

Excelsior

Written for the Catholic Bulletin by Dr. James Henderson. When everything is peaceable and everything is right. When the world is not a-frowning and your neighbor's acting white.

There seems a pile of pleasure just in trying to exist. When the world is bright and cheerful and Your cares are all dismissed. 'Tis a grimmy sort of comfort when we snicker at some pain

That's another fellow's portion, and its going 'gainst his grain; And tho' he grins and bears it like a hero, like a man. We are churls enough to hook him and to nag him all we can.

No! it isn't just the spirit that will elevate the race. And 'tis not the sort of medicine to offer in the case; Far better to be manly, far better to be plain.

And, stand of being a growler, try to ease another's pain. When every one is happy and every one is gay, The world don't seem so heartless and there's not 'the de'il pay.'

So try to make it happy and try to make it bright, And some other heart will bless you—and you'll know you're doing right.

Her Face

(Mary Catherine Crowley, in The Ave Maria.)

"You will be glad to know, dear Aunt," Ida's pen ran on, "that more than a year ago Jack began to go regularly to Mass on Sundays, and now sometimes I go with him. It came about through the picture of his mother that you gave him. When we settled in our own little home, Jack chose as a place for the photograph the centre table, in the living-room. It was always before him when he came home in the evenings; and from seeing it he began to speak of her,—of what she used to do, how she brought up her children, and so forth. I suppose the frequent recurrence to those old days and the recalling of his mother's teaching was like her voice urging him; for after a while he began to go to church. And, then, one day when he returned he told me he had attended to what he called his 'Easter duty.' No doubt you will understand.

"That is all, except—oh, yes! Jack wanted to have the baby christened; but I must admit, I put off the matter from week to week. One afternoon, however, a terrific thunderstorm came up over the city. The lightning struck and burned a house not far from ours, and I thought we should not escape with our lives. As I moved about the sitting-room wondering which corner would be the safest place to sit with baby, I happened to glance at the picture of Jack's mother. No doubt I imagined it, but she seemed to look at me reproachfully. Well, then and there I made up my mind. When Jack came home that night I told him I would have the baby ready so that he may have the baptism the next day. And it was done. Mary Ann, the Irish nurse, going with him. So I am afraid Mary Ann is the godmother; for in spite of all the delay, there was not time to ask you.

"But I want to thank you for giving Jack the picture. His mother must have been indeed a good woman. And I think that if I should have to die and leave my child, even death would lose something of its bitterness if I could feel that in future years the thought of me would influence his life for good even as Jack is influenced by the remembrance of his mother.

With love from Jack and my self, dear Aunt Mary. Yours devotedly, "IDA."

Mrs. Cordwell's gentle countenance was wreathed with smiles as she finished the perusal of the letter.

"Thank God! thank God!" she murmured. "How true it is that we can never measure the extent of a mother's influence!" She glanced across her cosy library to where the Grandmother

An Ancient Foe

To health and happiness is Scrofula—as ugly as ever since time immemorial. It causes buncches in the neck, disfigures the skin, inflames the mucous membrane, wastes the muscles, weakens the bones, reduces the power of resistance to disease and the capacity for recovery, and develops into consumption.

"Two of my children had scrofula sores which kept growing deeper and kept them from going to school for three months. Ointments and medicines did no good until I began giving them Hood's Sarsaparilla. This medicine caused the sores to heal, and the children have shown no signs of scrofula since." J. W. McGowan, Woodstock, Ont.

Hood's Sarsaparilla

will rid you of it, radically and permanently, as it has rid thousands.

Madonna hung in its beauty. Beneath it there was a blank space where the little velvet frame had been. How well she was repaid for her sacrifice! Jack had indeed forgotten to send her a copy of the photograph, but now she would remind him of the omission; and, going to her writing-desk, she sat down at once to answer Ida's happy letter.

Italian People Charm

Chaplain

Travellers in Italy have frequently dwelt upon the sterling qualities of the people as shown in their piety, their love of art and literature, and their strict adherence to the essentials of faith in spite of frequent lapses in non-essential matters. The traveller who tells of plain fishermen reciting their Dante and Torquato Tasso vouches for the living union between the people and their art and literature. Now comes a chaplain, to whom the Italian people seem ever so strange, but who needs must admire the basic religious convictions and the piety of the Italian peasants.

A British chaplain, writing from the Italian front to the London Tablet, thinks that "Italy is rather a nice place," though not then seen at its best. He then proceeds to give the following observations on the people:

"Up in these parts the peasant folk are very religious—from every little barn of a farmhouse one hears grandfathers and grandies chanting away at the family rosary as night gets in—many of them rush into Mass from the neighboring fields every morning at the sound of my church bell, and positively demoralized me in the early days by the audible fervour of their prayers. The women and children are miraculously industrious from rise to set of sun—but the lord of creation proves his manhood by a more than average daily dose of 'dolce far niente.'"

"There is something of the democratic and cultured Athenians about these Italian soldiers and farmers and road menders—not in the extremely leisureed way in which they tackle a job, nor in the dense growth of their moustaches, nor in the 'brassard' which they all wear on their arms (implying as it does that they are—heaven knows why—indispensable) but rather in their love of an argument. They simply curl me up with laughter to see them at it—hands, eyes, nose lips, all co-ordinating in a positively miraculous focus of eloquence, and the contemptuous disdain they can throw into their voices and the way they round off a rolling period with a gurgling and a spit right across the road! Demosthenes couldn't have polished Aeschines off more sublimely!

"They have, I fear, a painful habit of cutting short these little affairs with a pocketknife stab in the 'basso ventre'; but in a highly emotional and sensitive people one must expect this, and the poor boy I saw yesterday (with a protruding intestine) just as he was about to receive the anaesthetic felt no bitterness against the dealer of the blow below the belt. 'Ognuno deve morir' (every-one must die), he said, in a rather touching access of self-piety, and when I asked him to make

BUILD UP In spring and summer, it's the natural time to store up health and vitality for the year. Scott's Emulsion is Nature's best and quickest help.

an act of contrition with the second half of 'Our Father' (which they all say in Latin in Italy), the way he threw his whole palpitating soul into 'Sicut et nos dimittimus made me feel very humble. He is still alive, but in a bad way."

The influence of religion on the lives of these "highly emotional and sensitive people" has been most marked. Visitors to Italian cities may tell a different tale, but in the country, where good influence are not so readily counteracted by evil ones, the wholesome workings of the Faith on the lives and habits of the people are as evident as they are in Spain.

The Last Day of Last of The Signers

Come to the window old man. Come and look your last upon this beautiful earth. The day is dying, the year is dying, you are dying; so light, and lead and life mingle in one common death as they shall mingle in one resurrection.

Clad in a dark morning gown that reveals the outline of his tall form, now bent with age, once so beautiful in its erect manhood, rises a man from his chair, which is covered with pillows, and totters to the window, spreading forth his thin white hands. Did you ever see an old man's face that combines all the sweetness of childhood with the vigor of mature intellect? Snow white hair, in waving flakes, around a high open brow, eyes that gleam with clear light; a mouth moulded in an expression of benignity, almost divine!

It is the 14th of November, 1832; the hour is sunset and the man Charles Carroll of Carrollton, the last of Signers. Ninety-five years of age, a weak and trembling old man, he has summoned all his strength, and gone along the carpeted chamber, to the window, his dark gown contrasted with the purple curtains. He is the last! Of the noble 56 who, in the Revolution stood forth undismayed by the axe or the gibbet, their mission the freedom of an age, the salvation of a country, he alone remains. One by one the pillars have crumbled from the roof of the temple, and now the last, a trembling column, glows in the sunlight as it is about to sink in to the night of the grave there is a glorious hope. His memory will live, not only in the presence of God but on the tongues and in the hearts of millions. The band in which he counts one can never be forgotten. The last? As the venerable man stands before us the declining day imparts a warm flush to his face and surrounds his brow with a halo of light. His lips move without sound; he is recalling the scenes of the Declaration; he is murmuring the names of his brothers in the good work.

All gone but him! Upon the woods, dyed with the rainbow of the closing year; upon the stream, darkened by masses of shadows; upon the home peeping out from among the leaves falls mellowing the last light of the declining day. He will never see the sun rise again. He feels that the silver cord is slowly, gently loosening; he knows the golden bowl is crumbling at the fountain's brink. But death comes on him as a sleep, as a pleasant dream, as a kiss from beloved lips. He feels that the land of his birth has become a mighty people and thanks God that he was permitted to behold its blossoms of hope ripen into full life. In the recess near the window you behold an altar of prayer; above it, glowing in the fading light, the image of Jesus seems smiling, even in agony, around that death chamber. The old man turns aside from the window. Tottering on, he kneels beside the altar, his long dark robe drooping over the floor. He reaches forth his white hands, he raises his eyes to the face of the Crucified. There, in the sanctity of an old man's last prayer, we will leave him. There, where, amid the deepening shadows, glows the image of the Saviour; there, where the light falls over the mild face, the waving hair and the tranquil eyes of the aged patriarch!

—George Lippard.

MOTHER AND CHILD

VERY LOW WITH DYSENTERY.

Dysentery is one of the worst forms of bowel complaint. It comes on suddenly, the pains in the bowels become intense, the discharges occur with great rapidity, and are very often accompanied by blood, and the action on the system so weakening that its termination often proves fatal.

When the bowels get loosened up in this way, and you wish to check the unnatural discharges without bringing on constipation, there is only one remedy to use, and that is Dr. Fowler's Extract of Wild Strawberry.

Mr. W. J. Metcalfe, Tofield, Alta., writes: "I wish to state that we have used Dr. Fowler's Extract of Wild Strawberry with good results. I can say that it can't be beat. It saved my wife and little boy last summer, when they were very low with dysentery. We always have a bottle of it in the house, and would not be without it if it cost five dollars a bottle."

"Dr. Fowler's" is not an experiment but a tried and proven remedy that has been used in Canada for the past 72 years. There are many cheap imitations and substitutes of this sterling remedy on the market. Beware of them and accept only the original when you get it, as these cheap no-name, no-reputation, so-called strawberry compounds may be dangerous to your health. The genuine is put up only by The T. Milburn Co., Limited, Toronto, Ont. Price, 35c.

Keep On Laughing

It has been suggested in this country that the press and platform confine themselves to serious things; that anything with a smile in it be banished as not in keeping with the carnage and privation of War. It is also pointed out Paderewski has ceased to play his beloved instrument because of the suffering and despair in his native Poland. Harry Lauder, whose son, serving in a Scotch regiment, gave his life for Britain, has stopped making people laugh and now is preaching to them. One day when Lincoln's cabinet met the President asked one of the members if he had read Nasby's latest. Mr. Stanton— austere, stern, dignified—took the President to task, saying he ought to be thinking of sterner things.

Agitated Old Man—Quick! My daughter is drowning. Save her and she shall be your wife.

Blase Person—Wait till a wave rolls her over; I want to see her face.

W. H. O. Wilkinson, Stratford says:—"It affords me much pleasure to say that I experienced great relief from Muscular Rheumatism by using two boxes of Milburn's Rheumatic Pills. Price 25c. a box.

MINARD'S LINIMENT CURES DYPHTHERIA

A SENSIBLE MERCHANT

Milburn's Sterling Headache Powders give women prompt relief from monthly pains, and leave no bad after effects what ever. Be sure you get Milburn's rice 25 and 50 cts.

St. Isidore, P. Q., Aug. 18, 1894. Minard's Liniment Co., Limited. Gentlemen,—I have frequently used MINARD'S LINIMENT and also prescribe it for my patients always with the most gratifying results, and I consider it the best all-round Liniment extant.

Yours truly, DR. JOS. AUG. SIROIS.

There is nothing harsh about Laxa Liver Pills. They cure Constipation, Dispepsia, Sick Headache and Bilious Spells without griping, purging or harshness. Price 25 cts.

MINARDS LINIMENT CURES DISTEMPER

Heart Palpitated, Had Dizzy Spells. Could Not Work For 3 Months.

Palpitation of the heart is one of the most common of all heart troubles, and many people are kept in a state of morbid fear of death, become weak, worn, and miserable, have weak and dizzy spells, their nerves become unstrung and they cannot sleep. Whenever there is any weakness of the heart, Milburn's Heart and Nerve Pills will strengthen it, and build up a strong healthy system. Mrs. Walter Grieve, Apsey, Ont., writes: "I had been run down and doctors told me I was anemic, but did not help me with their medicines. I could not sleep nights, my heart palpitated so, and I could not get any rest. I used to have such dizzy spells I would have to go to bed. I was not able to do my work for eight months. A cousin of mine had taken Milburn's Heart and Nerve Pills and told me what they had done for her. I took eight boxes of them, and now I am able to help every day with the work. I am so thankful to tell others what they have done for me, so that they may try this great and wonderful remedy. I hope this may prove good to some one who is suffering the way I did. Price 50c. at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

LET US MAKE Your New Suit When it comes to the question of buying clothes, there are several things to be considered. You want good material, you want perfect fitting qualities, and you want your clothes to be made fashionable and stylish, and then you want to get them at a reasonable price. This store is noted for the excellent quality of the goods carried in stock, and nothing but the very best in trimmings of every kind tailored to go into a suit. We guarantee to fit you perfectly, and all our clothes have that smooth, stylish, well-tailored appearance, which is approved by all good dressers. If you have had trouble getting clothes to suit you, give us a trial. We will please you. MacLellan Bros. TAILORS AND FURNISHERS 153 Queen Street.

FLEISCHMANN'S YEAST TO MAKE GOOD BREAD You must have Good Yeast GOOD BREAD is, without question, the most important article of food in the catalog of man's diet; surely, it is the "staff of life." Good bread is obtainable only by using the Best Yeast, the best flour, and adopting the best method of combining the two. Compressed Yeast is in all respects the best commercial Yeast yet discovered, and Fleischmann's Yeast is indisputably the most successful and best leaven known to the world. It is uniform in quality and strength. It saves time and labor, and relieves the housewife of the vexation and worry she necessarily suffers from the use of an inferior or unreliable leaven. It is, moreover, a fact that with the use of Fleischmann's Yeast, more loaves of bread of the same weight can be produced from a given quantity of flour than can be produced with the use of any other kind of Yeast. This is explained by the more thorough fermentation and expansion which the minute particles of flour undergo, thereby increasing the size of the mass and at the same time adding to the nutritive properties of the bread. This fact may be clearly and easily demonstrated by any who doubt that there is economy in using Fleischmann's Yeast. If you have never used this Yeast give it a trial. Ask your Grocer for a "Fleischmann" Recipe. Book.

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Summer Footwear Wear something light and easy on hot days. We carry a full stock for every member of the family. For Women White Boots (leather or rubber soles) \$3.65 a pair and up White Pumps, Sneakers, Oxfords, all kinds. For Men Canvas Shoes, Sneakers, Low Shoes, for any wear. For Misses & Children Sandals, Slippers, Pumps, White Canvas Boots and Pumps. TRY HERE ALLEY & CO.

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Are You Far Sighted? Must you hold the book or paper at arm's length to get the proper focus. If so, you will be "far sighted" in a proper sense if you come to us at once for a remedy.

Change of Time Commencing Friday, June 28th, 1918, and until further notice, the Car Ferry Prince Edward Island will be withdrawn from service between Borden and Tormentine, and the S.S. Northumberland will be placed on the Summerside-Pt. du Chene route. Trains west will therefore be changed and run daily, Sunday excepted, as follows: Leave Charlottetown 6.25 a.m., arrive Summerside 8.50 a.m., leave Summerside 12.20 p.m., arrive Tignish 6.05 p.m. Leave Charlottetown 4.00 p.m., arrive Summerside 7.20 p.m., leave Summerside 8.50 p.m., arrive Tignish 11.55 p.m. Leave Tignish 5.30 a.m., arrive Summerside 8.35 a.m., leave Summerside 9.10 a.m., arrive Charlottetown 11.10 a.m. Leave Tignish 5.30 p.m., arrive Summerside 5.35 p.m., leave Summerside 8.45 p.m., arrive Charlottetown 11.10 p.m. Leave Borden 6.20 a.m., arrive Emerald 7.20 a.m., arrive Charlottetown 10.15 a.m. Leave Charlottetown 12.15 p.m., arrive Summerside 4.10 p.m., leave Summerside 6.10 p.m., arrive Emerald Jct. 7.20 p.m., leave Emerald Jct. 9.45 p.m., on arrival of night train from Summerside and arrive Borden 10.45 p.m. Trains between Souris, Georgetown, Murray Harbor and Charlottetown will continue to run as at present. District Passenger Agent's Office, Charlottetown, P. E. I. July 3, 1918.

Mail Contract SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa, until noon, on Friday, the 5th July, 1918, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, six times per week. Over Rural Mail route No. 1 from Cherry Valley, P. E. Island from the 1st October next. Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of Tender may be obtained at the Post Office of Cherry Valley, and at the office of the Post Office Inspector. JOHN F. WEBER, Post Office Inspector, Charlottetown, P. E. I., 1918. June 29, 1918-21

Change in Time Table Commencing Monday August 19th, 1918, the Car Ferry, Prince Edward Island, will resume service between Borden and Tormentine, and the time table will be the same as was in effect when she was withdrawn, giving two return trips to the Mainland daily. The service between Summerside and Pt. du Chene will be discontinued after Saturday, August 17th, 1918. District Passenger Agent's Office August 10th, 1918, August 14, 1918.