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Nearly in Despair.

and had about decided to sit up all night in my easy chair, and procure what sleep I could in that way. It then occurred to me that I had a bottle of Ayer's Cherry Pectoral. I took a spoonful of this preparation in a little water, and was able to lie down without coughing. In a few moments, I fell asleep, and awoke in the morning greatly refreshed and feeling much better. I took a teaspoonful of the Pectoral every night for a week, then gradually decreased the dese, and in two weeks my cough was cured."

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AT A GRAVE IN WINTER.

BY THE REV. A. B. O'NEILL, C. S. C. What doth it profit to gain the world,

What duth is proint to gain the world,
Or madly to seek as our goal
Its honor and glory, wealth and joy,
If we lose, in the seeking, our soul?
Whether men my life and my work ignore,
Or acciaim me a hero brave
What shall I reck when the snowflakes

Their jewelled shroud o'er my grave?

What doth it profit to gain the world—
A rank which the world calls proud,
A permanent niche in the femple of fame
Or the fleeting applause of the crowd?
Not the censure of praise of the world I've

But of Him who my life to me gave,
Will matter to me when the snowfakes drop
Their crystal gemso'er my grave. Oh, the heart cries aloud for an infinite good

Oh, the heart cries aloud for an infinite good, A cry which the world can ne'er tell;
And there's one thing alone that profit's in life "TIPEM has the doing of God's holy will.
If only the years that are mine be spent In an effort my soul to save,
The restrill be nought when the snowflakes

Their jewelled shroud o'er my grave. THE ROSARY AND THE

FIRST FRIDAY.

A tall, venerable-looking, white-bearded old gentleman stood on the corner of ed of a frightful prejudice. Seventeenth and Master Streets, Philadelphia, early one First Friday morning

not so very long ago. He was apparently waiting for a car. A little woman in rusty black was approaching, and being of a very observant

turn of mind, he remarked her. Her lips were moving, her expression was prayerful, to say the least-pre-oc-

cupied, in any case. Twisted around her hand was a string of rude beads, and a crucifix hung from

She looked up as she crossed the street and accidentally met the half-smiling, wholly-pitying look of the kindly old face. Her own face, recalled from its look of abstraction or pre-occupation. was simply lively, good-humored, and not in the least torbidding.

'Excuse me,' said the gentleman, 'I really do not wish to be impolite, butmay I ask you a question without being

considered rude?' "Certainly, sir." 'What were you saying, just now, as

you came along?" 'Why, sir, I was just saying my pray-

ers. Pardon me, would you mind telling me what prayers?

Why, sir, I was saving what Gabriel said to the Blessed Virgin'
'What did he say to her? and who
was Gabriel?'

was Gabriel?

'Why, sir, I am sure you are joking, and know more about the holy Archangel of God than I do, and what he said too.'

'No. no: I assure you; or if I ever

A SIMPLE WAY TO HELP POOR heard, I forget.'

(Why sir he said to the said to t

thou among women, and blessed is the truit of thy womb, Jesus.' Unconsciously the little old woman had been fingering a rosary bead, while

repeating the Ave.
Yes,' said the old gentleman, 'thank you. But could you not say it without those grains of wood?' 'Indeed I could, sir.' was the laughing

answer, but habit made me forget that the head was between my finger and 'What is the use of those wooden beads

-this graven image, may I ask?" 'Why, sir, if you would just ask Father , or any of the priests at the corner of — they would tell

of —, they would tell you much better than me. There's the church; you can see the cross from here. Yes, yes; I know Father -

the Fathers know their pro ession; but why should you, an intelligent woman, make use of these vain objects? 'Well, sir, as to the intelligence, I don't know about that. I can read and write

and say my prayers, thank God, and gain my honest living, and that is intelligence enough for me; and the objects i help me to do it." 'How can that string of beads help you

to do it ?' 'It is not a string of beads, sir, begging

'Pardon me, I mean no offence, but 'I is a rosary.'
'But what is a rosary?'

she began to look hurt.

ed, 'It is a crown of roses,' looking firmly Lady every time we say the beads in

'Humph! and what, may I ask, are you thinking of while you are saying the beads, as you call it?'

life, whether they be joyful or sorrowful, yellow fever, and served with great and they should earnestly exhort their or glorious. To day they are sorrowful,

theing a Friday.'

'Please. go on. What do you mean by mysteries?' Why, sir, I mean the Agony of our

touched the first decade of her beads Cross, by which He redeemed the world world, and His most Holv crucifixion.' Bridget had torgot herself and her listener, and remembered only her Divine receiving?" I asked.

modesty and natural timidity at her own boldness in laying down the law to a A HEALTHY SIGN OF THE LIMES IS gentleman. 'Is that all?'

Then I think, sir, if my own cross is weighty, I must imitate Him and not

"Who taught you this, may I ask-Father ____? No, sir, indeed he didn't though if

any one would do it, it's himself. From a priest in the old country I got that The gentleman was fain to smile a

little in his thick, white beard. 'Well, I beg your pardon for my curios ity and for detaining you,' he said, 'what I have heard is very interesting. I see my car soming. Good-morning.'

Bridget fairly had to run to get home in time for her daily work by which she

in time for her daily work, by which she earned ther honest living, and had no time to think of the incident, or the profession of faith she had been surprised into making.

But all the way down to Chestnut Street the gentleman pondered on the thoughts of the poor workwoman, the thoughts that helped her to gain 'her honest living.' He had despised and pitied the Catholics for their mummeries' out now he felt himself almost disabus-

Were all illiterate Catholics like that? Returning home he made his way to his coach-house. The old hostler was moving about briskly.

Patrick, I saw somewhat of a crowd this morning, early, down by the corner of—... Any particular meeting down thereto-day? he said.

It's the first Friday of the month, sir.

Yes, so it is, Patrick, but what has the

First Friday of the month got to do with

It's the League, sir. of the Sacred Heart and the members were at mass. It is the Apostleship of Prayer, sir. Is the object of your league anything

political? Oh no sir.

What then? Well, sir, for last month it was to pray for Christian doctors, but not a bit of me remembers what this month is for yet. I'll know when I go home to dinner, for the children and the old woman are all

Well, Patrick, do you believe that all this praying will do the Christian doctors any good?
With the blessing of God it will, sir. You say that with the blessing of God

these prayers will do good. Now is not the blessing enough without the pray-But how is anyone to get any blessing without prayers? exclaimed Patrick.

They can ask God themselves So they can, admitted Paurick, but plenty don't, and them that does will be none the worse for help.

There was no answer to this. Do you say your prayers on a string of beads, Patrick?

me, as long as I go to my duty regu-You are an excellent fellow, Patrick,

and I remark that you are vory regular, at your duty.

Indeed, sir, I never suspected you knew a think about it.

and Holy Communion. Was this the ignorance the self-complacent rich man had pitied? He thought much of the faith and love of these poor people, and could

By his duty Patrick meant confession

NUNS IN A PEST HOUSE.

not but admit that it made their

lives beautiful.

Heroic Sisters Nurse The Small Pox Pa tients Near Chicago.

Away out on the Black road leading from Chicago, says an exchange, stands a low brick building with a wing on either side and a low wooden extension in the rear. People who pass the place walk hurriedly and glance furtively at the little windows and drivers whip you call vain, sir, are the very ones that their horses when they read the sign on the gate.

The building is the Cook county pest house. The gates of the fence are armly locked, for there are 120 cases of
small-pox in the hospital. No one is
permitted to enter the yard unless he

3. The use of most and use at the
same time is not allowed in Lent.

The following persons are exempted
from abstinence, viz.: Children under
seven years of age, and from fasting your pardon, said the little woman, and ly locked, for there are 120 cases of small-pox in the hospital. No one is permitted to enter the yard unless he comes as nurse or patient. The black ambulance of the health department rolls up to the side door from time to Bridget, for her name was Bridget, re- time during the day, but people in the membering her daily prayer: 'Accept street see but little of the pest-sufferers. observe the law. In case of doubt the this Rosary as a crown of roses,' a crown of localization of the pale faces of the pastor should be consulted. good Sisters of Charity as they hurry to up into his pitying face, a crown of roses and fro on their errands of mercy. that we lay at the feet of our Blessed These noble self-sacrificing women have These noble, self-sacrificing women have cept on Good Friday, as also on all complete charge of caring for these 120 days of abstinence throughout the year unfortunates. They are assisted by a by those who cannot easily procure little that the state of the state o little old man with a white monstache. butter. Nearly all his life has been spent in nursing fellow-creatures. He volun- respective churches, at least twice in Well, sir, I am thinking, as best I can, teered his services to the government of the week during Lent, devotions and of the mysteries of our Blessed Lord's Brazil when the republic was ravaged by instructions suited to the holy season; bravery in the epidemics in the South. people to attend these public devotions. Brooker is a volunteer at the pest-house. They are nereby authorized to give on He wears the uniform of the Red Cross these occasions Benediction of the

Divine Lord in the Garden; Bridget of clothing from his brother-in-law, who stood just outside the fence, says a Chi-His Scounging at the Pillar, His cruel cago reporter. It, was an unnecessary question, but I thought the question might allay the fears of the people who have relatives in the lospital. "What kind of care are the patients

ner face grew very red and hot, from OUR CATHOLIC SOCIETIES.

SHOWN BY OUR YOUNG MEN. One of the most encouraging signs of the times is the lively interest manifested by our Catholic young men in religious and social organization under Church auspices.

There never was a time, perhaps, in the history of Canadian Catholicity which presented a greater need for such associations than exists to-day. To fully work out the glorious mission with which the Catholics of Canada may fairly accredit themselves, it is essential that the strongest social as well as spiritual union should bind the masses into a grand, harmonious and coherent whole.

The surest means and quickest route to this important and necessary combination are indubitably through the religious, educational, and social orders affi-liated with the parish church.

A movement that enlists the interest and sympathy of the younger element and brings to hear upon it the influence ef such association, means the healthy development of the aggressive public spirit and sertiment among the laity. In view of the special requirements of that future towards which all thoughtful minds are turning, this is a desideratum that cannot easily be overestimated.

It becomes the part of wisdom, therefore, to extend to young men's Catholic societies every encouragement and aid that tends to the sound growth of these organizations. No factor is so powerful

in this connection as the hearty countenance and co-operation of the clergy.

The priest is the natural leader of the people, and should be their wisest countenance. sellor in undertakings that have for their or ject the promotion of social an spirit-Our Holy Father, than whom no man

possesses a clearer insight into the nee is of the times has repeatedly and with great emphasis advocated the formation of Catholic societies and clubs of Catholic working men. In such organizations he perceives a true antidote to pernicious and immoral influences so active among all classes and in all countries at the

present moment. The multiplication of Cathelic associations in this city and throughout the dio-cese may therefore be regarded as an evidence of a lively faith, and should be a source of deep consolation and satisfaction to all who are solicitous for the future welfare of the community.

Heard on the Way.

Passing down the east side of Main street the other day we overheard two two trampish-looking fellows just in front of us engaged in earnest discussion. One of them, who could pose as the ideal Weary Ruggles of the comic papers, had

the floor as it were. "I tell you," he remarked. "the crying need of this 'ere town is a public clock. Here I have an engagement, we,ll say for 3 p.m., and having left my gold wat h

at home—"
"You give me a pain," cried his com-Ignoring the interruption, Weary con-

Having no watch I am obliged to travel to the C. P. R. station to find out what time it is, and so imperil important interests. In fact, there isn't a clock in the city for public observation, and it's no use to look in a jeweler's window. There ain't one of them except Woodroofe that has enterprise enough to put the correct time on exhibition in his

window for the passers by to see. I tell Here a small boy passed with a basket of provisions, and the pair dropped the time question and hungrily followed, hoping that he might turn into a back lane, and so give them an opportunity topossess themselves of its contents with-

out danger."

Rules For Lent. The official Lenten regulations of the

1. All days of Lent, Sunday excepted, are fast days. 2. By a special indult from the Holy See, A.D. 1894, meat is allowed on Sun-I days at every meal, and at one meal on

Mondays, Tuesdays and Saturdays, exc pt to Sat ray of Ember week and Holy Saturday.
3. The use of flesh and fish at the

persons under twenty-one, and from other or both those who, on account of ill-health, hard labor, or advanced age, or some other legitimate cause, cannot

Lard may be used in preparing fasting food during the season of Lent, ex-Pas ors are required to hold in their

Blessed Sacrament. Besides the public I spoke to him as he caught a bundle devotions, family prayers, especially of clothing from his brother-in-law, who tood just outside the fence, says a Chi-should be recited in every Catholic household in the dincese.

In view of the possibility that the cholera wave which has been making progress around the world from Asiatic Master, and she kissed the cross forvent ly, as she was in the habit of doing when she pronounced the last word; but no sooner had she done so than she became conscious of where she was, and