APRIL 8, 1909



from the finest y selected cocoa roasted by a l process to the rich chocoor. Cowan's is licious and most ical.

van Co. Limited, Teronto. 9 not as debased

ligate as Byron, as dis-e or as debauched as do," thundered the And, "Thirty days! And, list of those names n They're as bad a lot wannah News.

WOMAN **HO SUFFERS**

re Relief in Dodd's lney Pills.

Tells How She Lost Her eakness When She Used ble Kidney Remedy.

April 12.-(Special)

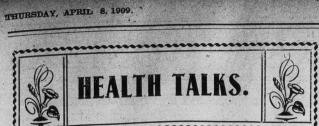
April 12.--(Special) suffer, and there are them in Canada, will rest the experience of of this place. She di found a cure, and itation in saying that Kidney Pills. or over a year from **Fainting Spells**," tes. "I was tired and the time and the least make me perspire t and ankles would and adragging sensa-loins. I saw Dodd's ivertised and bought boxes cured me." boxes cured me ho suffer should use Pills. They make

and healthy Kidneys ule of health for wo-ale organs depend al-on the Kidneys for No woman can hope nd happy unless her sight. The Kidneys help or they m sick. And alm a tell you out of her that Dodd's Kidney elp they need.

leal Outing.

n for their summer Frand Trunk has just me folder illustrating the Algonquin Na Ontario as a resort Ontario as a resort ukers, campers and older illustrates the a route through the arting from the head-orquin Park station, noting a number of mnects with the main a Trunk con the North Ametts with the brain d Trunk on the North-a Dorset and the with a visit to the totel on that lake. could desire, em-rips through Little d Groom Lakes with Crown Lakes, with d Crown Lakes, with her smaller lakes, all with fish. While in akes nothing but big an be found, others, d Little Island, offer ying. And in all the so much sport that the down to catching there are act which they can eat, which very long. The scen-the whole trip is wre is abundance of being plentiful, and all sides in the early one for those seeking

tion may be e asking by applying Bonaventure Station,



The Physical Director as a Hy- which may prove helpful in mer

gienist. (Wm. H. Hastings, Ph. D., Presi-dent of Physical Education of the National Education Association, 1908 and 1909.)

National Education Association, 1908 and 1909.) The study of all studies for the physical director is vitality, racial and individual. Our brief survey of the racial vigor of ancient and mo-dern nations was intended to point lessons for the improvement of our own national vigor. The modern tendency to congestion of population in our cities means racial degener-acy. This is proven by all compara-tive statistics of human development in this country, in England, and in all Europe. The physical director for many years schood almost alone in his attempt to check this racial degeneration. But only a small por-tion of the proper field is covered by the average physical director of to-day. The sooner we swing away from the conception of the director of athletics and grasp the ideal of him or her as a hygienist and the right-hand man of the practitioner of preventive medicine, the sooner will our work take on real power and significance. Our business is not to make gymnasts or athletes, but to make gymnasts or athletes, but to make men and women, to give

hem reserve force and staying po-ver for their life work.

wer for their life work. Physical education as a science is a department of hygiene. It is not an end in itself but a means to health and vigor. There is no branch of hygiene with which we are not concerned, no preventive agency which it is not our function to use. But we are naturally concerned more with personal hygiene; and of those subjects upon which we should be most capable of giving competent advice—dict, rest periods and muscu dvice-diet, rest periods and muscuadvice-diet, rest periods and muscu-lar activity are most vitally im-portant. Upon these principally de-pend not only the organic vigor but the intellectuality and moral ca-pacity of the child and the ultimate man. Of the three, diet and rest periods are in a sense negative or passive and recuperative factors, while muscular activity is positive,

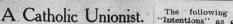
while muscular activity is positive, active and creative, and hence most important, but it is an entirely mis-taken perspective which would em-phasize any one of these factors to the exclusion of another.

phasize any one of these factors to the exclusion of another. Three years is the average length of time which we may expect to have with gymnasium members. To cultivate in them during this time a half-dozen good hygienic habits is worth more to them in the long run of life than the whole three years of gymnastics. Teach them how to eat, to sleep, to use the daily tonic of the cool bath, to dress loosely and with adaptation, to care for the eyes, and above all to make a hobby of some outdoor game or sport,—walking, running (cross coun-try), horseback riding, bicycling, golf, tennis, etc.,—to cultivate this habit the year round, or, better, to ride some hobby according to the habit the year round, or, better, to ride some hobby according to the season and ride it hard. Let the sea-sonal scent of the air bring on the spell of golf clubs, skates or racket, as it does football, peg tops, mar-bles and baseball with the small boy. Fashions in gymmatics may come and co, but recreation must come and go, but recreation must or forever

If we are going to content our-selves with the same policy which satisfied the medical fraternity for so many centuries—that of mending

<text><text><text><text><text><text><text><text>

satisfied the medical fraternity for so many centuries—that of mending and working over into passable shape broken-down hulks, young or old.— then our fields will be confined to system possible. In the Greek phy-riad working of corrective and hygienic advice to those few who consult us; be found during a considerable pe-riod the ideal which made such a system possible. In the Greek phy-sical education are to be found the beginnings of all modern systems, —of the athleticism of the British that an infinitely broader scope may that an infinitely broader scope may many centure. The subject is in fact a complete pro-tory of the system of the Greek physical deucation is in fact a complete pro-tory of the subject. It would seem not no this subject. It would seem not to be due to ignorance of the real facts, mor to be due to lack faily illustrations from life, but faily illustrations from life but faily illustratio a real system of physical education. because in this country alone was to haily illustrations from life, but to not be explained by a failure to group of isolated facts in their relationships and to grasp the subject as a whole. of inspiration to a perennial idealism and a noble enthusiasm for our cho-sen field of work. After all, the most important thing is to have the might be well to review briefly significant elements in the physi-It might be the significant elements in the physi-will to do the work and to be in cal life of the nations whose history love with it. of the nations whose in re studied and to trace of similarity or voi contrast (Continued in our next number.)



Late Sir Rowland Blennerhasset Had a Most Interesting Career.

Unique Irishman.

and unservice such a period time be country has enjoyed for about three hundred years. In ancient Greece and Rome, con-reated with other mations through con-request brought with it all those ut elements of tweakness which after-a wards militated to bring about the te downfall of these, the greatest an-cient world powers. In Greece the source of physical activity, response to the Str. John Acton. with te downfall of these, the greatest an-cient world powers. In Greece the source of sport for sport's sake, and as t a means of the goal worship and tarime of the beautiful in form. feature and character, as divine; but with the comparative idleness which o is the first of victory and with the demonalizing influence which always soccrues from the enslavement of in feited amarchy: the sacredness of the y will the comparative idleness which o by gluttony and drunkeness; a free borough of any critical dimenses of the amarchy: the sacredness of the y wallesse to the strength of the farts to down the always soccrues from the enslavement of in frietor races, there entered in the st damarchy: the sacredness of the y with the comparative is alpenal construction with Lord St. Lawrence by gluttony and drunkeness; a free tice amarchy: the sacredness of the y wall there showed to all this no-ble idealism. Frugality was replaced to the the strength of the free the fart of the difference and participation tice amarchy: the sacredness of the y wholessele debauchery of all this no-ble idealism. Frugality was replaced to the same and poli-tical amarchy: the sacredness of the y number for the sacredness of the to be idealism. Frugality was replaced to the there of any critication by tiller play to his interest in foreign in attheletic games upon the part of the best blood of Greece was replaced by the rankest professionalism: far anonymous, which appeared in the to the takes the sould and the charglican Communion with the anonymous, which appeared in the tice amarchy: the sacredness of the the best blood of Greece was replaced the best blood of Greece was replaced vigorously in the publication of es-by the rankest professionalism: fair says and sketches, both signed and and manly connectian. Sculpture, mu-ric, noetry, commerce, in short, the whole social and political fabric of view," the "Kational Re-whole social and political fabric of view," the "Kational Re-whole social and political fabric of view," the "Kational Re-whole social and political fabric of view," the "Kational Re-ushole social and the political fabric of view," the "Kational Re-in racial vigor. No nation can long outlive the lack of physical bottom. and this lasts only as long as do the method.

in racial vigor. No nation can long the columns of the "Times." outlive the lack of physical bottom. In 1870 he married, as has been mentioned, a lady of a noble Bava-rian family, well known in the pub-lic life of Munich, who has herselt worh ligh distinction as an authores. For some years after losing his seat in Parliament Sir Rowland Blemer-because in this country alone was to

The following are a few of the "Intentions" as given by the Quar-terly Card: Thanksgiving for the Holy Guardian Angels, Removal of prejudice against the Holy Rosary, Restoration of the Sacrament of Ex-treme Unction, Gratitude for the Im-maculate Conception.

THE TRUE WITNESS .. IND CATHOLIC CHRONICLE.

The Anglo-Roman Union is formed for the maintenance and defence of Catholic principles, and to promotic corporate reunion of the Churches of the Anglican Communion with the Apostolic See of Rome. Section 3. Principles. (a) That the Anglican Church is identical with the pre-Reformation

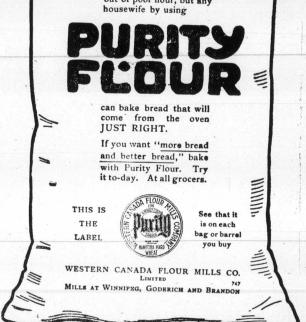
(a) That the Anglican Church is identical with the pre-Reformation Church of England, known as 'Ec-vlesia Anglicana,' and that the churches of the Anglican Communion are still in possession of the Apos-tolic ministry and of valid Sacra-ments.

(b) To uphold the Catholic doc-

That members of the Angli-(c) That members of the Angli-can Church can do their full part in the Reunion of Christendom only through a return to the traditional recognition of the Primäcy of the Apostolic See of Rome, communior.



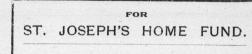
Time Proves All Things



St. Joseph's Home Fund

The a ctual dat: of Father Holland's birthday has passed and we had hoped that a goodly sum would have been realized to present to him on Sept. 19th; but so many have been out of the city during the summer that our appeal failed to reach them and consequently nothing like the necessary amount came in. However, every day is a birthday—somebody's—so if each one contributed, his number of years either in dollars or cents, quite a comfortable sum in a little while would be realized. We thank those who answered our appeal and trust that those who have not already done so will send in their mite to help a worthy cause—To pay off the debt on the St. Joseph's Home for Working Boys. A cent will be as welcome as a dollar and will be acknowledged in issue following receipt.

FILL OUT THIS COUPON.



for Sufferers.-There for Sufferers.-Three rolently purge and and intestines with e's Vegetable Pills fective. They are e, no mineral purga-to their composition is soothing and be-hem and be convinc-an attest their great es because thousands th and strength to la most excellent me-

Ftyles for Lawns, Farms Made of high carbon wire, then pninted white, ces and illustrated bookiet. COUVER

"Child's Play 1/5 Wash Day" To make the dirt drop out 5 Surprise Soap 5-1 1-

100

Erlanger.

Anglo-Roman Union.

Convert Tells of Two Societies Recently Organized in England.

Attend Mass and Use Rosary

A most interesting communication was published in "The Tablet" now at hand, from the pen of Mr. N. W. Osborne, who writes

Since my reception into the Church just one year ago, and the corres-pondence in The Tablet which im-mediately preceded it, I have had many requests for information about the Anglican ultra-ritualistic party, both from priests and laymen, Eng-lish and foreign. I have been led to think that the following notes con-cerning two recent and unknown so-cities of this division of the Anglicam Church may be of interest. My quo-tations are all from official docu-ments of the Societies in my pos-session. Since my reception into the Church

session. The Living Rosary of Our Lady and St. Dominic.—This Society was founded in October, 1905, and its

rules are: 1. To say daily the decade of the Rosary, as appointed by the Quar-terly Intention Card. 2. To receive Holy Communion on Rosary Sunday. 3. To hear Mass on St. Dominic's

Mass in an Anglican Church, he may fulfil his duty in going for that pur-pose to a Roman Catholic Church. (c) All members will pray daily for the reunion of Christendom, and more especially for a return of the

HEADACHE. Burdock LOODERS D

What Medical Skill Could Not Do Was Accomplished with

Burdock Blood Bitters. If you are troubled with Headache do not hesitate to use B.B.B. It is no new pro-duct, of unknown value, but has an estab-fished reputation. reputation.

COULD NOT WO

Mise Muricil Wright, Munica, N.B., writese "I was sick and run down, would have Head-sches, a bitter taste in ny moult, Boatag Press and oble to do any house work at all and could not silve to do any house work at all and could not silve any house work at all and could not silve at a single. Several dedows destored me but Isaw I was gotting no holy, and set the advice of a friend upt hirve bettes at Burdock Blood Bitters and they affected a complete curs.

Name Address Amount

churches of the Anglican Communion to corporate unity with the Holy. (d)! The union opposes itself to all schemes of coalition with Protestant bedies involving any surrender or of the part of the Anglican Church of this country : Section 4 (b) says that should any bucher is to be a statistic of the privilege of attending Mass in an Anglican thurch (i.e., if he should reside in a "low-church" parish) he may fulfil his obligation to hear Mass at a bunch divides us from the Petriar. (g) Inasmuch as the divisions of of the law of charity, the Anglo-Ro man Union urges upon its members of other Christian bodies. All mem-hers, as far as possible, shall feed and act towards our Roman Catholic brothren, as though the separation of ther christian bodies. All mem-hers, as far as possible, shall feed and act towards our Roman Catholic brothren, as though the separation constitutions? Calling for com-ment. Section 3 (a) claims that is control to the Anglo-Ro-Koman Catholic church. Apparently is right, then the "Roman Catholic" (both is contruct to the Anglo-Ro-commit a sin! Section 3 (b). The Anglican "Ar-ticles of Religion" which "may be proster setsed, and we were, as Christ wills us to be, one fold under provents of COMMUNT.

There are several points in these step towards "Ancio-Roman Upion."