

LYCEUM NOTES

Last week's regular meeting of St. Mary's Lyceum was one of the best held up to the present. The nomination of candidates for officers for the ensuing year brought out upwards of 100 young men. A fine spirit of fellowship and enthusiasm pervaded the proceedings, and the business session was followed by an excellent impromptu entertainment. Harold Conway recited with splendid dramatic power; Frank Flanagan and Austin Donnelly gave songs, and it is enough to say they were in good voice; Michael O'Connor and John Coyle amused with steam calliope duos, which might have continued till now, had the artists conformed with the demands. The programme was varied with lively selections played by the String Septette, including, E. Taylor, who conducted; C. Pilley, and J. Barry, violins; Rev. Bro. Edward, viola, F. Pilley and W. Taylor, cellos, and W. Perkins, piano. President Coyle conducted affairs with his accustomed urbanity.

Fifteen applications for full membership were received at last week's meetings.

The Lyceum approached communion in a body at St. Mary's church last Sunday. Upwards of 30 received the Holy Sacrament, but others failed to be present through an incorrect announcement of the hours of the low Masses in some of the daily papers.

The permanent parlor has been fitted out. An up-to-date and well stocked reading table, parlor games, such as crokinole, checkers, cards, etc., and a thoughtful convenience in the way of writing desk with supplies for young men who might lack this in their rented rooms, are among the first items introduced. Others are to follow, their delivery being awaited.

The annual election of officers, which takes place at this week's regular meeting, occurs too late for reference to the results this week in these columns.

The hockey team has been standing by impatiently, awaiting an opportunity to play off the single remaining game of its series in the Junior League. The Lyceum team is the only one in the series that has played all its games, the necessity for another game being to decide the draw with the Victorias. The date of this game will probably be announced in these columns next week.

RADIANT WOMANHOOD

The glory and satisfaction of beautiful womanhood can be known only to those possessing the unlimited advantages of health. No weak woman can be happy or enjoy half the pleasures of life. Pallid cheeks, sunken eyes, exhausted nerves, all tell of a terrible struggle to keep up. What the weak woman needs is Ferrozone; it renews, restores and vitalizes instantly—it's a "woman's remedy,"—that's why.

Ferrozone makes women strong, plump and healthful because it contains lots of nutriment, the kind that forms muscle, sinew, bone and nerve. Vitalizing blood courses through the body, making delightful color, happy spirits, true womanly strength. Fifty cents buys a box of Ferrozone in any drug store.

SINCERITY

Sincerity, which is but another name for truthful and honest dealing with God, our neighbor and ourselves, is a virtue that should be stamped upon the mind and heart of every Christian man. God made men sincere or simple, which are one and the same, and He wishes that man keep this virtue all through life. Thus, God tells man to think of the Lord in goodness and "seek Him in simplicity of heart," "Fear the Lord and serve Him with a perfect and most sincere heart." In other words God wishes man to deal with Him in all earnestness and singleness of purpose, just as He Himself deals with man.

Again, He would have men deal with one another in the same honest, open and sincere way, and He holds up such a man in admiration for He says, through the Psalmist, "Blessed is the man in whose spirit there is no guile." While this virtue is so necessary for one's true relations with God and his neighbor, it is naturally wanting in men that are given up to living for this world, and in not a few who profess themselves Christians is it as marked and decided a characteristic. It is no surprise to find so little sincerity in the world, for that is what the world itself is, a complexity of contradictions, a tissue of falsehoods and deceptions, and its votaries take on its spirit of pretence

A WOMAN'S BACK IS THE MAINSPRING OF HER PHYSICAL SYSTEM. The Slightest Back-ache, if Neglected, is Liable to Cause Years of Terrible Suffering.

No woman can be strong and healthy unless the kidneys are well, and regular in their action. When the kidneys are ill, the whole body is ill, for the poisons which the kidneys ought to have filtered out of the blood are left in the system.

The female constitution is naturally more subject to kidney disease than a man's; and what is more, a woman's work is never done—her whole life is one continuous strain.

How many women have you heard say: "My, how my back aches!" Do you know that backache is one of the first signs of kidney trouble? It is, and should be attended to immediately. Other symptoms are frequent thirst, scanty, thick, cloudy or highly colored urine, burning sensation when urinating, frequent urination, puffing under the eyes, swelling of the feet and ankles, floating specks before the eyes, etc.

These symptoms if not taken in time and cured at once, will cause years of terrible kidney suffering. All these symptoms, and in fact, these diseases may be cured by the use of

DOAN'S KIDNEY PILLS

They act directly on the kidneys, and make them strong and healthy.

Mrs. Mary Galley, Auburn, N.S., writes: "For over four months I was troubled with a lame back and was unable to turn in bed without help. I was induced by a friend to try Doan's Kidney Pills. After using two-thirds of a box my back was as well as ever."

Price 50 cents per box or three boxes for \$1.25 at all dealers, or sent direct on receipt of price. The Doan Kidney Pill Co., Toronto, Ont.

and sham and unreality and live its life one to another, with an accepted understanding of their dishonesty and dissimulation. It is this lack of sincerity that makes the world so hard to live in, even by those who seem most to enjoy it, and it is only by dint of each one's own selfishness and the hope to gain his desires finally that the individual worldling can bear with it, only to be disappointed in the end.

But for a Christian to yield to this spirit is more blameworthy, even if it be only at intervals and for a short time. It is yielding to the world and acting false to God and oneself. And yet it is easy to get into this way if one is not guarded, for it is all around us.

It is dealing with the world as it deals with you, rather than doing to others as you rightly wish they would do to you. The Christian man should aim to be the perfect man and in all things be worthy the imitation of his fellow-men. To this we have God's words exhorting us, as in the epistle of St. Paul to the Philippians, "That you may be blameless and sincere children of God, without reproach, in the midst of a crooked and perverse generation; among whom you shine as lights in the world." It is God, not the world, we are to serve; it is to serve our neighbor, not self alone, that is our duty, or to sum it up in a few words God's interests, our own and our neighbors are all served when we strive to live to serve God. How delightful it is to meet the sincere man! How happy we find ourselves in his company! What a sense of safety and security we have in our business dealings with him. He is the soul of goodness, the path of honor, and he brings to mind a grander conception of life than can be found in a myriad of the ordinary run of men. They are the redemption of their fellows and stand as a sign and as an exemplar of what man can be if he remain true to Him whose Divine image he bears.

And this is the Christian man's place in life, namely, the standard for what all men should be, and he is recreant to duty and unworthy his Christian heritage unless he be true to the responsibilities and obligations resting upon him. Men look up to those higher than themselves in the hope of copying them. And while ordinary, worldly men in general will not look up to the man of high Christian morality, there

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MR. W. J. GAGE TELLS OF THE GROWTH OF THE CONSUMPTIVE HOSPITALS IN MUSKOKA

Accommodation at Free Hospital Increased by Twenty-five Beds

URGENT CALL FOR FUNDS TO MEET INCREASED BURDEN FOR MAINTENANCE

Dear Friend:—

Contributions from rich and poor, young and old, received by the Free Hospital for Consumptives, tell of the love and charity toward the great work carried on in Muskoka.

Thousands from all parts of Canada not only sent their "God bless the work" but their money also to help to answer their prayers.

The poor widow out of her hard-earned savings, telling how her own heart was made lonely through the dread scourge, as well as the rich insurance companies, have sent their gifts.

2,000 patients have been cared for since the opening of our Homes in Muskoka. 560 of these were treated in the Free Hospital. 150 patients in these two Homes to-day, show how this life-saving work has grown.

Premier Whitney, replying to a large deputation in the interests of the National Sanitarium Association, stated that "personally he thought \$100,000 would not be too much for the Government to set apart for this work."

Seventy-five patients to be cared for in the Muskoka Free Hospital for

Consumptives means a large weekly outlay. The Trustees accept this obligation, believing the needed money will be forthcoming.

The world is full of good and generous people ready to give. But they want to be sure that their money is wisely spent. In no other place can your money do so much good.

The growing knowledge of the contagious character of the disease has made the lot of the consumptive poor a hard one.

The Muskoka Free Hospital is to-day the only place where a sufferer in the early stages of consumption is admitted free.

Will you not help to save the life of a sick one to whom all other doors are closed?

What greater blessing could crown your giving, than the knowledge that it helps to snatch a fellow-being from the very jaws of death?

\$50,000 is wanted for the coming year. Will you join in this greatest of all charities?

Faithfully yours, W. J. GAGE. Toronto, Can.

are many who, from a sense of respecting anything that is beautiful and noble will be led to look up to an honest man and admire him, and from his admiration will wish and strive to be a little like him, even if it be in ever so small a degree. Like water ever rising till it finds its level, so also poor, weak, wayward man wishes to rise to better things, and for this he needs the example, the encouragement and help of all good men.

Might some of us Christians not blame ourselves a little that we are not of such aid to our brethren generally? And this because we are not uniformly sincere. The stronger should lift up their weaker brethren; the old should be models for the young; the employer should be worthy the imitation of his employee in all that makes for good, honest and upright living by being an earnest man of sincere character and simple life. The worldly man idles away life as a pastime, and lives for himself alone. No wonder that he is so frivolous and irresolute. But a Christian man has God and heaven to live for, and thoughts of this should urge to his best efforts. Nor should these efforts be spasmodic, as impulse moves one; they should be part of the man and be visible in him in thought, word and deed always.

Let us cultivate sincerity. Let us instil it into the minds of our youth that they may take root in honesty and simplicity, earnestness and sincerity from their earliest possible years. Sincerity is what the world needs most to-day. Honesty and openness will go to the root for its evil which is, in one word, insincerity. For all thinking men will admit that there is an appalling distrust of everything abroad in the world. One man does not feel sure of another. What makes this uncertainty, or, to speak more plainly, what makes the evil which gives rise to it. It is insincerity. It is man's insincerity to God, and what must always follow it, man's insincerity towards his fellow-man.—Bishop Colton in Catholic Union and Times.

MY LESSON

- Selected Only to rest where He puts me Only to do His will, Only to be what He made me, Though I be nothing still. Never to look beyond me Out of my little sphere, If I could fill another God would not leave me here. Only to take what he gives me, Patiently, gladly, to-day, With never a thought of to-morrow, Learning on Him all the way. Only to watch in the working, Lest I should miss His smile, Striving to still earth's voices, Watching for Him all the while. Only to look to Him ever, Only to rest at His feet, All that He sayeth to do it, Then shall my life be complete. Learn to overlook little things and don't be exacting.

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