

the under side of every  
series of earth are bare to  
Thou hell is naked, every  
every garnered sheaf,  
in grain, Thou knowest,  
a blade, the wind blows  
red grass the wind blows  
Thy nod; the nest-wood  
dost see, the egg within it

ing planets Thou dost  
by name, no star so lost in utter  
kest not its shining and  
place, hearth—and every altar-  
of men are as a page  
Thou readest both of  
and base, the rock shall hide us  
Thy face? escape Thy glance, though  
dead?

Thou seest that our frame  
weak, the thing we do is that  
e, that we sweep when it  
e, and the heart that loves us  
vest that our portion is  
ears, to lose, are little and not  
y large glance Thou read-  
l our state, be patient of our empty  
M. Kelly.

## ING BOYS GROWING GIRLS Williams' Pink Pills to m Health and Strength.

boys as well as girls need  
ic as Dr. Williams' Pink  
p the blood rich, red  
and give them health and  
Mrs. Edward Koch, post-  
at Prince's Lodge, N.S.,  
eat benefits her little  
rived from the use of  
famous medicine. Mrs.  
My little son, Reginald,  
been troubled with anaemia  
since birth. He was  
sickly looking child, with  
and little or no appetite.  
showed very plainly  
skin, and he had several  
acks of stomach and bow-  
s, and on one occasion his  
spaired of by two doc-  
were attending him. His  
was slowly wasting away  
is nothing more than a  
He was peevish and fret-  
miserly to himself. Having  
heard so much of Dr. Wil-  
Pills, I determined to  
in his case, and after giv-  
him for a couple of  
y certainly worked won-  
m. To-day he is fat  
looking; he has a hear-  
is able to play like  
ren, and is bright and  
instead of dull and listless  
to be. Dr. Williams'  
have changed my puny  
into a rugged, hearty

ms' Pink Pills cured this  
because they went down  
of the trouble in his  
it is why they never fail.  
is the cause of all com-  
es like anaemia (blood-  
ecema, paleness, head-  
stion, kidney trouble,  
rheumatism and the spe-  
s that only growing girls  
olk know. Dr. Williams'  
don't bother with mere  
they cure disease  
blood. They don't cure  
they cure to stay cured.  
any pills without the  
Dr. Williams' Pink Pills  
People" on the wrapper  
box. Sold by all medi-  
or by mail at 50 cents  
six boxes for \$2.50 from  
Williams' Medicine Co.,  
Ont.

ient—"I'm thinking about  
that beautiful young girl I  
y!"  
or heaven's sake, old  
haven't anything to marry

ient—"Don't be alarmed,  
I'm only thinking about  
and Country.

(happening around after  
had passed)—"You oc-  
up flat, eh? And the  
d away the roof as sick  
e, but without shirking  
Well, it might have been  
am."

It was worse, sir, a  
worsen. After the storm  
y I could hear the phe-  
the floor below. Still  
ay."—Chicago Tribune.

Feet  
are useless. What you  
ure the kidneys. Take  
PILLS

directly on these vital  
all disease—neutralize  
the blood—relieve the  
swelling in hands and  
ox; 6 for \$2.50. All at  
it on receipt of price.

IMITED  
By  
Bela Drug Co.,  
Winnipeg.

## HEALTH TALKS.

The Physical Director as a Hygienist.  
(By Wm. W. Hastings, Ph.D., Pres-  
ident of Physical Education of the  
National Education Association,  
1908 and 1909.)  
(Continued.)

### NO TRUE SYSTEM DEVELOPED IN ROME.

The Roman, unlike the Greek, had  
no period of real development, of a  
true system of physical education  
following its period of military ath-  
leticism. The growth of any true  
athletic spirit ceased with the Pu-  
nic wars and the beginning of world  
conquest; ceased with the decline of  
patriotism and the ideal of an army  
composed of true Romans; died with  
the introduction of foreign mercena-  
ries. No other ideal arose to sti-  
mulate the development of systema-  
tic physical education. Whatever in-  
terest in athletics still survived rap-  
idly took the form of gladiatorial  
combats, beast shows and brutal  
races. The spectacular, great  
elements soon predominated; great  
feasts attended these games, gam-  
bling became the rule and not infre-  
quently vast estates changed hands  
on the winning of a horse race, the  
on the spirit ran so high and civil  
partisans became so intense that  
finally all games were prohibited by  
the decree of the Emperor as dan-  
gerous to the safety of the state.  
Rome perished of idleness, gambling,  
gluttony, drunkenness, licentiousness  
and all kinds of excesses to which  
unlimited wealth and unemployed  
energies lead. At the fall of Rome,  
the typical Roman citizen was phy-  
sically a degenerate; intellectually, a  
shrewd gamster; socially a para-  
site, subsisting on a world-wide  
scheme of human slavery, a vampire  
living upon the world's best  
blood; religiously, a formalist and  
a fanatic preserving the name Chris-  
tian of pagan without the life; be-  
lieving in neither one God nor many  
gods; given over to the pursuit of  
amusement and the satisfaction of  
appetite; emburied by blood-thirsty  
games and spectacles without regard  
for the rights of life or property;  
swayed by bribery, ruled over by  
low political cunning; in short, pos-  
sessing all the evil characteristics of  
a degenerated race, shorn of all the  
wholesome characteristics which are  
the reward of a free, active life.

Are there any points of resem-  
blance between the elements of na-  
tional weakness of the Roman Re-  
public and our own? We have the  
same problem of the annual assimila-  
tion of a heterogeneous foreign  
population. The making of a mil-  
lion Americans a year from a pre-  
valing indifferent foreign material  
is becoming a serious menace to our  
free institutions, is changing radical-  
ly the social and political com-  
plexion of our cities. New York is  
more than fifty per cent. foreign.  
There is manifestly a growing ten-  
dency to congestion of population.  
The comparative percentage of peo-  
ple living in the city and country  
has more than doubled in the last  
half century. There has been a cor-  
responding increase of disease, of  
poverty, and of crime.

Rome with her two millions and a  
half of inhabitants suffered from  
these same evils. The leading cit-  
ies of Europe present the same so-  
cial and hygienic conditions as New  
York, Chicago and Boston. They  
are trying to meet these adverse con-  
ditions by much the same social and  
hygienic methods. But in the pre-  
sent state of public opinion financial  
backing is entirely insufficient and  
the measures employed utterly in-  
adequate. Like Rome we are  
flushed with the sense of power,  
drunk with national prosperity, di-  
vided into classes and masses—the  
plutocracy over against the demo-  
cracy, the idle rich over against the  
struggling poor; ruled by political  
chicanery, honey-combed with bri-  
bery and graft; the stern Puritan  
sense of honor and justice is rapidly  
being replaced by the mere policy  
and personal advantage, the doc-  
trine of conviction by that of con-  
venience; the feeling of reverence for  
a higher power, and the necessity  
for obedience to Divine Law by a  
skeptical self-worship and self-suffi-  
ciency. Like Rome we are pervert-  
ing all the normal appetites for  
food, for rest, for activity, for the  
expression of affection and the crea-  
tion of the home; we are become  
self-indulgent and blind to the cause  
of physical degeneration, even to

the extent of boasting of these  
things as new and later in evolu-  
tion of the race; we are discarding  
virtue as old-fashioned and seeking  
the rule for living by the use of sci-  
entific method and classification,  
yet basing our conclusions as to nor-  
mal living upon abnormal  
subjects and their unnatural  
psychoses. The neurotic individual  
is on occasion most active in the  
attempt to evolve a philosophical  
scheme of development for the heal-  
ing of the same. In the midst of  
all this confusion. In the midst of  
all this confusion there comes from  
the average man the common query,  
—What is truth and how is health to  
be attained?

### THE PHYSICAL DIRECTOR'S RESPONSIBILITY.

Upon the physical director falls  
the heavy responsibility of attempt-  
ing to answer this question. The  
first step towards the solution of  
the problem is for a country to be-  
come conscious of the elements of  
weakness in its civilization; to un-  
derstand thoroughly these elements  
which have overthrown other na-  
tions in the past, in order that  
these may be successfully combated  
in the present. Unfortunately an  
individual or a nation seldom be-  
comes conscious of chronic disease  
until its ravages have become so se-  
rious as to threaten life itself, un-  
til recovery is no longer possible  
and the application of the remedy  
serves merely to prolong life. To  
point out dangers is to court the  
title of pessimist, cynic, sensation-  
alist. To expose sin, crime, and  
hypocrisy is to incur the imputation  
that it takes a thief to catch a  
thief. No great reward awaits the  
adverse critic, no wide popularity or  
power; there is no money in it. On  
the contrary there is often great  
gain in keeping quiet about a thing,  
as the "Town Topics" scandal, and  
insurance graft, attest. When the  
oppression of the city bidders be-  
comes insufferable, we wake up and  
go to the polls and make a spasmo-  
dic effort to cleanse the city politics  
when some one else has been spon-  
dered, it touches our feelings—more  
frequently said to be located deep  
in the American pocket—we wake  
up and do things and expose peo-  
ple, other frauds come to the sur-  
face, a general house-cleaning en-  
sues in which we act, and feel vir-  
tuous; but we only reform under  
compulsion.

Recognizing this characteristic trait  
in the American leads us to point  
out one of the first functions of the  
physical director, which consists in  
thoroughly grasping the nature of  
abuses of health and then pounding  
away at those who are responsible  
until reform is secured. It is, for  
example, certainly sound to prevent  
the prevalence of spinal curvature  
and other postural deformities in a  
hundred of a thousand school chil-  
dren by a proper adjustment of  
school desks, than to correct this  
curvature in a dozen or a score  
of children; more economical to look  
after the removal of dust from the  
slates, blackboards and the floor of  
the schoolroom than to attempt to  
cure tuberculosis and other lung  
troubles; more humane to prevent  
the use of poor paper, long lines,  
small type, poor spacing, poorly  
formed letters in text books than  
to effect the cure of myopia and  
other results of eye strain. Injury to  
health of children through bad ven-  
tilation, heating, lighting and  
plumbing of buildings is innumerable.  
Excessive school hours, number of  
recitations, and the lack of proper  
rest periods, and recesses, etc., are  
no less inexcusable. Headaches, ex-  
cessive neural fatigue and all cere-  
bro-spinal neuroses may be induced  
by this over-pressure. The charac-  
teristic symptoms of lassitude, stu-  
pidity, etc., result. On the intellec-  
tual side of the final effects are  
chronic dullness and low standing in  
all school grades; on the physical,  
poor development, low vitality and  
a great variety of diseases. (Vide  
"Health and Growth of School  
Children," N. E. A. Proceedings—  
1903, p. 769.)

Whether we are in public school  
work or in preparatory or college  
work, our interest in the prevention  
of these abuses is the same, our  
most vital function is to remove the  
cause of atrophy, disease, and phy-  
sical degeneration, rather than to  
attempt to cure the few with whom

we come in contact. This is like  
trying to bale out a ship with a tin  
dipper. The first essential is to  
choose the form of work which brings  
us into closest contact with the real  
problem. The most desirable fields  
are evidently the public school work,  
high school and preparatory school  
work, for at this period of life or-  
ganic vigor is principally determined.  
Then we must attack the hygienic  
abuses which prevail in the home  
and in the school in our local field.  
The home can be reached principally  
through mothers' clubs and lectures  
on hygiene; the school, through  
eternal vigilance and persistent agi-  
tation with city superintendents,  
principals and school boards until  
the conditions are corrected. It is  
true that the physical director is  
usually paid wages for the doing of  
so many hours' gymnastics; it is  
also true that the bodily fatigue re-  
sulting from excessive amount of  
time given to this sort of thing of-  
ten seems to render it impossible for  
him to take this broader view of  
his function. Strength is lacking  
even for the program so far out-  
lined. But our work is broader  
even than this, it extends to the use  
of our influence in the correction of  
the municipal and national evils of  
the times.

It is not possible for us to give  
funds for the provision of play-  
grounds and baths, roof-gardens and  
parks, but it is possible for us to  
know what is being done in this  
line in other cities, how it is being  
organized and financed, what meth-  
ods are being employed, and often  
it is only necessary to present these  
facts to the right authorities in or-  
der to obtain all the public or pri-  
vate funds required. Civic pride  
quickened by the example of other  
cities, public spirit, the desire for a  
reputation as a public benefactor and  
that which is better than all,—the  
real desire to help humanity, fre-  
quently can be brought into line to  
accomplish a great work if only  
there is one person with sufficient  
conviction and enthusiasm to bring  
together the forces and call the  
movement into being.

It is not possible for us to pro-  
vide fresh air funds for city chil-  
dren's vacations in the country, nor  
to replace the evil rookeries of New  
York City or of Boston by thor-  
oughly sanitary tenements; but it  
is possible for us to act as go-  
between and to influence those who  
have the money to provide the con-  
ditions which will prevent death,  
disease and degeneracy among thou-  
sands. Sufficient information on these  
subjects is now available. The  
public is apprised of these facts,  
but it takes the individual, who  
knows by actual study and observa-  
tion, and who has the courage of  
his convictions, to bring about prac-  
tical results.

(To be continued.)

## HE TOOK A FRIEND'S ADVICE

And Dodd's Kidney Pills Soon  
Cured His Backache.

How Malcolm McKinnon Found Com-  
plete and Permanent Relief From  
His Kidney and Stomach Troubles.

Shunacadie, Cape Breton Co., N. S.,  
April 26.—(Special.)—Suffering  
with Backache since such that he  
could not work, Malcolm McKinnon,  
a well known resident of this place,  
took a friend's advice and used  
Dodd's Kidney Pills. The result is  
that he is back at work and his  
Backache is gone.

"Yes," he says, in speaking of his  
case, "I was troubled with Back-  
ache, due to wet feet and hard  
work. It got so severe at last I  
was quite unable to do my work."  
"It was through a friend's advice  
I started to use Dodd's Kidney Pills  
and I was soon aware that they  
were doing me good. My back was  
easier and I had less pain in urin-  
ating."

"As Dodd's Kidney Pills had done  
me so much good I thought I would  
try Dodd's Dyspepsia Tablets and I  
did so with marvellous effect. Two  
boxes set my stomach right."

With Dodd's Kidney Pills to keep  
my kidneys well and the blood pure  
and Dodd's Dyspepsia Tablets to  
put the stomach in shape so that  
the body received the nourishment  
it needs you are assured of the two  
first essentials of health. Any doc-  
tor will tell you that.

**Faith in the West.**

Priest Hears Confessions in Five  
Languages.

It is not a difficult matter for  
any person in Montreal to  
continue in practical Catho-  
licism, indeed the one danger  
is that those of the Church will not  
thoroughly appreciate their Chris-  
tian environment. There are places  
where the light of faith is a small  
flame, where churches are few and  
priests are scarce. It is not in far  
off lands alone that temples and  
ministers are scarce, but in Canada  
too there is yet much work to be  
done. Father J. Piro writes from  
Kaposviri, Sask., to the Church Ex-  
tension and the Catholic Register of  
the difficulties of the work in the  
West:

"In my former letter I spoke about  
the missions which we are estab-  
lishing amongst the Hungarians in  
Saskatchewan. Do not suppose,  
however, that these are the only  
people who have recourse to us; a  
proof of this will be to know that  
some Sundays I am obliged to hear  
confessions in five different lan-  
guages; we are all Catholics, and we  
children of one Mother, and we have  
to turn our attention more to the  
future than to the present. The sin  
of men is the cause of this diversity

of speech; virtue has to place a bar-  
rier against the wave of evil which  
the situation would cause. Here the  
missionaries know what is necessary  
—he knows his duties and will not  
draw back—and practically speaking  
the missionary is the man who shall  
regulate the question of languages—  
and any way not those who do not  
love their English or French speak-  
ing brethren.

### A FAITHFUL IRISHMAN.

But now, let me relate an incident  
or two, which will show the deep  
faith of many of our Catholics, and  
which will in the meantime excite  
the interest that our Eastern bre-  
thren have already in our works.  
The hero of my first history is a  
son of Green Erin. It was Sun-  
day, the 29th of November last.  
The first rays of the sun peeped  
through my window, kindly invit-  
ing me to rise and to make the nec-  
essary preparations for my departure  
to Stockholm, situated about 14  
miles west of Kaposviri—when the  
house-bell rang, announcing a sick-  
call—seven miles east. I scratched  
my head, thinking, "how will I ar-  
rive in time for Mass at Stock-  
holm?" But to be short, I went,  
driving speedily, and at eleven  
o'clock I found myself in the midst  
of the Hungarian vehicles surround-  
ing the church. At noon I was  
still in my confessional box, and a  
shame to say, I was not in good  
humor, because I felt hungry, and  
my head was tired. Then a young  
man came and knelt before me; he  
was a stranger to me, and his calm,  
and virtuous appearance must have  
contrasted strangely with my own  
appearance. "Where do you come  
from?" I asked him. "Father, I  
came from the north. I live 18 miles  
from here. I am Irish and a school-  
master." "And with whom did you  
arrive here?" "I came alone, on  
foot. I was waiting for you since  
nine o'clock. Father." "Do you  
feel hungry?" I asked him. "Fath-  
er," answered he laughingly, "this  
does not matter, for I have to go  
to Holy Communion." I cast down  
my eyes; I heard a voice within me,  
a voice which accused me, which  
condemned me: "Oh, you dare to  
complain because after a drive of  
28 miles you feel hungry, and now  
see this young man who walked 18  
miles, who also feels the sting of  
hunger, and does not complain at  
all."

### THEY WANT THE PRIEST.

Indeed, in this great land the poor  
immigrants have but one desire—to  
meet their priests, to hear their  
voice, to receive Holy Communion  
from their hands. Three years ago  
I went on a trip 42 miles, from  
Kaposviri to visit Hungarian settle-  
ments in the prairie, and I was  
told of some families not living  
along the road which I usually fol-  
lowed in going to my missions. I  
looked for them, and my guardian  
angel led me to a poor dwelling  
which from afar off I would never  
have discovered, because it was sim-  
ply a hole dug in the ground, and  
covered with hay. On the threshold  
an old lady was squatting, and  
near by a little boy stood, caressing  
his dog. When I came near the old  
lady looked at me indifferently.  
"Glory be to Jesus Christ!" I salu-  
ted her in her language. Suddenly  
she sprang to her feet, and at the  
same time saw my cassock, and trem-  
bled and folding her hands, she  
cried out: "My good God, it is the  
priest!" "Yes, my good lady—Cath-  
olic priest. Just as you are!"  
She took both my hands and weep-  
ing, kissed them many times. Then,  
whilst her son went away to call  
the neighbors, she told me of her  
pains. "Father, I would never have  
come to this place had I known  
what I know now. In my country  
I went to Mass every day; I was a  
member of the Holy Rosary; and  
our old priest—God bless him—came  
often to see us. But the agents  
made us come here, saying that in  
Canada we would find churches just  
as well and also priests, even Hun-  
garian priests. But believe me Father  
in these two years, it is the first  
time that I have seen a priest and  
can think of my soul."

### A Rich Man's Vow.

The congregation of the Oblates of  
St. Francis de Sales have gained  
possession of a beautiful church and  
mission house in Vienna in a most  
providential manner. Everybody in  
Vienna knows Stephen Esders,  
writes a correspondent of the  
"Kochische Volkszeitung," or at  
least his "big store" in the Maria-  
hilfer Strasse, where man, woman  
or child is clothed from head to

### SKIN DISEASES

These troublesome afflictions are caused  
wholly by bad blood and an unhealthy  
state of the system, and can be easily cured  
by the wonderful blood cleansing prop-  
erties of

## Burdock Blood Bitters

Many remarkable cures have been made  
by this remedy, and not only have the un-  
healthy skin diseases been removed, and a  
bright clear complexion been produced,  
but the entire system has been renovated  
and invigorated at the same time.

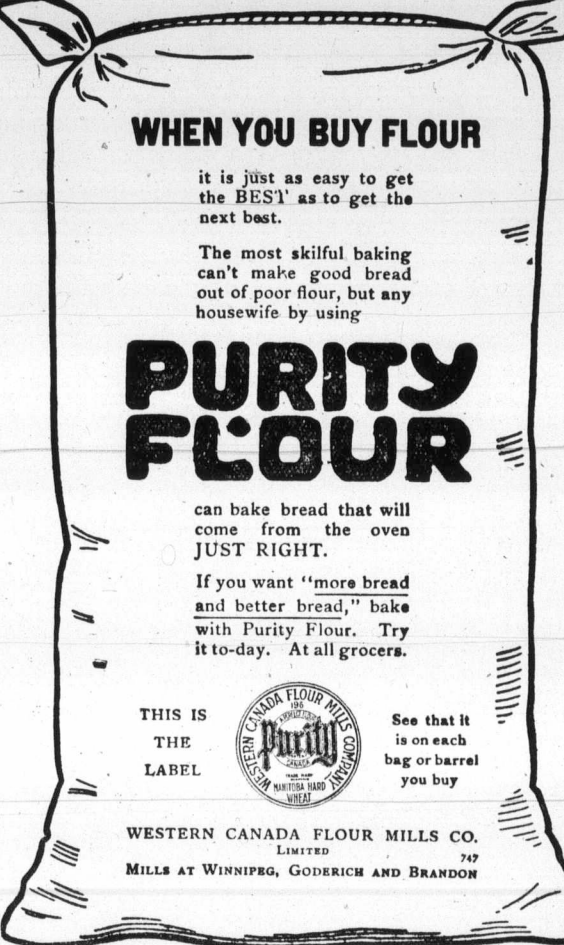
### SALT RHEUM CURED.

Mrs. John O'Connor, Burlington, N.S.,  
writes:—"For years I suffered with Salt  
Rheum. I tried a dozen different medi-  
cines, but most of them only made it worse.  
I was advised to try Burdock Blood Bit-  
ters. I got a bottle and before I had taken  
half a dozen doses I could see a change so I  
continued its use and now I am completely  
cured. I cannot say too much for your  
wonderful medicine."

## Time Proves All Things

One roof may look much the same as another  
when put on, but a few years' wear will  
show up the weak spots.  
"Our Work Survives" the test of time."

GEO. W. REED & CO., Ltd. MONTREAL.



**WHEN YOU BUY FLOUR**

it is just as easy to get  
the BEST as to get the  
next best.

The most skillful baking  
can't make good bread  
out of poor flour, but any  
housewife by using

**PURITY FLOUR**

can bake bread that will  
come from the oven  
JUST RIGHT.

If you want "more bread  
and better bread," bake  
with Purity Flour. Try  
it to-day. At all grocers.

THIS IS  
THE  
LABEL

See that it  
is on each  
bag or barrel  
you buy

WESTERN CANADA FLOUR MILLS CO.  
LIMITED

MILLS AT WINNIPEG, GODEFRICH AND BRANDON

foot. It is a modern establishment,  
but conducted on all the principles  
of Christian solidarity. In his youth  
the owner was a simple little tail-  
or, who at first made and sold only  
trousers, then gradually increased his  
business until, through industry, bu-  
siness ability and commercial en-  
terprise, he succeeded in establish-  
ing, besides the large Vienna house,  
a number of equally successful  
branch houses in Germany, Belgium  
and France. But money and suc-  
cess have not inflated the quondam  
tailor or turned his heart from God.  
He is one of the richest and most  
prominent Catholics in Vienna. No  
worthy cause ever appeals to him  
in vain. Some time ago his son  
fell ill, and was given up by the  
physicians. The grief-stricken pa-  
rents had recourse to God, the  
Great Healer, and promised to build  
a church and convent in His honor  
if their child recovered. The son  
was restored to health, and the fa-  
ther forthwith bought a tract of  
land on the outskirts of Vienna and  
began the erection of a church and  
a mission house, which, when com-  
pleted, will be handed over to the  
Oblates of St. Francis.

If go thou must, O Memory,  
Leave me the faded flow'rs I  
William J. Fischer, in the New  
World.

Great Gaelic Scholar.

The Oxford University Press is  
preparing for publication, "A Col-  
lection of Pieces for Prose and Verse  
in the Irish Language," printed in  
fac-simile from MSS. in the Bodleian  
Library, with introduction and  
notes by Professor Kunz Meyer. This  
great German scholar is better ac-  
quainted with Gaelic literature than  
even Douglas Hyde himself. Prof.  
Meyer has examined the untrans-  
lated Irish manuscript and proclaims  
that the ancient Irish were a won-  
derfully inventive and creative peo-  
ple. They had an original system of  
mathematics of their own without  
borrowing from the Greeks and Ro-  
mans, and they reached the highest  
heights and the lowest depths in  
their mathematical calculations.  
Prof. Meyer is the best qualified man  
to fill the chair of Gaelic in the new  
national university. He has done  
more for the Irish language, foreign-  
ers as he is, than any Irishman now  
living.

### Song at Midnight.

The clock breathes faintly on the  
stairs,  
I hear the tramp of busy hours,  
And dream pass by, silent and slow,  
In Love's warm April show'rs.  
They twine for me a shining  
wreath—  
Rosemary and red, red roses,  
While, in the curtained doorway  
wide,  
A shadow mutely poses.  
Come, Memory! I know thy face,  
And, like a sea, thy soulful eyes  
Reflect the hopes, as ships gone  
down,  
Amid a storm of sighs.  
Thou art a welcome messenger;  
Come, keep thou vigil with the  
stars  
And moon, that smile benignly  
Between the window-bars!

Let's out into the open space,  
Sweet spirit in thy silky gown  
And I will walk the Past with thee.  
The good ways up and down—  
The spreading, green fields, clover-  
blown,  
The distant paths, outstretching  
far  
To where they meet the twilight  
skies  
Of blue and cinnabar!

'Tis good to feel thy warm, strong  
hand  
Closed fastly in mine very own;  
'Tis good to hear thy honest voice  
In soft, sad undertone.  
And, Oh, the press of thy cool lips,  
So berry-sweet and red as wine!  
Those lips, as in the summer days,  
Pressed close and long to mine.

I'm glad you came, gray memory,  
To spend with me such afternoons;  
The night is o'er, and I have walked  
With thee, ah! miles and miles.  
The clock breathes faintly on the  
stairs,  
I hear the tramp of waiting  
hours—

## PEOPLE SAID SHE HAD CONSUMPTION



Was in Bed for Three Months.  
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Ont., was cured (and also her little boy) by  
the use of

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She writes: "I thought I would write  
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