THRILLING VERSES.

The circumstances which induced the writing The circumstances which induced the writing of the following well-known and thrilling lines are as follows:—A young lady in New York was in the habit of writing for the Philadelphia Ledger on the subject of temperance. Her writing was so full of pathos, and evinced such deep emotion of soul, that a friend accused her of being a maniac on the subject of Temperance—wharen pen also wrote the following lines:

Go feel what I have felt, Go bear what I have borne-Sink neath the blows a father dealt; And the cold world's proud scorn; Then suffer on from year to year.

The sole relief, the scorobing tear.

Go kneel as I have knelt, Implore, beseeth and pray— trive the besetted heart to melt, The downward course to stay;
Be dashed with bitter curse aside, Your prayers burlesqued, your tears defied.

Go weep as I have wept,
O'er a loved father's fall—
See every promised blessing swept—
Youth's sweetness turned to gall;
Life's fading flowers strewed all the way— That brought me up to woman's day.

Go to thy mother's side, And her orushed bosom cheer, Thine own deep anguish hide;
Wipe from her cheek the bitter tear;
Mark her worn frame and withered brow— The grey shat streaks her dark hair now-With fading frame and trembling limb; And trace the ruin back to him, Whose plighted faith in early youth, wrose pligated fatter in early youth,
Promised sternal life and truth;
But who, forsworn, hath yielded up
That promise to the crosed cup;
And led her down in the children and light, And all that made by prospects bright;
And chained her there mid want and strife,
That lowly thing a drunkard's wife;
And stamped on childhood's brow so mild,
That withering blight, the drunkard's child!

Go hear, and feel, and see, and know, All that my soul has felt and known, Then look upon the wine cup's glow, See if it's beauty can atone—
Think in its flavor you will try
When all proclaim, ""Tis drink and dis!"

Tell me I hate the bowl-Hate is a feeble word;
I loathe—abhor—my very soul With strong disgust is stirred, When'er I see, or hear or tell, Of that dark beverage of hell !

HEALTH.

RESTORING FAINTING PERSONS .- Very few persons know how to attend to one who has fainted, said a doctor recently to a reporter. "They will citen insist an raising fainting persons to a sitting or upright position.

That is a great mistake, and is cofficient to
destroy the spark of life which remains. A
short time ago an eminent English statesman died by this action, and in holding an inquest the coroner was vory emphatic in telling how wrong those who had attended him had been. When persons faint the bast thing to do is to keep them in a prone position while restoratives and local means are employed to enable them, if possible, to regain consciousness.

THE CARE OF THE NAILS.-Very few people know how to properly care for the nalls. In cleaning them a sharp knife ought never to be employed, but between the ends of the nails and the fingers the space should be filled with scap, and then removed by brush ing with the so-called nail-brush. Many improperly cut away that part of the flesh which grows over the cail from the bottom; but it should be simply pressed backward, and sufficiently to show the white part, considered by some to be a mark of beauty. If the flesh is adherent to the nail the operation may be facilitated by passing the sharp point of a knife underneath the fold of flesh and spearating it from its attachments. With this done, if can be pushed back more readily. Scissors should never be used to out the nails; that should be done only with a sharp penkuife. -- Boston Journal of Health.

MENTAL OVERWORK.—Some interesting though not novel observations on the symptoms of mental fatigue were disclosed at a recent meeting of the Anthropological Socloty. The result of these investigations goes to prove the weariness of mind, the result of overwork, like other forms of exhaustion, le recognizable under two different though related aspects of irritability and incapacity. Further luquiry into the same subject would probably show that here, as elsewhere, the former of these conditions is introductory to the later, and is the natural sequel to that stage of apparently successful overaction which is seen when an organ still fully capable is unduly stimulated.

The observations referred to were culled from a series of reports by school teachers, and included details of their own sensations as well as of the children under their own care. The signs of mental irritability were apparent in sleeplessness and nervous laughter; of fatigue, in sleeplessness and in-capacity for tack work. Lolling, yawning, and a lauguid menner told that the will was flagging. Headache suggested overstrain in and, perhaps, a too spuring diet, while some curious facts bearing on causation of color blindness and sommambulism were also noted. Thus, in one case the blue color perception was for a time obliterated, and the sufferer from this defect found herself painting orange leaves a bright orange while in another student, having ratired to rest on the eve of and examination, awoke at his deak to find that he had been busily engaged in drawing humorous cartoons relating to a former conversation. Here we have an instance of cerebral irritation, due to overwork, which suggets a somewhat close connection between dreaming and somnambulism, and affords a clew to the physiology of the latter condition. Overwork, both mental and bodily, is at

once the most general and least regarded form o fillness to which we are liable in the present age. Do what we may, It is next to impossible to escape from it, but there is, at all events, a certain satisfaction in being able to recognize its features. We must not forget, however, thas it is also a considerale extent a preventable evil, and it is certainly a matter for satisfaction that this fact is not ignored by the reforming party is Legislature. Its treatment in individual cases requires chiefly that due attention be paid to the two great essentials of timely rest and wholesome diet. Work, however irksome, may, it is generally allowed, be undertaken on a very liberal scale, if only it is not too continuous, but is broken by timely and adequate intervals of rest. The value of a plain and liberal dietary is hardly less, and we may take it as a maxim for the times that so long as appetite maxim for the times that so long as appetite and filling any unimpaired there is no danger outling to the serversely, that a fallure in adding of these respects should be regarded as withing signal to which attention should be paid by relieving the strain of praction. London Lunes.

Mr. George Tolen, Druggiat, Gravenhurst, Ont. writer: Mr. Customies who have used Northing to the have used to attack wherear there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear many a fattle there is a weak point. We may see appear a point we may be gradually built up strong enough to resis. Allan Brothers. James street, Live. Allan, 70 Great Clyd os resis. Allan Brothers. James street, Chicago: H. Bourlier, To. C. W. Robinson, 1364 St. Lawrence Hall: D. Battersby. It James street; W. D. O'Brien, 143 St. Made simply with bolling water or milk. Sold only in Packets, by Greaters, labeled thus:

James street, Chicago: H. Bourlier, To. C. W. Robinson, 1364 St. Lawrence Hall: D. Battersby. It James street; W. D. O'Brien, 143 St. Street, Organishe Liver, Kidneys, all the fatter of the point water or milk. Sold only in Packets, by Greaters, labeled thus:

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COLOR OF HORSES.

Professor Willkensa German has investigated the subject of hereditary color in the coats of horses. In the case of 1000 productions of pure English blood horses where sire and dam were of the same color, that color was transmitted 856 times in the progeny, In 1000 cases where the colors of the parents were dissimilar 437 foals had the color of the sire, 508 that of the mother and 55 different from both. Foxy-red is the bue most reproduced when the parents are of the same color; brown when they are of different colors. Black is the rarest shades reproduced in crossing; only 116 cases in 1000 when the sire is black and but 92 when the mare is so. When the breed is but half blood, the ratios are not very markedly different. Nor does Arab blood exhibit much variation from these proportion standards save that when sire and dam are white the number of foals of the same color is 900 per 1000. But the color black is here again markedly rare. When the foal represents a coat different from both parents it is foxy-red that dominates and which represents the inheritance of a color belonging to an early ancestor. Respecting sexes; here complexion is unequally transmitted. When the parents are of unlike nues brown is the prevailing color for mares and white for stallions. There is no precise explanations for these divergencies. It is suggested that the better the work of food assimilation takes place during the period of gestation the more the offspring will resemble the mother. In any case where the r of either parent dominates there will dominate its corporeal form also.

A LUCKY ESCAPE. "For six years I suffered with my throat and enlarged tonsils. I was very weak; I doctored four years and hadadvice from three doctors; they said I would have to undergo an operation. I tried B. B. B. instead. One bottle cure i me. M. A. Squelch, Ragian,

"So far so good," as the boy said when he had finished the first pot of his mother's iam.

A POSTMASTER'S OPINION.

"I have great pleasure in certifying to the usefulness of Hagyard's Yellow Oil," writes D. Kavanagh. postmaster, of Umfraville, Ont., "having used it for serences of the throat, burns, colds, etc., I find nothing equal

Very often the "May I?" of courtship is answered by the "You must" of matrimony.

DEAFNESS CURED. A very interesting 132 page Illustrated Book on Deafness. Noises in the head. How they may be cured at your home. Post free 3d.—Address Dr. Nicholson, 30, St. John Street,

When poverty is abolished, what a hard time every one will have doing all his own

A WOMAN WHO IS WEAK, NERVOUS and sleepless, and who has cold hands and feet, cannot feel and act like a well person. Carter's Iron Pills equalize the circulation, remove nervousness, and give strength and

If writing is indicative of character, some people's characters must be mighty hard to

My PRIEND, LOOK HERE! you know how weak and nervous your wife is, and you know that Carter's Iron Pills will relieve her, now why not be fair about it and buy her a

A mustard plaster is not a very poetic subject, but, ab, how warmly it appeals to a

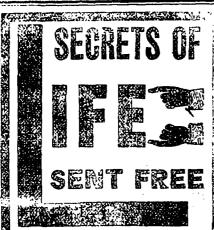
FITS: All Fits stopped free by Dr. Kline s Great Nerve Restorer. No Fits after first day's use. Marvelous cure. Treatnes and \$2.00 trial bottle free to Fit cases. Send

The man who falls out of a balloon realizes the gravity of the situation before he has dropped five miles.

When Baby were sick, we gave her Castoria, When she was a Child, she cried for Cast Tris,

When she became laiss, she clang to C toria, We sho the District the gave then he installs

He was only a finished gymnast when he fell from the trapeze and broke his neck. Which dress lasts a lady the longest-Her house dress, because she never waara it



A Private Treatise and Adviser in five languages; 24 illustrations. To young men only, and those contemplating marriage should not fail to send for it. DR. LUCAS' PRIVATE DISPENSARY, 68 Randolph St., Chicago, Ill. CONTRACTOR OF THE STATE OF THE

to 88 a Day. Samples and duty FREE Lines no under the bors feet. Writ Berweise's Safery Bre House Co. Hol'y Mich 188-6

GRATEFUL-COMFORTING,

"By a thorough knowledge o the natural laws which govern the operations of digestion and nutrition and by a careful application of the fine properties of well-selected Cocca, Mr. Eppe has provided our breakfast tables with a delicately flavored beverage which may save us many heavy doctors bills. It is by the judicious use of such articles of dict that a constitution



A GREAT BLESSING. CLEVELAND, O., Sept. 1, 1887.

I can most truthfully testify to the fact that here in Cleveland, several cases of epilepsy, which were eured by the medicine of Rev. Father Koenig, of Ft. Wayne, Ind., have come under my personal observation. In other similar cases great relief was given even if up to this time they have not been entirely cured. It would certainly be a great blessing if the tidings were myre widely circulated that many come be cured by the state of the tidings were myre widely circulated that many come be cured by the state of the tidings were myre widely circulated that many come be cured by the state of the tidings were myre widely circulated that many come because of the state of Our l'amphiet for sufferers of nervous diseases

rill ac sont free to any address, and poor patients an also obtain this medicine free of charge from This remedy has been prepared by the Reverend Tactor Foreign of Fort Wayne, Ind., for the past tention and is now prepared under his direction or croked wheat, if thoroughly cooked be-foreband, only needs heating and the muffins or rolls are ready. With a few well directed movements the fresh roasted and new ground

ERIE MEDICINE CO., CHICAGO. Agents: W. E. SAUNDERS & Co., 188 Dundas street, London, Ont. Price, \$1.00 per street, London, Ont. Price bottle; Six bottles for \$5.00.



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1888-Winter Arran ements-1889 takes place which is characteristic, and, to

This Company's Lines are composed if the following Doubled-engined, Clyde-built 120N STEAMSHIPS. They are built in water tight compartments, are unsurpassed for strength, speed and comfort, are fitted up with all the modern improvements that practiced experience can suggest, and have made the fastest time on

Austrian 2458
Buenos Ayrean 4006 Capt. J Scott.
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Lucerne 1925 Capt. Nunan.
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Lough Foyle to receive on heard and land Mails and Passengers to and from Ireland and Scotland, are intended to be despatched FROM HALIFAX: Parisian.....Saturday, Dec, 29 Sardinian....Saturday, Jsn. 12

At TWO o'clock P.M., or on the arriva! of the Intercolonial Railway Train from the West. FROM PORTLAND TO LIVERPOOL VIA

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Rates of Passage from Montreal via Halifax Cabin, \$58.75, \$73.75 and \$88.75 (according to accommodation.) Intermediate, \$35.50. Steer-age, \$25.50. Rates of Passage from Montreal via Portland Cabin, \$57.50, \$72.50 and \$82.50 (according to accommodation.) Intermediate, \$35.50. Steer age \$25.50.

NEWFOUNDLAND LINE,-The steamers of the Halifax Mail Line from Halifax to Liverpool, via St. John's, N.F., are intended to

GLASGOW LINE. -During the season of Winter Navigation schooners will be despatched

regularly frein Glasgow for Boston, and regular ly from Boston to Glasgow direct, as follow from Boston: Cartheganian About Dec. 3 Siberian About Dec. 17 The steamers of the Glasgow, Londonderry

and Philadelphia Service are intended to be despatched from Philadelphia to Glasgow From Philadelphia:

dependent the nature of their trade by deceptive advices; for instance, "expect three dozen silver apoons," which is technical for the "finer wares); or "we send five vessels of meal" (a medium quality), or "eight sacks of potators" (the consent quality) THROUGH BILLS OF LADING granted to Liverpool and Glasgew, and at all Continental Ports, to all points in the United States and Canada and from all stations in Canada and the Unite to all points in the United States and Canada and from all stations in Canada and the Unite States to Liverpool and Glasgow, via. Boaton Portland or Halifax.—Connections by the Intecolonial and Grand Trunk Railways, via Haliax and by the Central Vermont and Grand Trun Railways (National Despatch), and by the Boston and Albany, New York Central and Gres Western Railways (Merchants' Despatch), vi Boston, and by Grand Trunk Railway Cempeny. Through Rates and Through Bills of Lading for East bound Traffic can be obtained from any of the Agents of the above named railways. For Freight, Passage or other information, apply to John M. Currle, 21 Guaid Orleans, Hawre; Alexander Hunter, 4 Rus Gluck, Parls; Aug. Schmite & Co. or Richard Berns. Antwerp; Ruys & Oo. Rotterdam; O. Hugo, Hamburg; James Moss & Co., Resteaux; Fischer & Behmer, Schusselkorf No. 8, Bremen; Charley & Malcolm, Belfast; James Scott & Oo., Queenstown; Allan Bros. & Oo., 103 Leadenhall street, E.C., London, James & Alex. Allan, 70 Great Clyde street, Glasgow; Allan Brothers. James street, Liverpoel; Allans Rae & Oo., Quebes; Allan & Co., 112 La Salle street, Chicago; H. Bourlier, Toronto O. W. Robinson, 1869 St. James street opposite St. Lawrence Hall; D. Batteriby, 174 St. James street; W. D. O'Brien, 143 St. James atreet. tosa" (the coarsest quality). When death was hourly expected, all other remedies having feiled, and Dr. H. JAMES was experimenting with the many herbs of Calcutta, he accidentally made a preparation which cured his only child of Consumption. His child is now his only child of Consumption. His child is now in this country, and enjoying the best of health. He has proved to the world that Consumption can be positively and permanently cured. The doctor now gives this recipe free, together with certificates of cures from physicians, ministers, and other eminent persons, only asking that each remit two 2-cent stamps to pay expenses. This herb also cures night sweats, remains at the stomach and will break up. ORADDOOK & CO., writes, "I was troubled with vomiting for

H & A. ALLAN, 8 State street, Boston, and ed times a usy Bitters oured me."

BREAKFAST IN SHORT ORDER. THE GREAT BLOOD PURIFIER. Detroit Tribune: "Good cooking means much tasting and ne wasting. It means English thoroughness and French art and Arablan hospitality." When women are ex-

peuted to look well and always be ready with

something appatizing and good to eat at the shortest possible notice, thought and study

are necessary. The time of preparation must differ with different tastes and articles need,

but in this as in housekeeping time is every

thing, and in order to utalize it all things

which can be should be made ready before

beginning to cook the meal. Flour should be sifted, potatoes cleaned, and if for breaklast.

the fire should be laid or the kindling made ready. The table may be laid over night and the coff c measured. When these rules are a

habit the cook, be she mistress or maid, can apply a maich to the kindling, or open the

draits if coal is used, before she is dressed.

sud the teakettle will begin to sing while she

is making her morning toilet. The catment

coffee is put into a cheesecloth bag—a heaping

taplespoonful to one cup. Now pour boiling

water on it and stand it on the back of the

stove three minutes. Then lot it boil one

moment and settle one. If the Java or Mocha

is prime, or mixed in equal parts, there is nothing left to be decired. Many use a big-

gin and bring the coffee in it hot to the table,

but the bag and close coffee pot answer the same purpose. While the potatoes and rolls

are bring done the fire has come into a glow.

Now put on your steak over the coal, turn it

as soon as grilled, and turn it again if not quite broiled. From four to five minutes is

suffi lent if the steak is to be cooked rare; an

extra two minutes if it is to be served with

the juiceses. Have your dish hot and serve

at once. Stoak and coffee should never stand; the one has its juice, the other its aroma.

SINGULAR SCENE IN ROME.

Romans show itself more than in their treat-

ment of the dumb beasts who serve them. It is very rare to see in the streets of Rome

those reckless and brutal exhibitions of viol-

ence and cruelty to animals that are but too

often seen in England and America. The

French system of vivisection is here, thank

God, unknown. This people is passionate,

but not cruel in its nature. The Church, too,

takes animals under its protection, and on the

day dedicated to Saint Antonia, a celebration

mind, full of humanity and good feeling, and

calculated to produce a good effect on the

people. This is the sumual blessing of animals, which takes place on the 17th of

January, when all the horses, mules, and

denkeys in Reme are taken to the Church of

Sant' Antonio to accelve a benediction. The

doors are thrown wide open, and the church

and alter are splendld with condless, and the

croud pours in and out to see the pictures and

are the great black horses of the cardinals,

ambering up with their laxuriant coaches all

his work and bear his burdens, and murmur

not under his tyrannical inflictions-that in-

articulate race who suffer in patient ellence

the clings and arrows of outrageous for-

tune!' Thy effigy shall be hung upon my

atable walls, as it is in every stable in Rome.

SLAVES IN CONSTANTINOPLE.

POOR GIRLS ENTICED FROM THEIR HOMES AND

SOLD.

on in Constantinople, in spite of the consuls of the Christian powers. Hardly a week passes

without the arrival of a white haired courier, between 65 and 70 years old, accompanied by a

convoy of young girls, mostly from poor families in Galicia, whom he has induced to come with him to the Turkish capital, under the premise of a "splendid" situation or a "rich marriage." The Austrian consular officials, as well as those of other powers, have

kept a wakeful eye upon this old scoundrel, and stopped him from landing his "wares" in Con-

stantizople itself. It is now discovered that he takes them to a spot where they are out of

teach of European law, Kawak, the Turkish quarentine station on the Bosphorus. Here they are unshipped, and sent ultimately to Constantinople by the land route to Bujukdere.

stantinople by the land route to Bujukdere,
Here not a soul is troubled about their deplorable fate, and their redemption from
the horrors prepared for them is only
possible through energetic foreign help.
The "proprietor" takes them to a certain bourse, called the Casino, where his
living wares are dealt with exactly as if they
were dead matter or eheres. The price for the

"coarser weres," as they are brutally described, varies from \$150 to \$300. The price of the "finer wares" is higher, reaching the level cometines of \$1,200. They are bought for customers

in Symrus, Alexandria, Cairo and other places under Mohammedan rule. The "brokers" at

A MAN OF A THOUSAND.

1032 Race Street, Philadelphia.

Grammar students advance by declining.

A SEVERE TRIAL.

two years, and I have vomited as often as five

times a day. One Bettle of Bardook Blood

An extensive female slave trade is still carried

-[N. W. Story.

In nothing does the kindliness of the

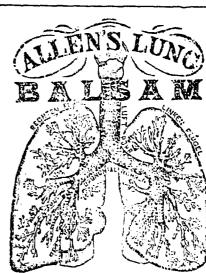
Dr. CHANNING'S Compound Extract of Pure Red Jamaica

Sarsaparilla

For the cure of Scrofula, Salt Rheum, Cancer, all Skin Diseases, Timors, Enlargement of the Larce and Sphen, Rheimatic Affections, diseases of the Kidneys, Bladder and Urinary Organs, oppressions of the Chest or Lungs, Leucorrhea, Catarrh, and all diseases resulting from a deprayed and impure condition of the blood.

CAUTION .- Ask for " Dr. Channing's Sarsaparilla" take no other in its place. Davis & Lawrence Co., Limited, SCLE AGENTS,

MONTH TALL **のなる。またのは、世界は大きないという。 かっこう**



[This Engraving represents the Lungs in a healthy state.] THE REMEDY FOR CURING

CONSUMPTION, COUGHS, COLDS, ASTHMA, CROUP,

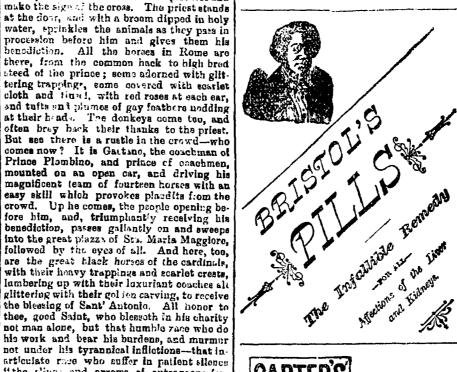
ALL DISEASES OF THE THROAT, LUNCS AND PULMONARY ORGANS. BY ITS FAITHFUL USE

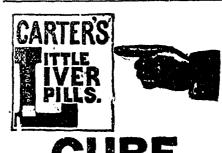
JONSUMPTION HAS BEEN CURED When other Remedies and Physicians have failed to effect a cure.

Recommended by PHYSICIANS, MINISTERS, AND NURSES. In fact, by Creybody who has given Hagood trad. It never fails to bring relief.

FE AN EXPECTGRANT IT HAS NO EQUAL. It It harmies to the Most Deliner Calld It contains no OPIUM in any form.

PRICE 25c. 50: AVE: \$1.00 PER BOTTLE. DAVIS & LAWRENCE CO. (Limited), General Agents, MONTREAL.





CURE

Sick Headsche and relieve all the troubles incident to a bilious state of the system, such an Dizziness, Nausea, Drowsliness, Distress after eating. Pain in the Side, &c. While their most remarkable success has been shown in curing

Hendache, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and pre-venting this annoying complaint, while they also correct all disorders of the stomach, stimulate the

correct all displaces of the bowels. Even if they only cured

Ache they would be almost priceless to those who suffer from this distressing complaint; but fortunitily their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

Is the bane of so many lives that here is where we make our great boast. Our pills curoit while others do not.

Carter's Little Liver Pills are very small and

vory casy to take. One or two pills make a dose.
They are strictly vegetable and do not gripe or
purge, but by their gentle action please all who
use thom. In visits at 25 cents; five for \$1. Sold
by druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York. Small Pill Small Day



"Best cure for colds, cough, consumption is the old Verotable Buimonary Union Cutter overwhere may rejoice in perfect line Bros. & Co., Boston, For all a large bettle sent prepared and attainfinally the fullness of salvations.

MY OWN NATIVE LEE.

FROM THE "IRISH MONTHLY,"

I've lived and I've loved by the Balmy Blackwater, Glen. upland, and glade I have bracked the year through, With fond ones and true, friends the nearest

And dearest,
And oft alone, with a joy ever new.
Every bend and broad reach a new beauty out-

bringing. From the hills to its own little lale by the seal Yet ever a low voice keeps singing and singing : Ostream of the streams is my own native Lee !

Dear Liffey! how long by thy side have I From Howth and Killfiney, up-stream far and

Through boyhood, through manhood, how gaily pushed onward, Shoulder to shoulder, with friends ever dear; Every chime of our hearts in sweet harmony

ringing.

While brighter the sunshine seemed gleaming on thee! on thee ! Yet ever a low voice keeps singing and singing, O stream of the streams is my own native Lee !

Through the Vale of the Three Waters-by the Nore, Barrow, Suir, I've wandered, and lingered, my wanderings o'er: By Boyne-Water, Bann, Foyle, lough and

stream, all so blightsome:
By Erne's rushing waters, and Shannon's brave shore. Every field of great deeds unto memory clinging, Every gray hallowed spot, through long vistas

I see, While over that low voice keeps singing and singing,
O stream of the streams is my own native Lee!

O stream of the streams! in thy arms close embracing
The city of kindliness, culture, and mirth,

Of manhood as worthy, of womanhood gracious, And gentle and pure, as are found on the

Home of Art and Religion,-O "Beautiful Citie Every turn, a fresh native charm, rounded in

Lough ! Cove ! clustering islands ! shores, waters enchanting ! Still haunting my heart, though afar from the

Where wordering ever, by Rhine or by Tiber, Through the Iren-Gate down borne, or up the Elica Nile, Or by banka cathe Tagus, with fruit and flower laden, That voice of the heart keeps are singing the

Everywhere to the exile, by far Yarra-Yarra, La Plata, or Hudson, or happy and free, Amid Thousand Isled verdure—keeps singing and singing, O streams of the streams, the old river to me I

E. O'R.

FOR REFLECTION. The hope of immertality makes heroes of

And beware of thy own children, and take heed of them of thy household. A passionate man stirreth up strifes; he

that is patient appeareth those that are stirred Instruction is grievous to him that for-

saketh the way of life; he that hateth re-proof shall die. A man that sweareth much shall be filled with iniquity, and scourge shall not depart

from his house. St. Jude, apostle, martyr, and relative of our Lord Jesus Christ, of Mary and Joseph. intercede for us !

Thou caust not be satisfied by any temporal goods, because thou art not created to enjoy them.—[Thomas a Kempis.

Love those who humble and contradict you for they are more useful to your perfection than those who flatter you. -[B. Margaret Mary.

One sing

ness of what it represents and what it is, is worth more than all the powers of the earth. -[Cardinal Czacki, The foolish and wicked practice of profane

swearing is a vice so mean and low that every person of sense and character detests and despisce it. -- [Washington.

Which of the dead have avoided hell? Those, and these only, who on earth took up their cross and took it up dally, and so, and only so, and followed Christ.

Honor is like the eye, which cannot suffer the least impurity without damage; it is a precious stone, the price of which is lessened by the least flaw.—| Boseuet. Wos to the crown of pride, to the drankards

of Ephriam; and to the fading flower, the glery of his joy, who were on the head of the fat valley, staggering with wine, When you encounter things which give you trouble, remember that the saints cheer-

fully did greater and more troublesome tasks. and encourage yourself by their example. For the iniquity hath taught thy mouth. and theu imitatest the tongue of blasphemers.

Thy own mouth shall condemn thee, and not I; and thy own lips shall answer thee. Every one must see and feel that bad thoughts quickly ripen into bad actions; and that if the latter only are forbidden, and the former left free, all morality will soon be at

Cease not from the man of iniquity. Because he added blasphemy upon his sins, let him he tied fact in the meantime among us, and then let him provoke God to judgment with his speeches.

If thou didst but consider how much inward peace unto thyself and joy unto others thou wouldst procure by demeaning thyself well, I think that thou wouldst be more careful of thy spiritual progress .- [Thomas a

Far higher than the peace which prayer brings down upon the afflicted soul, is the grace of being united with our Lord Himself and His Blessed Mother, which results from the patient endurance of affliction for their love.

The creature cannot serve the Creator except with a service of love. Love is the soul of worship, the foundation of reverence, the life of good works, the remission of sins, the increase of holiness, and the security of final perseverance.

It has always been the duty of the Cathello Church to teach the world, and the hardest lesson she has had to make the world understand is, that there will be no morality among men unless they are taught when they are young to love and serve God.

Is not obedience also the shortest and quickest road to God? Is anything more pleasing to Him than the sacrifice of our will? Are there any means more secure of protecting us from illusion than to do the will of those who hold the place of God in our regard. -[Lite of Clare Vaughan.

The Church of Rome is the Mother of all churches and the Mistress of all religious. I will go and commend this Holy Church to my brethren, so that her powerful light may illumine the wicked, and God's children overywhere may rejoice in perfect liberty, and attain finally the fullness of salvation.