

WATCH YOURSELF GO BY. Just stand aside and watch yourself go by; Think of yourself as "he," instead of "I." Note, closely as in other men you The bag-kneed trousers and the seedy coat Pick flaws, find fault; forget the man And strive to make your estimate ring true. Confront yourself and look you in the

Just stand aside and watch yourself go by.

Interpret all your motives just as though You looked on one whose aims you did not know undisguised contempt surge Let through you when

You see you shirk, O commonest of men! Despise your cowardice; condemn whate'er

You note of falsehood in you anywhere. Defend not one defect that shames your eye-Just stand aside and watch yourself go by.

you loathe-To sins that with sweet charity you'd

Back to your self-willed tenement with

and shrink

mighty link-

-Strickland W. Gillilgn.

Russia is becoming a great buyer of the animal cracker may be consumed, British-grown teas. Partly owing to as they are quite harmless. the enormous increase in the quantity they are using, the price of tea at the gardens has advanced greatly during the past year, making it necessary for the "Salada" Tea Co., in order for the "Salada" Tea Co., in order the control of the day would rub their feet and legs with Dr. Thomas' Eclectric Oil know not what they do!"

To Know is to Prevent.—If the miners, only words or they as, raising His sacred eyes to heaven, friends and relatives as we would the implored the divine forgiveness for treat our Lord Himself were He to men: "Father, forgive them, for they know not what they do!"

same reverence, for that would be to maintain the high standard of quality for which "Salada" is noted, to tism and render their nether limbs advance the price of "Brown Label" from 25c. to 30c. per pound.

#### ONE DAY AT A TIME.

The sun warms us by his beams, one day at a stretch, and then disappears until the next day.

Each person lives best who does his best for one day at a time, and then she said she had nothing to do. refreshes himself for his level best But her mother sat in an invalid

enough for the endurance of hard Man lives only from moment to mo-

ment. A whole day is a lengthy period as compared with the space of Is worse—far worse—than a famine of each heart-throb. Take just one day at a time and de-

termine to make it unique in your whole history for the light you can cast about you. Say your prayers and go about your

next morning.

formed. Every morning should find In the rush and the whirl of life's you with a clean record. The duties of each day are these:

Speak better words, do nobler acts, be more godly, disseminate more sun-

All life is summed up in being, doing and saying. If there is aught besides these, it is simply shining.

All measurements of time, like months, years and centuries, is chiefly

for convenience sake, but the day is for business. The clock tells the hour, the min-

ute, the second, as these artificial periods pass, but Nature's mechanism tells off the days.

"Work while the day lasts." The clock cannot separate you from your record, if you meet life's obligation day by day.

SICK AND CONVALESCENT CHILDREN.

(Western Watchman.) The amusement and diet of the little ones confronts the mother after a siege of scarlet fever, measles or perhaps some less serious disease in the nursery. When children have been confined to the house for weeks and months, toys lose their charm; books and pictures become tiresome and still the little busy bodies demand entertainment.

At such times a few kindergarten supplies and methods are of untold value. One day use the paper-folding To the sights and the sounds that and teach them to make birds- red birds from the red paper, blue birds from the blue and so on. Then tell little stories about birds, their habits, what they eat and anything of interest that you know about them. Afterwards ask the child to tell you a story about birds. Hours will pass in this way before either mother or child realizes it. Be careful not to let the little invalids tire of this amusement, but put the things away with the promise of something new

next day. Fruit and flowers can be cut from the colored paper and pasted on white. One would be surprised to see the effect of a bunch of grapes made in this way. Cut the stem from the



brown paper, the leaves from green and the grapes from purple; glue them on the card or paper. The child will enjoy this much more than a pretty picture because of the pleasure derived from helping to make t. These are only a few possibilities of the colored paper. Then there are the blocks, cubes, sticks, materials for drawing, braiding and modelling. When the child is able to run and play in the nursury, the kindergarten games and songs can be used to advantage.

Of course there are many mothers who know absolutely nothing about kindergarten work, but those who have an opportunity to look into it ing school for teachers; but by reading some books on the subject and visiting a kindergarten occasionally, fairly good knowledge of the may be obtained. And not only will it be a benefit in times of illness, but it will give the mother a better understanding of her precious charge all His actions. His look was mag-and will simplify many a problem in netic in its effect, and He had only

In regard to the feeding of sick children arises another difficulty. To have the cup of gruel or hot milk handed back with the piteous pleading not to be made take it is hard for And then, with eyes unveiled to what the fond mother, yet she knows that she must do her duty.

Sometimes by a little forethought this can be avoided. Put on the tray the nourishment recommended by the doctor two or three home-With tolerance for all who dwell be- made mints or a bit of blanch-mange or gelatine tinted with some delicate The faults of others then will dwarf fruit or vegetable coloring and mold-Love's chain grows stronger by one out of ten the child will take the substantial nourishment without protest. When you, with "he" as substitute It will also be found helpful to decorate the tray in some way. For in-Have stood aside and watched your- stance, use a paper napkin with bunnies on it; put a bunny cracker on a lettuce leaf and tell a story about a tray Him and, finally, the last sad then, of Him, because He is meek and bunny while the child is eating; then

> they would escape muscular rheumaproof against the ill effects of exposure to the cold. Those setting out ernacles. for mining regions would do well to fore starting.

NOTHING TO DO.

(By F. H. Marr.) chair

In the city's stuffy, stifling air-Short periods are long Sat and longed in her loneliness For a smile of love or a tender

caress Oh, a famine of love, it has been said.

bread. And the daughter she'd nursed thro

her infant days, And patiently borne with her willful

tasks in the morning, and leave furto be ther obligations and duties until the to be And petted and spoiled, till she grew

Work while the day lasts, and leave nothing undone that should be per-

Her daughter had nothing to do-Nothing to do.

She said she had nothing to give. But stored in her closest were pic- ence! tures and toys Enough to gladden a hundred boys, Molding and fading for lack of use, That was working more havoc than

daily abuse. While over the way a cripple lay Flat on his back the livelong day.

And yearned for a toy, a picture, a At which in his helpless pain he

might look-Something with which he might while away The long, slow hours of the weary-

ing day-And yet she had nothing to give. Perhaps she thought she had nothing

to give, Perhaps she thought it was useless to She had eyes, but she never saw life's

She had ears, but she heard not the fellow beings tax our patience and

done-Might have given to some poor, the example of our Lord. Who was rule on any terms. You need and needy one; You need than He? Scoff and in-ought to have some time to yourneedy one; Had she opened her eye, had she sult were His to bear, the scandal of self for rest and recreation, and it turned her ear

pressed so near!

Look at the world as it lies around, At the teeming air, at the fruitful ground. That's not one thing, to its mission

true, With Lothing to give and nothing to unjust charge and unmerited rebuke. The flowers must bloom, the grass on the subject of His honor. He had must grow,

In God's own world all things that live

Have something to do and something to give. -Baltimore Sun.

THE VOICE OF THE SOUL. If you teach a man to keep his Him, to imitate Him, to invest our-eyes upon what others think of him, selves with His spirit. We are told unthinkingly to lead the life and hold the principles of the majority of his contemporaries, you must discredit in trials and circumstances, to become his eyes the authoritative voice of his in a word, meek and humble. It may own soul. He may be a docile citi- be that our trials are great and our zen; he will never be a man. It is means of bearing them seemingly inours, on the other hand, to disregard this babble and chattering of other men better and worse than we are, and to walk straight before us by with God's help, able to withstand what light we have. They may be all the trials which life may bring them to the straight before the straight with God's help, able to withstand what light we have. bright; but so, before heaven, are we. us, for God tempts or tries no one They may know; but we know also, beyond his spiritual strength. Witand by that knowledge we must stand ness the example the saints have given or fall. There is such a thing as loyalty to a man's own better self; of their fellow-men by doing violence and from those who have not that to themselves. See the case of St. God help me, how am I to look for Francis de Sales, a man most irasc-

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#### Christian Meekness

(Catholic Union and Times.)

Among the most prominent charac-Lord was essentially meek, uncomplaining, patient and self-sacrificing. Christ was speaking of Himself, "! or that of His character which He fulfilled, as was foretold by to the slaughter and He opened not Holy Writ, "Be angry and sin not." His mouth." No complaining, no "Let not the sun go down on the dissatisfaction, no resistance made, wrath."

to the very last. The enormity of general harmony. scene on the cross when He could have humble of heart. reprobated a heartless world for its us do what He bids us and, as

tinues it in His dwelling in our tab. the one God, creator and ruler of all, How lonely the life, how neglected, deserted His hours there, and elect of heaven. dreary nights He reigns obscurely and down upon ourselves and those around

ers tell us, and yet one of the mildest of men. He had troubles plenty to bear, his episcopate was in and around Geneva-the haunt of heretics -yet he so far fascinated the infidel and scoffer that seventy thousand of should do so. This does not mean teristics of our divine Lord, meekness, that they would have to enter a train-mildness, gentleness of disposition, his character, more than by the elements of them were brought by the elements of the state mildness, gentleness of disposition, his character, more than by the eloamiability of temperament and de- quence of his word, into communion portment hold a prominent place. Our with the true Church. His example ought to encourage us to be "meek and humble of heart." We, too, have a chance, yes, we have a duty In his whole public life He gave continued evidence of this. Meekness in our various spheres of life to inshone in his face and was meeting in fluence for good the actions of our all His actions. His look was magdealings they will be edified and will to present Himself to the people to try and copy the examples we give them follow Him by the thous-What can be more sweet and we do so mildly, then we shall be consoling than the divine words when given a willing and cheerful obedience. Christ was speaking of Himself and If we must resist, as we must someam the Good Shepherd; the Good since be based upon justice and truth, Shepherd gives His life for His not urged on by hatred and injustice. times, to save justice, let our resistnot urged on by hatred and injustice. Let us not grow warm and wax anthe prophet, "Like a lamb He was led gry, but conforming to the advice of No complaining, no "Let not the sun go down on thy See nature how grant the but through the severity of the sad harmony that exists among the eleordeal of His passion and death, He ments, one accommodating itself to maintained His tranquility of scul another and all going to make up one It images in its Judas' conduct in his betraval of our peace and tranquility the God that Lord did not shake the divine mild- created it. He teaches, then, in Him-"Friend," He addressed him, self and in His works that suavity of though He knew at the time that the manner, that composure of act that same was he who was about to be- He would have us men copy. Learn, Let us learn, let

treatment of Him, He had only words evidence of our good will, let us beof mildness, only words of forgiveness gin at once to treat our neighbor, our Nor does our Lord stop here with impossible, but with the spirit of it His example of meekness, but con- recognize in every man an image of

a every little one a favorite of God provide themselves with a supply be- as through the long, dull days and This, then, do and we shall bring

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TOWN.

to do Him reverence, so many, alas, ray of sunshine among men, giving to even despise and hold Him in con- warmth and light to those who make within the shadow of His temple! other centres around which we circle What levity in sight of His holy pres-And vet not a word of complaint is heard from the sacred pre- to have the famous battlefields of cincts of His sanctuary, not a sigh Quebec rescued from the present con-of censure breaks the stillness of His dition of neglect, and put into a shape impoverished, dwelling place, though worthy of their great traditions. It it is almost another Gethsemeni oft- is suggested that the city should celetimes by its utter wretchedness. Not brate its 300th birthday by uniting sigh, not a word of reproach, but the Plains of Abraham, where the

patient, resigned, meek and mild, our English defeated the French, and that during His earthly career, "Learn ed the English, into a National Park, of Me, because I am meek and hum- to be called King Edward's Park. ble of heart."

bearing towards our fellow-men? Do on the Chemin Ste. Foy. we return good for evil and pray for those who persecute us? It may be that our trials are great, that our tiles. divinity. And yet God our Lord and and the children. Saviour was a man as well as God. He felt in His humanity the sting of He could be sensitive, if he would, upevery reason on His side for resent-The birds must sing, the wind must ing the outrages committed upon Him He would care to do so. He, by His divine power, might have overthrown His persecutors and executioners and have palsied the hand raised to strike him, but nothing of

kind would our Lord do and so "Like a lamb He was led to the slaughter and He opened not His mouth.' As Christians it is ours to follow

alone upon our altars, with to few us the blessings of God; we shall be a What blasphemies, even us a center and bringing the same to

Lord Grey is taking vigorous steps Lord continues the lesson He gave us of Ste. Foy, where the French defeat-Lord Grey is also desirous to erect on With our Lord's words ringing in the Point of Quebec a colossal statue our ears, we should ask ourselves representing the Angel of Peace, symbol stand our hearts? Are they bolizing the union of the two races. tranquil or at rest and, as an evi- The king has already cabled a condence of this, do we utter words of tribution of 100 guineas to the promeekness, gentlene's, kindness and ject. The parks above referred to charity? Are we colerant and for- adjoin the Jesuit church and residence

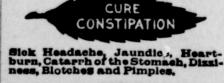
#### Children and Late Hours

suffering plead. try our forbearance, that they wear have to look after your children your have to look after your children yourour rights. Even so, let us emulate self don't let them sit up late as a the Jews and the folly of the Gen- will be bad for the children as well Accused by the hypocritical as yourself if you don't get it. The Pharisees, He bore all their calum-nies mildly, hardly taking the trouble directed into fresh channels or in of defending Himself, unless when time you will find it difficult to talk forced to do so by the dignity of His or think of anything except the house

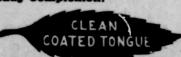
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