

NEVER DO THIS!

Never begin a journey until a breakfast has been eaten.

Never take warm drinks and then immediately go out in the cold.

Keep the back, especially between the shoulder blades, well covered; also the chest well protected.

In sleeping in a cold room establish the habit of breathing through the nose, and never with the mouth open.

Never go to bed with cold or damp feet.

Never omit regular bathing, for unless the skin is in active condition the cold will close the pores and favor congestion of other diseases.

After exercise of any kind never ride in an open carriage or near the window of a train for a moment; it is dangerous to health and even life.

When hoarse, speak as little as possible until the hoarseness is recovered from, else the voice may be permanently lost or difficulties of the throat produced.

Never stand still in cold weather after having taken a slight degree of exercise.

THE POLISH CAUSE.

Special Correspondence from Rome.

The history of the Polish settlements in the United States which is running in two weeklies and a daily of Milwaukee, will be greatly enhanced in value by the documents which its author, Rev. W. Kruska, of Ripon, Wis., has found in the Resurrectionist archives at Rome. These documents are letters which regard especially the settlements in Texas, Illinois, and Canada, and there are some forty or fifty which belong to the year 1866 only. I have advised Father Kruska to seek permission to search the collections of Propaganda, while he is engaged in Rome over the Polish petition. These are, of course, very abundant, and the ground is well nigh virgin, since the bishop of Sioux Falls has not even drawn upon them in his history.

As far as the forecast of a decision can be made: while Propaganda has not yet sat about the petition, vicars generals with the dignity and orders of bishops should be given to the Poles in the United States, or some near equivalent to this. It would now be possible, if permissible, to quote some very highly and influential names in favor of such a concession. But I know that only some of the American bishops have yet expressed opinions to Propaganda.—Northwestern Chronicle.

W. J. D. CROKE.

THE GIBSON TYPE VANISHING.

One of the recognized types of modern fictitious portraiture is that of the young woman athlete. She is usually represented as a combination of Juno and Amazon, a stalwart towering type, made current by the nimble pencil of C. D. Gibson. As a matter of fact, in the tract athletics at Vassar recently, it was an entirely different build of girl who took the lead. The feminine records for running broad jump and standing broad jump were both broken by a gentle, fragile-looking girl—who, judging from her pictures would almost be called little, but who nevertheless, lifted the records to, respectively, 14 feet 6½ inches and 7 feet 7 inches. Another record breaker who did the 220-yard run in 30 3-5 seconds, and the 50-yard dash in 5 2-5 seconds, is slender to the point of frailness, and weighs according to the New York Sun less than 125 pounds. There were dozens of typical women athletes sitting in the grass cheering the events; but as a rule that was as far as they took part. The honors went to champions whom no seeker of the typical would have dreamed of pointing out.

Is Gibson and all his works and pomps discredited? It certainly looks that way.—Exchange.

A MERITED REBUKE.

A gentleman prominent in legal circles in Pittsburgh was recently riding in a train, and in the seat before him was a young and well

dressed girl. The car was pretty full and presently an elderly woman entered, and, finding no seat vacant but the one beside the young girl mentioned, sat down beside her.

She was a decently dressed woman, but apparently of humble station, and she carried several clumsy bundles, which were evidently a serious annoyance to her seat-mate.

The girl made no effort to conceal her vexation, but in the most conspicuous manner showed the passengers around that she considered it an impertinent intrusion for the newcomer to presume to sit down beside her.

In a few moments the old woman, depositing her packages upon the seat, went across the car to speak to an acquaintance, whom she discovered on the opposite side of the aisle. The lawyer leaned forward to the offended young lady and courteously asked if she would change seats with him.

A smile of gratified vanity showed how pleased she was at the suggestion from so distinguished looking a gentleman. "Oh, thank you ever so much," she said effusively. "I should like to, but it would be as bad for you as for me to sit beside such an old woman."

"I beg your pardon," he responded with undiminished deference of manner, "it was not your comfort I was thinking of, but the old lady's."

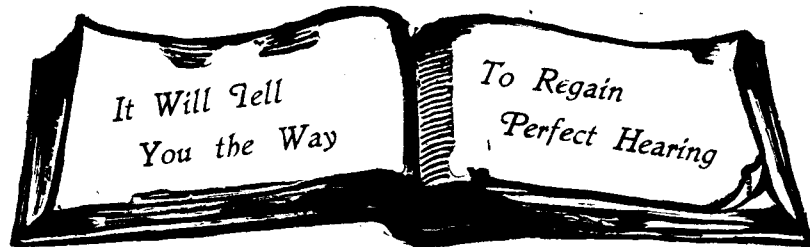
HELPING THE PASTOR.

That example is a good argument has long been a tiresome truism, but there is a freshness, at least, in the undertone of admiration which runs through the words from a recent sketch of Mary Anderson. They were written by a Protestant writer in a secular magazine: "Mary Anderson's loyalty to the church of her faith has always been one of her most prominent and beautiful characteristics. During all of last summer she attended the little Catholic Church at Malvern Wells at early Mass, singing in the choir, while her husband supplied the accompaniment on the organ. Her talent for music, she explains, she means to use in future in small churches wherever her travels may lead." There is a lesson here which ought not to be lost on our Catholic young women. Parish priests are painfully aware that it is hard to "keep up" a worthy choir, and this from no lack of good voices. There are plenty of young women to take part in the amateur theatricals held for whatever purpose; there are plenty of good voices for the solos in public concerts; but for the singing of the Mass—which is, after the priests office, the most honorable position which a Catholic may enjoy—the supply is never adequate.

THE POPE AND THE BELGIAN DEMOCRATS.

The President of the Belgian Democratic League, M. Verghaegen, was recently in Rome, and presented to the Holy Father an address from that body which numbers one hundred and twenty thousand members. The reception accorded to the document by Pius X. has excited general interest in Belgium, as it is the first time that His Holiness has publicly expressed his sentiments with regard to the Democratic movement. His attitude was as sympathetic as the League could desire. Writing to the president through Cardinal Merry del Val, His Holiness declares that he fully approves of the League's policy of maintaining its own autonomy whilst consulting for the general interests of the people, and thinks it well that, whilst acting in accord with the heads of the Belgian Catholic party it should bring forward candidates whenever the circumstances permit. The Pontiff congratulates the president of the League on his zeal in every good cause, and imparts his blessing to him and all the members of the League. At the same time he urges them never to lose sight of the necessity of that union which is strength, and upon which they must largely rely for the success of their efforts. This pronouncement of the Holy Father has been received with the deepest satisfaction in Labour circles throughout Belgium.—Catholic Times (England).

DEAFNESS



BOOK FREE

A work that will bring joy and quick relief to all deaf people is now being distributed absolutely free of charge. It contains new and valuable information in regard to the new cure for deafness. It was written by a specialist celebrated throughout North America for his cures of this affliction. He wrote this book as a gift to humanity. It is

YOURS FOR THE ASKING

Perhaps you question "Why?" Because this famous physician feels that it is his duty to God and man to give freely of his knowledge and skill to all such as stand in need. During the long years of his practice, his heart has often ached over the silent suffering of the victims of deafness. He understands in the fullest degree what it means for them to be shut off from all the joyous world of sound—the song of birds, the delights of music, the dear voices of relatives and friends.

He wrote this work as a labor of love to point out the way to a cure for all who are deaf. From cover to cover it is full of the most valuable medical information. It shows how the inner tubes of the ear become blocked up; it explains the strange and terrible ringing, buzzing noises in the ear; it is illustrated by the finest of drawings made by the best artists; it points out with truthful and positive hand, the way to restored hearing.

SEND FOR IT AT ONCE

Do not delay! The demand for the book has been so tremendous that its author, Dr. Sproule, the distinguished specialist, has just gotten out a second edition, that all who desire may have a copy. Whoever is troubled with deafness in even the slightest degree, is gladly and freely welcome to this book. Thousands who have received it bless the kindly hand that wrote it, and that distributes it without a thought of payment. It was the means of restoring their hearing. Let it restore yours.

Write your name and address plainly on the dotted lines, cut out and send to Dr. Sproule, B.A., Deafness Specialist, (Graduate Dublin University and formerly Surgeon in the British Royal Naval Service) 70 Doane St., Boston. He will send you the book free.

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FIRST COMMUNION AT ST. BONIFACE COLLEGE.

On the feast of the Purification, last Tuesday, two students of St. Boniface College, who were somewhat advanced in years, made their first communion. Their names are Edward McKeown and Frank Cambancy. The Mass was said at 7 a.m., by the rector, Rev. J. Dugas, in presence of all the students and of Mr. and Mrs. Ed. McKeown, who afterwards breakfasted with the Rector and the First Communicants. Before the Gospel the College choir sang "To Jesus' Heart All Burning;" at the offering P. Bleau played a violin solo, "La Berceuse;" after the elevation J. B. Tremblay sang the "O Salutaris" of Bordese. After the Communion the Rev. Rector preached a touching sermon from 1 Cor. 11: 23, 24, commenting on each word, and showing how the great gift of the Blessed Sacrament called for faith, adoration, and practical love.



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Canadian Pacific TIME TABLE

	Lv.	Ar.
Montreal, Toronto, New York and east, via all rail, daily	15 00	12 30
Montreal, Toronto, New York and east, via lake and rail, Mon., Thurs., Saturday	15 00	
Tuesday, Friday, Sunday		12 30
Rat Portage and intermediate points, daily except Sunday	8 00	18 30
Lac du Bonnet and intermediate points, Wed. only	7 00	19 30
Portage la Prairie, Gladstone, Neepawa, Minnedosa, Shoal Lake, Yorkton and intermediate points, daily except Sunday	7 30	20 40
Rapid City and Rapid City Junction, daily ex. Sunday	7 30	20 40
Pettapiece, Minnola and intermediate points, daily except Sunday	7 30	20 40
Portage la Prairie, Brandon, Moosomin, Virden, Regina, Moose Jaw and intermediate points, daily except Sunday	7 30	20 40
Morden, Deloraine and intermediate points, daily except Sunday	8 25	14 00
Glenboro, Souris and intermediate points, daily except Sunday	13 35	12 15
Pipestone, Reston, Arcola, and intermediate points, Mon., Wed., Friday	7 30	
Tues., Thurs., Saturday		20 40
Napinka and intermediate points, Tues., Thurs., Sat. Mon., Wed., Friday	8 25	14 00
Brandon Local, daily except Sunday	16 30	12 20
Portage la Prairie, Brandon, Calgary, Lethbridge, Macleod, Prince Albert, Edmonton and all points on coast and in East and West Kootenay, daily	18 05	8 50
Stonewall branch, daily except Sunday	16 50	10 20
Winnipeg Beach, daily except Sunday	16 10	10 00
St. Paul Express, Gretna, St. Paul, Chicago, daily	13 55	13 40
Emerson branch, daily except Sunday	15 45	10 45

F. P. BRADY, Asst. Gen. Supt., Winnipeg
C. E. McPHERSON, Gen. Pass. Agt., Winnipeg

Canadian Northern TIME TABLE

Leave Winnipeg	STATIONS	Arrive Winnipeg
EAST		
Daily ex. Sun.	St. Boniface, Ste. Anne, Steinbach, Bedford, Sprague, Warroad, Beaudette, Rainy River, Stratton, Emo, Fort Frances.	Daily ex. Sun.
10 25		16 25
Mon. Wed. Fri.	Mine Centre, Glenorchy, Atikokan, Kashabowie, Mattawin, Kakabeka Falls, Stanley Jct., Ft. William, Port Arthur.	Tues. Thurs. Sat.
10 25		16 25
WEST		
Mon. Wed. Fri.	Headingley, Eli, Oakville, Portage la Prairie, Beaver, Gladstone, Plumas, Dauphin.	Tues. Thurs. Sat.
10 45		17 00
Tues. Thurs. Sat.	Headingley, Eli, Oakville, Portage la Prairie, Beaver, Mayfield, Hummerston, Halboro, Glendale, Neepawa, Eden, Burnie, Glen-smith, Dauphin.	Mon. Wed. Fri.
10 45		17 00
Mon. Wed. Fri.	Sifton, Ethelbert, Minnolas, Swan River.	Tues. Thurs. Sat.
10 45		17 00
Mon. Wed. Fri.	Bowman, Birch River, Novra, Mafeking, Powell, Westgate, Erwood.	Tues. Thurs. Sat.
10 45		17 00
Mon. Wed. Fri.	Ashville, Gilbert Plains, Grand View.	Tues. Thurs. Sat.
10 45		17 00
Fri. Sat.	Fork River, Gruber, Winnipegosis.	Sat. Tues.
10 45		17 00
Mon. Wed. Fri.	Oak Bluff, Sperling, Homewood, Carman, Leary's and intermediate points.	Tues. Thurs. Sat.
7 00		17 50
Daily ex. Sun.	St. Norbert, St. Agathe, Morris, Myrtle, Roland, Miami, Belmont, Wawanesa, Brandon, Ninette, Minto, Elgin, Hartney and intermediate points.	Daily ex. Sun.
8 05		18 25
SOUTH		
Daily	Twin City Express between Winnipeg, Minneapolis and St. Paul, 14 hrs. 20 min. Via Can. Nor. and Great Nor. Rys. Morris, Emerson, St. Vincent, Hallock, Warren, Crookston, Ada, Glyndon, Barnesville, Fergus Falls, Alexandria, Osake's Sauk Centre, St. Cloud, Clearwater, Monticello, Ossea, Minneapolis and St. Paul.	Daily
17 20		10 10
Daily	Minneapolis and St. Paul Express via Can. Nor. Ry. and Nor. Pac. Ry. Morris, St. Jean, Letteller, Emerson, Pembina, Grafton, Grand Forks, Crookston, Minneapolis, St. Paul, Duluth, Superior.	Daily
13 45		13 30

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