire, that make largely the burdens of sire, that make largely the burdens of sire, that make largely the burdens of life. Obedience to God is the key to life. Obedience to God is the key to life sweet chamber of rest.—Rev. A. P. Atterbury.

In Suffolk, England, robins are safe from boys who hunt bird's nests, it being considered unlucky to interfere in any way, with the bird that minis-tered to our Lord on the Cross. The tradition is that a robin tried to pinch the thorns from our Saviour's head, and that its breast was stained with His blood. "A robin once died in my hand," said a boy who could not keep his pen steady enough to write; "and if a robin dies in your hand, it will always shake.

A Saint's Reply. St. Aloysius was once taking his rec-reation with some companions, and in the course of the conversion, the question was asked what should be done if the hour of judgment had come. said he would fall on his knees and repent of his sins. Another said he would hasten to confession. When the would nasten to contession. When the turn of Aloysius came he remarked; "I would continue my recreation, for I began it in God's name, and in His honor I would end it."

Maxims to Be Successful.

Maxims to Be Successful.

Be Honest. If a boy is not honest he is bound to fail eventually.

Be Earnest. Crown your smallest actions with the halo of earnestness.

Be Confident. Confidence is the basis of a stable business. If you do not trust yourself, who will? But be sure of your ground for confidence.

Be Alert. Opportunity comes some. of life in which certain accuments and common. They are not inevitable, and he will be unwise to allow himself to become morbid upon the subject, and be worried by a dread of what may never come. He ought, however, to never come. He ought, however, to recognize the fact that this period, like

every other stage of life, has its particu-lar dangers, and not run blindly into Be Alert. Opportunity comes some-times disguised and surrounded by hard work and adverse circumstances. Be Truthful. Truthfulness does not alone consist in telling the truth, but them. Although he feels and looks young, he should not forget that he is young, he should not forget that he is a "middle-aged man."
Certain retrograde changes begin about that time of life, and the fact should not be ignored. The time at which these changes begin varies greatly in different individuals and in different families. It depends much upon the earlier life and inherited tendency. In most men of fifty, who more often in doing it.

more often in doing it.

Rise Early. The morning hours are the best hours of each day.

Study Causes. Those who succeed are not magicians, but you will probably find they have a capacity for hard work. If causes are created effects tendency. In most men of fifty, who have lived an intense life with its cares

Schley Was Stupid as a Boy - So He and responsibilities, in some of the organs there is what Dr. Holmes would Says. organs there is what Dr. Holling would call a "general flavor of mild decay." General nervous breakdown, like the organic diseases, usually shows its

Admiral Schley was the guest of the Jesuits' College, New Orleans, on a recent Saturday. He made a characteristic address to the students. Alluding to his school days in the Jesuit College at Frederick, Md., he said :

at rrederick, Md., he said:

"I am sorry to say that as a boy I was very suppid. My love of study increased inversely as the square of the distance which separated me from my studies. If they had turned the class upside down I would have been very nearly head. But my pleasant recolworry over details of business, loss of power of concentration, prolonged lack of energy, and a dread of grappling with business problems. nearly head. But my pleasant recol-lections are my associations with my teachers.

depend upon some temporary ailment.
Any one or two alone may indicate little. Their importance may be easily exaggerated and cause unnecessary alarm. But several of them occurring in conjunction and persisting are danger signals which should not be ignored. "I used to think that they were rather exacting, but I forgot to supplement to that condition the fact that I was a ignals which should not be ignored.

Many maintain a higher tension of

little lazy.
"But I remember to-day the sweet touch of the hand that came to me from some of those old Jesuit teachers, some of whom are still living. And if I have achieved anything that would disting guish me above others, it was entirely due to their counsel. "Do not think when you leave these

halls that your education has been in any sense completed. It has only begun. The methods taught here, the discipline availed of and the opportunity given here are only a weight according ity given here are only assistance which will hold you in the life that is before you. I shall never forget as a boy how comings of subordinates or at fancied insults. They do not put sufficient control upon their nerves, but allow themselves to be continually annoyed and excited. They get into a combative state, and are continually looking for trouble. They come to live in a tremor, and are irritable and unhappy. All this impairs their judgment, and renders them capable of making mistakes and incapable of doing good work. It is a tremendous drain upon the vital power. Many a man helps to bring on a breakdown by living a life of unnecessary tension and using up his you. I shall never forget as a boy how carnestly my teachers of St. John's College, in Frederick, impressed upon me the importance of duty in everything. They counseled me that whatever I undertook, to strive to do it between they can be a whole well." ter than anybody else.'

It is related that once a great leader was rehearsing his orchestra. There was a mighty chorus of singers, loud beating of drums, the roll of the grand organ, clashing of cymbals and ringing of horns. The man who played the piccolo said within himself, "What matter it whether I play amidst this din since I cannot be heard?" and so ceased to play. Suddenly the leader flung up his hands and caused all to stop, and said, "Where is the piccolo?" His trained ear had detected that it was missing. Anxiety and worry are more exhausting to the physical powers than actual labor. They cause rapid anaemia, and loss of flesh. It is a common experience of the physician to see business men go on without apparent difficulty until a period of name and inancial depression on without apparent difficulty that a period of panic and financial depression comes, and then break down at the time it is most important for them to be on duty with clear heads. be on duty with clear heads.

A well known New York physician used to say that he could do a year's work in eleven months, but could not do it in twelve. The annual vacation is one of the most efficient defensive weapons against breakdown for those who live the intense modern life. If it be a sedentary one, the necessity of the vacation is the greater. It is greater still if it be like that of the busy doctor, which knows neither evenings nor

So it is with us in the part we have to perform in the great drama of life. It may not seem important, but yet it is, and it must be played well, otherwise the whole harmony of our existence will become disarranged.

Things a Well-Bred Girl Never Does. She never asks personal questions.
She takes her gowns, her hats, her uccesses as a matter of course.
She never apologizes for working for a priving

vacation is the greater. It is greater still if it be like that of the busy doctor, which knows neither evenings nor nights, Sundays nor holidays, but is an unremitting grind, month after month. The vacation is one of the most potent aids in helping to keep out of the rut into which the daily routine of life tends to force one. One or two days a week during the summer do not afford sufficient rest for the hardworking business man. They are very beneficial, but do not permit him to really step from beneath his burdens and feel that he is free from care. I appreciate fully that it is very difficult for many men, and absolutely impossible for others, to escape from their responsibilities for more than a day or two at a time. It could often be done, however, if its importance were appreciated. Many a man has learned a lesson from an illness. After years of closest application to business he has been forced by disease to remain away from business, and has been surprised and a little annoyed to find that affairs moved on pretty well without him. It is the her living. She never airs family grlevances nor

one never airs lamily grievances nor domestic upheavals.

She never occupies the center of the floor discussing her own affairs and forcing others to listen to her opinions. " Dont's" for Girls.

Don't be afraid of sunshine and fresh air and deep breathing. They offer you bloom and color.

Don't bathe in hard water; soften it

with a little borax or oatmeal.

Don't wash the face when traveling, unless with a little alcohol and water or cold cream.

Don't bathe your face while it is very

warm or very cold.

Don't rub the face with too coarse a

Don't attempt to remove dust with cold water. Give the face a hot bath with soap and then rinse with tepid or

How to be Graceful. Grace in growing girls is never con-

scious posing nor lackadaisical drawling and drooping, nor exaggerated nervous intensity, any more than it is a stolid quietness or a rude violence of manner.

Grace is much simpler than any of these things, and in fact is often overlooked because it seems so natural and so absolutely what one would like to see. Grace is literally ease of motion. Where motion is is difficult or awkward or over intense there is a great loss of

strength.

The horse that runs the swiftest and that is usually the prize winner is the horse that steps the lightest and easiest and is the most delightful to look at.

The girl who accomplishes the most work is not the girl who does it work is not the girl who does it with her teeth set, every nerve tense, and stamping about on the heels of her shoes. The girl who is the least tired shoes. The girl who is the least tired after a day's work or a day's exercise of any sort whatever is the girl who goes about it with a springy step, breathing easily, with her chest held well, the girl who is more apt to have a smile, than a tight look about her smile than a tight look about her mouth, whose nerves are perfectly peaceful, and whose muscles are relaxed so far as consistent with accomplish-

ment.-Home Companion. The Fool Who Won. When Horace Greeley first went to

When Horace Greeley first went to New York City, a green, awkward country boy, he met with discouragement. For two days he tramped the streets, visiting two-thirds of the printing offices in the to\*n, and always receiving a cold refusal of his services.

His biographer, Mr. W. A. Linn, says that by Saturday night Greeley was satisfied that the city offered him no hope of a living. He decided to leave for the country on Monday, before his last dollar was gone. fore his last dollar was gone.

It happened that some acquaintances of his landlord, who called on Sunday, of his landlord, who cannot on study, told him of an office where a compositor was wanted. Greeley went there Monday morning before the place was open. His appearance was so uncouth that he would have been rejected there also if the foreman had not had difficulty in getting a compositor for a piece of getting a compositor for a piece of work he wanted done.

This was setting up a small New Testament with narrow columns, the text interspersed with references to notes marked in Greek and other unusual characters. So complicated was the task and so little could the compositor earn at it that several men had abandoned the task almost as soon as they had begun it.

they had begun it.

The foreman offered the work to Greeley, believing that in half a day the boy would prove himself incapable of performing it. When the proprietor saw Greeley at work he asked the foreman why he hired that fool, and said, "Pay him off to-night."

But the foreman did not pay him off. This boy had worked on a New England

This boy had worked on a New England farm, had cut wood in the winter cold, farm, had cut wood in the winter cold, and in summer had worked in the fields under the noon sun. He was notafraid of toil. He set that Testament. When the foreman examined the first proof he found that Greeley had set more type and set it better than any one else who

### CRUEL BACKACHES.

Pains That Make the Sufferer's Life Miserable.

DR. WILLIAMS' PINK PILLS NEVER FAIL TO RELIEVE, AND CURE AILMENTS OF

THIS KIND. Mrs. Walter Book, wife of the postmaster at Silverdale, is well known to all the residents of that locality, and the family is well known throughout Lincoln country where they have resided, and been identified with its history for four generations. In speaking of Dr. Williams' Pink Pills, Mrs. Book Dr. Williams' Pink Pills, Mrs. Book says:—"In giving my testimony I do so frankly and without reserve, as I am convinced or the complete reliability of the pills. For a couple of years I had been troubled with a severe pain in my back which sometimes extended to the stomach and gave me great distress. At times I was completely incapacitated with it. I felt much discouraged because I had been treated by a good doctor and had taken a number of advertised medicines without obtain-Little Things.

If we wish to succeed in any vocation, whatever it may be, we must give due attention to details. Most persons think if they are particular in important matters they do their duty fully; a good doctor and had taken a number and the tis not so. "Whatever is worth doing well," is an old saying. Carelessness in the doing of little things, destroys the whole harmony of our undertakings.

It is related that once a great leader was rehearsing his orchestra. There was a mighty chorus of ingers, loud beating of drums, the roll of the grand dised.

It is related that once a great leader was a highly chorus of ingers, loud beating of drums, the roll of the grand dised.

It is related that once a great leader was a mighty chorus of ingers, loud beating of drums, the roll of the grand sed.

It is related that once a great leader was a mighty chorus of ingers, loud beating of drums, the roll of the grand sed.

It is related that once a great leader was a mighty chorus of ingers, loud beating of drums, the roll of the grand sed.

It is related that once a great leader was a mighty chorus of ingers, loud beating of drums, the roll of the grand sed.

It is related that once a great leader was a high of the was a mighty chorus of ingers, loud beating of drums, the roll of the grand sed.

It is related that once a great leader was a high of the was a mighty chorus of ingers, loud beating of drums, the roll of the grand the many proper will. The totems of the various Indian tribes explains why this is so. The house and whenever I feel the need of the boxes and improvement, and the first I noticed an improvement, and by the time I had used five boxes was a fing of the boxes and in the first I noticed an improvement, and the first I noticed an improvement, and the second of the grand of the was a mighty chorus of ingers, loud the many of our undertakings.

It is the stown it is a good doctor and had taken a number of advertised medicines without obtainfrom the first I noticed an improvement, and the first I notice

Dr. Williams' Pink Pills are the greatest blood builder and nerve tonic in the whole wide world. That is a fact beyond dispute — and it accounts for the fact that there is no corner in the whole civilized world where some accounts has not been cured by building the whole civilized world where some sufferer has not been cured by building up the blood by these pills. There is no other medicine so widely used. And there is no trouble due to poor, watery blood, or weak nerves that Dr. Williams' Pink Pills will not cure. Protect your-Pink Pills will not cure. Protect your-self by seeing that the full name "Dr. Williams' Pink Pills for Pale People" williams Pink Pills for Pale People" is printed on the wrapper around every box. Sold by all medicine dealers or sent post paid at 50c per box or six boxes for \$2.50, by writing direct to the Dr. Williams' Medicine Co., Brockville, Out.

## After Communion.

After Communion.

Those who after holy Communion, fall soon into mortal sin, I implore them to consider with what zeal the holy Fathers have inveighed against such relapses, and in what terms they speak of the awful consequences resulting therefrom. To return after receiving Communion to your former state of sin, is, they say, to profane the temple of the Holy Ghost, to dishonor the mystical body of Jesus Christ; it is to follow the example of Judas, to betray Him and to deliver Him up to His enemies. up to His enemies.

Something That Should Be Rubbed In.
—Whenever pain is felt in the limbs or back,
take Dr. Thomas' Eclectric Oil; pour a little
in the hand and applying it to the surface beneath which the pain lies rub briskly. If the
first application does not afford relief, which is
not usually the case, keep rubbing. The Oil
will gradually penetrate to the affected part
and relief will come.

#### ILLOGICAL SCIENCE.

long been trying to put religion on the defensive by its ridiculous insistence on the old formula, Ex nihil fit." That is to say, out of a void there is no con-ceivable power able to produce someceivable power able to produce some-thing. It seems to those who are not scientists, but merely logical men, that such a proposition destroys itself when it is traced to its fundamental idea. Matter, say its advocates, is eternal and indestructible; yet there must be a cause for matter they admit, since matter cannot be in itself causa caus-aus. The only one who offered an inaus. The only one who offered an in-telligible solution of this dilemma was Bishop Berkeley—or at least what appears at first blush intelligible. It was the bold and ingenuous proposition that there is no reality in the since the man who arrives at this cor since the man who arrives at this conclusion must include his own personality in the verdict. He is only one who
thinks and observes; he is only a
phantom, a self-impostor. "Non sum"
is the logical corollary of "non est."
Recently Lord Kelvin, who ranks at

the foremost authority on the higher problems of nature, gave out a statenent which threw the ranks of science into confusion. He declared that modern research has proved the existence of a creative power; and Dr. Alfred Russell Wallace, an astronomer of high standing, has boldly asserted that gravitation ceases at the confines of the universe, in support of the thesis that the certh is the control of the that the earth is the centre of the whole starry system and man its high-est product. To the blatant atheistical school of theorists, who insist that man and the ape are cousins german, this is

Herbert Spencer endeavors to over-throw the belief in monotheism as a prevalent system among primitive tribes, by citing the evidence of travelers who spoke of savages they found who had no belief in any kind of supreme being. His authority for the statement seems to have been Sir Sam-uel Baker, but Mr. Tyler in "Primituel Baker, but Mr. Tyler in "Primitive Culture," years before Spencer wrote, had destroyed Baker as an authority. For instance, the latter speaks of the Dinkas of the Upper Nile as without a god; but they pay homage to Dendid "the all-powerful Being, dwelling in heaven, whence he sees all things." There is a chant recited by the Dinkas which is quoted in the "Revue des Deux Mondes" of April, 1862, from "Dizionario della lingua denka." We give a couple of lines: 1862, from "Dizionario della ling denka." We give a couple of lines:

Mr. Spencer does not give the ideas to rehabilitate them. Huxley regards the Australians as possessing a non-moral belief in casual spirits, whilst the

When Brazil was first explored there were found there savages as low in the were found there savages as low in the moral scale as the earth could possibly furnish. They practiced cannibalism and every frightful and disgusting enormity that man the brute is capable of addressing his carnal intelligence to. The Tapuyas were believed to be the primal tribe who settled in that

laws of physics; and so the stone which Lord Kelvin has dropped into the lake Lord Kelvin has dropped into the lake of disbelief is even now sending the circling ripples from the centre to the uttermost marge. We shall have many a fierce defense of the pseudo science and many an artful attempt to outflank the new fortress. The exercitation will be diverting and by no means dangerous — for the danger point is passed.—Philadelphia Catholic Standard and Times. ard and Times.

Some persons live their whole lives long without learning how to sanctify their daily actions by means of an intention formed every morning to perform their duties for God's sake. They may say some prayers in an They may say some prayers in an absent-minded way night and morning, they may go to Mass on Sundays and be so full of distractions as to take

He put it in rhyme this way :

"O my God, to Thee I offer All that I should do this day. With what Jesus did, to please Thee. Thus I will each morning pray."

The modern school of Science has visible universe, but only what seems to our senses real. Still, this, too, must go by the board when examined,

At the beginning, when Dendid made all things
He created the Sun

He created man,

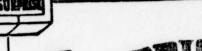
Mr. Spencer does not give the ideas of the Dinkas: is it because one cannot easily see how the beneficent Creator of all things would be evolved out of ghost-propitation? In trying to prove the case of the gnost-prophetation? In trying to prove such an evolution in the case of the Yaos of Central Africa he gives a resume from Macdonald's "Africana," but he omits whatever Macdonald says about a Being among the Yaos analogous to the Dendid of the Dinkas. He acts in a similar manner with regard to Darumulun, the Supreme Being of the Darumulun, the Supreme Being of the Australisns, whose name is too sacred to be spoken except in whispers. Baker had been proved to be utterly wrong with regard to many tribes as well as the Dinkas before Spencer tried to make like the second of the seco

evidence of the ethical character of their religion is abundant and con-

be so full of distractions as to take no part with the priest in the offering of the Sacrifice; they may receive the Sacraments once a year at Easter, but they are poor Christians and they lose much merit that they might acquire by living their monotonous and obscure lives to please God—to do His will in the place He puts them.

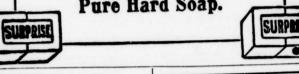
The Redemptorist Father, John Furniss, used to instruct people to express that good intention in these words:

'My Jesus, I do all for love of Thee.'
He put it in rhyme this way:



SURPRISE 50AP

Pure Hard Soap.



#### WAR ON THE CHURCH.

Those who think that the Socialists are not making war on the Church are seriously mistaken. In the last issue of the Boston Republic we find the following quotation from the Avanti, of Rome, organ of the Socialists, upon the death of Leo XIII.: "We Socialists, without disdain, but with indiffer-ence, pass before this corpse and await

the new enemy."
Commenting on the passage, the same journal says that in such language as the foregoing do the Socialists of Italy make ridiculous the Socialists of Mass-achusetts, who try to delude themselves that there is no warfare between Socialism and religion.

Within a few days the Massachusetts

brand of Socialist has had an even more profound shock, because one originating nearer home. The Socialist newspaper which probably circulates most widely in this vicinity is the Appeal to Reason, published at Girard, in Kansas. Copies of its issue for July 11 have reached the faithful in Boston, and are found to contain as a first-page article one of the most vehe-ment and immoderate attacks in recent

went and immoderate states as years on what the headline denotes as "Roman hirelings."

In the attempt to draw the specious difference between the terms "Catholic" and "Roman," the writer, who is a former priest, with all the convert's a former priest, with all the convert's convert as the convert of the tendency to over-zeal, says that "Cath-olicism stands for love and mercy. Socialism stands for justice and freedom. Romanism stands for ignorance and crime. Therefore, no Catholic and no Socialist can be a Romanist."

Again he says:
"The history of Romanism is the triumph of ignorance and brutality. "Away from Rome," he cries, and from "the foul slime of Romanism." Can the foul slime of Romanism."

Can the priesthood of Massachusetts hesitate for a moment to accept such first-hand evidence as this that no Catholic can be a Socialist?—Church

Progress. Even to the Bedside of the Dying. Writing of the "feverish endeavor of French statesmen to expel religion from France," Mr. Arnold White,

European correspondent of the Philadelphia Public Ledger, says:

"Some time ago I was visiting the hospital at Caen, in Normandy, where there was a man being tended by a Sister of Mercy. She was praying quietly by the bedside, and rose with tears in her eyes. I asked her later on why she wept and she said that the dying man had asked that a crucifix might be placed on the wali opposite his bed. Under French law this is now illegal.

"Words would fail to describe the simple woe of the Sister, who lamented European correspondent of the Phila

simple woe of the Sister, who lamented the action of a powerful government in carrying their political warfare even to the bedside of the dying."

## Pope Leo's Literary Productions.

Commenting on Leo's own literary roductions, the Boston Transcript says:
"What countless books and magazines contain stories and estimates of the Pope, his own book, a book of poems, Pope, his own book, a book of poems, unlocks his heart. Literature was the Pope's keen delight. He himself was a skillful writer of Latin verse, having, as M. Georges Goyau says, 'accomplished the almost impossible feat of writing in a style of his own in a dead language. He does not merely translate his compositions into Latin; he is a Latin author.' As is to be expected, Pope Leo's verse suffers grievously in translation into English. In the Latin it is singularly compact in form; put his thought into English verse and you have quadrupled its length. Yet even in lame English version his work has individuality and charm, and — now especially—touching significance.''



AUCTION SALE OF TIMBER BERTHS.
DUBLIC NOTICE is hereby given that pursuant to authority of Orders in Council, the
Red and White PINE TIMBER in the following
townships, batths and trees mands: Red and White PINE TIMBER In the following townships, borths and areas, namely:
IN THE DISTRICT OF NIPISSING—the Townships of HUTTON, CREELMAN, PARKIN, AYLMER, MACKELCAN, MCUARTHY, MERRICK. MULOCK (part of), FRENCH (part of), STEWART, LOCKHART, (pert of) GARROW (part of), OS BORNE (part of), HAMMELL, and PHELPS (part of).

of)
IN THE DISTRICT OF ALGOMA—Berths
Nos. 195 and 201, the Townships of KITCHENER
and ROBERTS and Block "W" near Onaping
Lake

and ROBERTS and Block "W" near Onaping Lake.

IN THE RAINY RIVER DISTRICT—
Berths Gly, G21, C23, G29 and G38, and the following Berths with the right to cut and remove the pine. spruce, tamarack. cedar and poplar:—G4, G6, G17, G18, G24, G25, U36 G27, G28, G33 G35, G39, G37, G39, G40, G11, G12, G43, Berths Nos, S1, S2, S3, and S4 will be offered for sale by Public Auction at the Par liament Buildings. in the City of Tool Wednesday, the NINTH day of DECKMBER, 1903, at the hour of ONE o'clock in the after-noon.

1903, at the hour of ONE octook in the atternoon.

Sheets containing terms and conditions of Sale and information as to Areas and Lots and Concessions comprised in each Berth will be durnished on application, either personal or by letter. to the Department of Crown Lends, Toronto, or the Crown Timber Agencies at Ottawa. Fallt Ste Marke, Port Arthur, Ray Portage and Fort Frances.

E. J. Davis.

Commissioner Crown Lands.

Department of Crown Lands.

Department of Crown Lands.

N.B.—No unauthorized publication of the advertisement will be paid for. 1295-18

The Standard Brews of Canada are the ale, porter and lager made by



PROFESSIONAL.

HELLMUTH & IVEY, IVEY & DROMGOLE

DR. CLAUDE BROWN, DENTIST, HONOR Graduate Toronto University, Graduate Philadelphia Deutal College, 189 Dundas 32-Phone 1381. DR. STEVENSON, 201 DUNDAS ST. Ray Work. Phone 510.

DR. WAUGH, 537 TALBOT ST., LONDON Ont. Specialty-Nervous Diseases.

JOHN FERGUSON & SONS 180 King Street
Leading Undertakers and Embalmers
Open Night and Day
Telephone—House 373: Factory

W. J. SMITH & SON UNDERTAKERS AND EMBALMERS Open Day and Night. Telephone 590

## Father Damen's Lectures

1. The Private Interpretation of the Bible.
The Catholic Church the Only True Church of God.

Confession.
The Real Presence. Answers to Popular Objections
Against the Catholic Church.

Price 15c. or \$1.10 per doz., post paid.

Special discount on lots of one hun-

CATHOLIC RECORD OFFICE London, Ont.

## O'KEEFE'S Liquid Extract of Malt



Canadian House, from Canadian Barley Malt, for Canadians. It is the best Liquid Extract of Malt made, and all Leading Doctors Leading Doctors in Canada will tell you so. W. LLOYD WOOD, Wholesale Druggist, General Agent, TORONTO.

Is made by a

# Life of Our Lord

WRITTEN FOR LITTLE ONES. BY MOTHER MARY SALOME, of Bar Convent, York. With frontispiece. Price \$1.25 post free

CATHOLIC RECORD OFFICE LONDON, ONT.

## The London Mutual Fire INSURANCE CO. OF CANADA.

TORONTO, ONTARIO STABLISHED 1859 FULL GOVERNMENT DEPOSIT

Losses Paid Since Organization, Business in Force, \$ 3,250,000.00 66,000.000.00 628,690.16 L Leitch, Down Killer, Inspectors

## The Royal City Painting and Decorating Co. of Guelph

82 UPPER WINDHAM ST. E. BRANN, E. W. COOPER, W. A. MAHONE Manager. Treas. Pres. Manager. Treas. Expert Painters, Paperhangers, Grainers, Hardwood Finishers,

SIGN WRITING AND CHURCH DECORATING A SPECIALTY.
Estimates Furnished and Sketches Submitted

Telephone 360
DEALERS IN WALL PAPER,

ESUS

- Beautiful.