

the parochial schools there are religious interests involved. Ordinary textbooks of English history—Lancaster's, for instance—misrepresent the Catholic religion and Catholic churchmen.

Froude wrote expressly for the purpose of justifying English Protestantism, its works and pomps, and its founders, and he has had scores of imitators. The best way to preserve an Irish child from infection through a study of English history along those lines is to familiarize him with the barbarous cruelties practiced by Protestant England in Ireland in order to rob the Irish people both of their faith and their nationality. Moreover, if the Irish people of this country hope to understand themselves they must study the centuries during which their characters were, so to speak, in the making. As a race we are sharply distinguished from all others by certain hereditary qualities, many of which have been superinduced by our peculiar history. An admirable and attractive method of teaching Irish history is by means of Irish poetry. Almost every event in our past is commemorated in beautiful and inspiring verse by Davis, Darcy, M'Gee, Moore, or some other Irish poet. By committing these poems to heart and receiving an explanation of their meaning, the whole course of Irish history may be covered and indelibly impressed on the imagination and the memory of the children. We would call the attention of our readers to two gold medals which are to be offered as prizes for essays on Emmet and O'Connell. The first which will be given by the Irish Nationalists is open to pupils of both the public and parochial schools; the second, which is offered by Mr. Hugh O'Neill, B.L., is restricted to pupils of the latter. The conditions have been announced in our pages. We hope that there will be a large number of competitors and that other Irishmen of public spirit animated by a love for the old land and its glorious history will imitate the excellent example that has been set by the Irish societies and by Mr. O'Neill.—The New World.

CITIZENS APPRECIATE DEVOTED RELIGIOUS.

In the "Jacksonville (Fla.) Metropolis" we find a report of a charming ceremony that will give pleasure to Catholics everywhere. The ceremony was the presentation of a horse and buggy to Sister Mary Ann, of St. Mary's Home for Orphan Children, by Hon. George M. Nolan, Mayor of Jacksonville, who is a Methodist.

"A few days prior to Christmas," says the "Metropolis," "Mayor Nolan made an appeal for funds to purchase this outfit for this noble woman, whose life has been devoted to charitable work. Every cent raised for this purpose was either sent to the Mayor or the 'Metropolis,' and a sufficient amount was reached to make the purchase. The first large subscription came from C. O. Livingston, who donated \$25, and the day following Miss Helen Coachman, the daughter of W. W. Coachman, called at the 'Metropolis' and left the same amount for the purpose. This was encouraging to the Mayor, who took hold of the movement with a determination to make it a success.

"The Mayor presented the Sister with the horse and phaeton in front of the Exposition Building. Sister Mary Ann was deeply touched, and Mayor Nolan also was overcome, and could make no presentation speech. The Mayor, after endeavoring to talk, handed Sister Mary Ann the following letter:

"Sister Mary Ann: Your name is a household word in Jacksonville. Every one who knows you loves you, and those who know you best love you best. I present you herewith a horse and phaeton, with harness. I know that the accumulated weight of years presses heavily upon you, and I wish to lessen for you the care and weariness of walking. I do humbly trust that this gift from the citizens of Jacksonville may prove a blessing, and for the humble part that I have taken in the matter let me ask that sometimes you may whisper my name in your prayers, for I am sure that purer invocations never gathered around the bright throne of grace.

"Yours very truly,

"GEORGE M. NOLAN, Mayor."

to care for Sister Mary Ann's horse and phaeton free of cost."

In a letter thanking all concerned in the gift, the Sisters of St. Joseph, in charge of St. Mary's Home, say:

"In her rounds among the poor and afflicted, this dear Sister regards neither time nor fatigue, and at her age it is difficult to travel as she does from house to house without a conveyance, thus using up her strength, which should be preserved to enable her to

How Is Your Cold?

Every place you go you hear the same question asked.

Do you know that there is nothing so dangerous as a neglected cold?

Do you know that a neglected cold will turn into Chronic Bronchitis, Pneumonia, disgusting Catarrh and the most deadly of all, the "White Plague," Consumption.

Many a life history would read different if, on the first appearance of a cough, it had been remedied with

Dr. Wood's Norway Pine Syrup

This wonderful cough and cold medicine contains all those very pine principles which make the pine woods so valuable in the treatment of lung affections.

Combined with this are Wild Cherry Bark and the soothing, healing and expectorant properties of other pectoral herbs and barks.

For Coughs, Colds, Bronchitis, Pain in the Chest, Asthma, Croup, Whooping Cough, Hoarseness or any affection of the Throat or Lungs. You will find a sure cure in Dr. Wood's Norway Pine Syrup.

Mrs. C. N. Loomer, Berwick, N.S., writes: "I have used Dr. Wood's Norway Pine Syrup for coughs and colds, and have always found it to give instant relief. I also recommended it to one of my neighbors and she was more than pleased with the results."

Dr. Wood's Norway Pine Syrup 25 cts. per bottle at all dealers. Put up in yellow wrapper, and three pine trees the trade mark. Refuse substitutes. There is only one Norway Pine Syrup and that one is Dr. Wood's.

"The horse was named 'Judge Nolan,' and will be called Judge. The phaeton was donated by Mrs. R. V. Covington the harness by McMurray & Baker, and Cohen Brothers donated a beautiful and expensive laprobe.

"With commendable generosity, the lively stables of the city have decided further for years to come the spiritual and temporal welfare of the poor and afflicted."

THE HORSE

Many persons believe that a horse's power of endurance is gauged by the number of miles he can travel in a day, but Alfred Stoddart, in "Suburban Life," declares that "nothing tells upon a horse's condition worse than hacking work, such as going to and from the station, even though the actual distance is inconsiderable.

"He is taken from his restful stall, the harness thrown on him, generally in a hurry, and rattled to the station. There he is kept waiting, possibly in an overheated condition. The passing trains annoy him, in summer the flies beset him, and in many ways the task is an unpleasant and injurious one for him.

"Remember, the horse is a nervous animal. It is not the strain upon his muscles, but the wear and tear upon his nervous system, which so frequently ends his usefulness. Rest with a horse means peace and quiet, more than literal repose. Indeed, some horses never lie down."

YOU MELANCHOLY WOMEN!

Can't even sleep—restless day and night—brooding over imagined trouble all the time. The disease isn't in the brain, but in the blood, which is thin and innutritious. Do the right thing now and you'll be cured quickly. Just take Ferrozone; it turns everything you eat into nourishment; consequently blood containing lots of iron and oxygen is formed. Ferrozone makes flesh, muscle, nerve—strengthens in a week, cures very quickly. You'll live longer, feel brighter, be free from melancholy, if you use Ferrozone. Fifty cents buys a box of this good tonic (fifty chocolate coated tablets in every box.) at all dealers.

The best prayer against pain is abstinence from sour apples.

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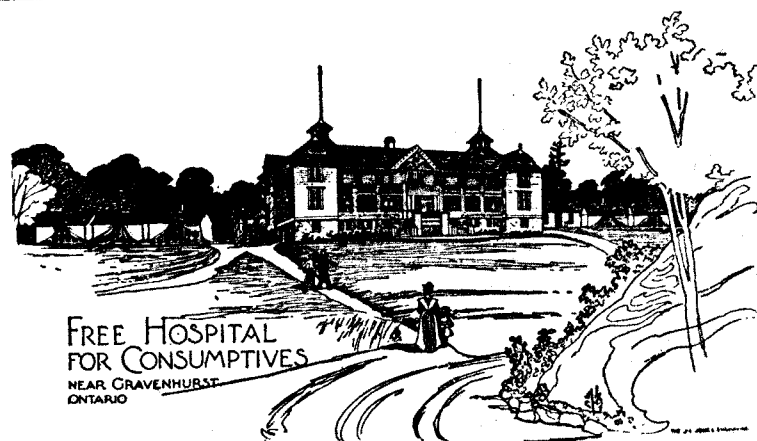
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The institutions of the National Sanitarium Association, including the Muskoka Cottage Sanatorium and the Muskoka Free Hospital for Consumptives, are under the distinguished patronage of His Excellency Earl Grey, Governor-General of Canada, and Countess Grey.

Readers of this announcement will be glad to know that there has been an encouraging response to our request for help for the

Muskoka Free Hospital for Consumptives



Since this institution was opened, a little more than three years ago, 560 patients have been cared for. Over 2,000 patients have been treated in our two Muskoka homes within the past seven years.

—Not a single applicant has ever
—been refused admission to the
—Muskoka Free Hospital for Consumptives because of his or
—her poverty.

Our plea for help is that the Muskoka Free Hospital for Consumptives cares for patients that all other hospitals refuse. If the needed money is forthcoming, this dread disease might be stamped out.

—Dr. T. G. RODDICK, an eminent physician of Montreal, ex-president of the Canadian Medical Association, and ex-president of the British Medical Association, stated at a meeting of the Montreal League for the Prevention of Tuberculosis, his firm belief that in twenty-five years, provided proper means are adopted, a case of consumption would be a curiosity.

Within the month the accommodation has been increased by twenty-five beds, adding to the burdens of maintenance, but in the faith that a generous public will come to the aid of the trustees.

Contributions may be sent to Sir Wm. R. Meredith, Kt., Osgoode Hall, Toronto, or W. J. Gage, Esq., 54 Front St. W.