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Abbey's Effervescent Salt
Lassitude and general debility, that "played-out" feeling is the result of a sluggish liver. Abbey's Effervescent Salt affords immediate relief, stirs the liver to proper action, and gives new life and ambition. It is a most efficacious remedy for all troubles caused by over-eating or drinking. People of sedentary habits particularly, should not be without it.
25 cts. ALL DRUGGISTS. 60 cts.

Echoes and Remarks.

Some of the Jew bakers ought to be glad there is a Sunday, were it only because they might wash their carts on that day.

A Reverend "Kid" Wedge offered up prayer in the course of a prize-fight out in Nebraska. We suppose the fellow was the right man in the right place.

It is enough to make a cigar-store Indian smile to see how easily Lilliputian editors may undertake to lecture our "bishops." If we hadn't Esop's Fables to help us out, we don't know what we would do.

It appears Therrien, of the Baptist Grande Ligne Mission, is neither an ex-priest nor a renegade. He says his parents turned turtle when he was six months old. We knew it. Even Therrien is ashamed of the Chiniquys and other sacrilegious scamps.

A hotelkeeper in Northern Alberta is so close that when a baby of his own was born to his good wife, in one of the rooms, he immediately wrote its name on the register, and began charging its mother for room and board. Most likely he is the chief amongst oppositionists on the score of church dues.

It is not at all surprising that either Peary or Cook, and even both, should have found the North Pole. The earth has suffered terrible calamities of late, in the shape of volcanic eruptions, and earthquakes. All this may have changed conditions up where both daring explorers love to dwell, and roam. We are ready to believe the stories, even if printed in the dailies.

A "got-rich-quick" nobleman of Ohio is so fond of his cows that he has them clothed in costly coats, and has decreed that their teeth be brushed and washed by valets. We refer the case to the S.P.C.A. If a poor wayfarer were to set about helping those cows eat their hay, he would most likely, be invited to content himself with the grass on the lawn.

While the Montreal public were rejoicing over the prospects of making Montreal a clean city, the following choice bit appeared in the Gazette, which thus describes an unquestionable performance in a local theatre: "Voluptuous, sensuous, yet full of appeal to finer fancy, their dancing throughout had an irresistible charm." And the Gazette also voted for a clean city. People who live in stone houses should not throw glasses.

Speaking of the North Pole, it is regretful to think that nothing has been heard of courageous Captain Bernier of late. He has (or had) as much soul and spirit in him as any Peary, and so the joke-cooks of the dailies hardly need to hand us over their gruesome fun-making along with all other stale comestibles. It is a pity many of our dailies are walking so faithfully in the paths of Hearst and his swill-sheets, even if we do except "The Passing Hour" and "The Sittings." There are others.

It is too bad to think that the German Centre is suffering from internal dissension. It has been doing noble work hitherto, and it would seem that no good will come of division in the ranks. Poor old Herr Windthorst must have turned in his grave the hour the first cloud appeared above the horizon. It is hard to say what side will "give in" first. Let us hope it will not prove a case of gentleman with long beards wanting to cross contrariwise over the same plank at one given moment.

And still our young men are getting away from the farms! It is hard to blame them at times, when were they given opportunities offered by Doukhobors, they might, at least, remain with us in the West of the land. But no; we must continue for a while yet furnishing Uncle Sam

St. Patrick's School Sixth Field Day.

Keen Sport, Close Competition, Enthusiastic Crowd Made Ideal Day.

A delightful September day beamed upon the large and enthusiastic crowd which witnessed the sixth annual games of St. Patrick's Boys' School on Tuesday last. Close contests were the order of the day, and the manner in which every item of the very long programme was carried out caused general favorable comment. Much credit is due the officials of the M. A.A.A. and St. Patrick's A.A.A. for the interest they displayed and for their satisfactory decisions in every instance. The contest for the Home-ley cup was very close. The boys are to be congratulated on their fine showing, which goes to show that the boys of St. Patrick's School are taught, along with their superior educational advantages, the genuine meaning of manliness, which can only be developed by indulgence in clean, manly sports. The Rev. Director and worthy assistants, as well as the boys themselves, are deeply grateful to the officials and prize donors, who were instrumental in making their field day the big success it certainly was.

The following officials had charge of the games: Messrs. J. J. Ryan, St. Patrick's A.A.A.; Major Long, T. J. Carling, Leo Burns, J. Moffat, E. W. Sayer, J. Murphy, C. Singleton, J. Brophy, F. McKenna, F. Lukeman, J. Roche.

Summary of events:

100 yards, 10 years and under—Final—Won by C. Gould; 2, J. McDonald; 3, J. Quinn. Time, 15 2-5.

100 yards, 12 years and under—Final—Won by G. Gould; 2, L. Bogue; 3, G. Feeney. Time, 13 2-5.

100 yards, 14 years and under—Final—Won by E. Elliott; 2, J. McDonald; 3, E. Dupuis. Time, 13 1-5.

100 yards, 15 years and over—Won by R. Patterson; 2, M. DePaul; 3, F. Blackhall. Time, 12 3-5.

220 yards, 10 years and under—Won by J. Flynn; 2, J. McDonald; 3, C. Gould.

220 yards, 12 years and under—Won by G. Gould; 2, L. Bogue; 3, W. Lalonde. Time, 30 4-5 sec.

220 yards, 14 years and under—Won by G. McLaughlin; 2, F. McDonald; 3, E. Elliott.

220 yards, 15 years and over—Won by J. O'Shaughnessy; 2, E. Finch; 3, M. DePaul.

440 yards, 12 years and under—Won by W. O'Sullivan; 2, A. Filiatrault; 3, R. Barbeau. Time 1:13 4-5.

440 yards, 14 years and under—Won by G. McLaughlin; 2, L. Liberty; Time 1:15.

440 yards, 15 years and over—Won by J. O'Shaughnessy; 2, F. Blackhall; 3, M. DePaul. Time 1:5.

High Jump, 12 years and under—Won by J. Blackhall; 2, G. Gould. Height 3 ft. 6.

High Jump, 14 years and under—Won by F. Mahoney; 2, G. McLaughlin. Height, 4 ft. 1.

High Jump, 15 years and over—Won by E. Finch; 2, W. Lukeman. Height, 4 ft. 2.

Hop, Step and Jump, 15 years and over—Won by G. McLaughlin; 2, E. Elliott; 3, E. Finch. Distance, 31 feet.

Putting the Shot, open to pupils—Won by M. DePaul; 2, W. Lukeman; 3, S. Doyle. Distance, 31 ft. 4 in.

Broad Jump, 12 years and under—Won by W. Fogarty; 2, E. McAllinden; 3, L. Bogue. Distance 13 ft. 11-2 in.

Broad Jump, 14 years and under—Won by W. Hennessey; 2, G. McLaughlin; 3, E. Casey. Distance 14 ft. 6 3-4 in.

Broad Jump—15 years and over—Won by R. Patterson; 2, E. Finch; 3, W. Lukeman. Distance 15 ft.

Pole Vault, open to pupils—Won by G. McLaughlin. Height 6 feet.

One mile, 15 years and under—Won by J. O'Shaughnessy; 2, F. Blackhall; 3, H. Nevin. Time 5m 25sec.

One Mile, 14 years and under—Won by G. McLaughlin; 2, G. Filiatrault; 3, H. O'Shaughnessy. Time, 5m 38s.

Half Mile, 12 years and under—Won by W. Lalonde; 2, A. Filiatrault; 3, L. Bogue. Time, 2m 40s.

One mile bicycle race. Open to pupils—Won by W. Lukeman; 2, G. Filiatrault; 3, M. Brophy. Time 3m 19s.

120 yards hurdles. Open to pupils—Won by W. Coyle; 2, F. Mahoney; 3, E. Casey. Time, 22sec.

100 yards. Open to Seniors—Won by F. Lukeman. M.A.A.A.; 2, A. Pelletier; N.A.A.; 3, J. Platt, M.A.A.A. Time, 10 sec.

100 yards, open to intermediates—Won by P. Kennedy, St. Patrick's A.A.A.; 2, J. Platt, M.A.A.A.; 3, J. Roche, St. P. A.A.A. Time, 10 3-5sec.

220 yards. Open to boys 16 years and under—Won by A. Martin, N.A.A.; 2, J. Bracken, St. P. A.A.A.; 3, E. Kennedy, St. P. A.A.A. Time, 24 4-5.

Three mile juniors—Won by D. Scully, St. Pat's A.A.A.; 2, J. Simpson, St. P. A.A.A.; 3, W. Haywood, St. P. A.A.A. Time 16m. 54 1-2sec.

The pupils and teachers of St. Patrick's School extend their sincerest thanks to the following prize donors: Rev. Gerald McShane, P.P., Rev. Fathers T. O'Reilly, J. Killoran, F. Singleton, F. Elliott, D. Vaughan, R. Hameley & Co., R. & W. Kerr, Knit-to-Fit, R. Walsh, T. McBrearty, True Witness, Geo. Grace, F. Brophy, Prof. Scott, G. Burns, Mrs. Primeau.

EDUCATION AND RELIGION.

IMPORTANT NECESSITY OF BOTH

Home Training Necessary to Further Development in the Schools.

The following from the New York Times by His Eminence Cardinal Gibbons should appeal to all those with a proper sense of the supreme blessing of education. We recommend a careful perusal:

Education is so comprehensive and complex a subject that one dares not pose as a master in all its branches. For just as nowadays students and professors in our divinity schools are happy if they can master any one of the many divisions of Bible study, so my aim and work, in regard to education, have been directed chiefly towards religious education. In that I have spent a long, active service among various classes in different sections of this country; while, I may add, I have also at least observed the ways and means for this in fields afar.

Most may imagine, then, my regret and pain at the trend of education to-day away from religion as portrayed not only by the effects as recorded in the columns of our daily press, where murders, thefts, divorces, lies, etc., stick thickly as currants in our Christmas plum-pudding, but also by Mr. Dolce's articles, where one of the immediate causes seems to be unvalued, i. e., irreligious materialistic education in our higher schools.

A year ago in the columns of the Times appeared my views on this subject, and, if still there be hope of winning the field, I am glad again to join in the fight for the introduction of religion into education.

EVIL OF EXCLUDING RELIGION.

The exclusion of religious teaching from our schools is indeed a great evil, that bodes mischief to our country and endangers the stability of our Government, and arises from our mutilated and defective system of public school education. I am persuaded that the popular errors now existing in reference to education spring from an incorrect notion of that term. To educate means to bring out, to develop the intellectual, moral and religious faculties of the soul. An education, therefore, that improves the mind and the memory to the neglect of moral and religious training is at best but an imperfect system. According to Webster's definition, to educate is "to instill into the mind principles of art, science, morals, religion and behavior." "To educate," he says, "in the arts is important; in religion, indispensable."

DEVELOPMENT OF YOUTHFUL INTELLECT.

It is, indeed, eminently useful that the intellect of our youth should be developed and that they should be made familiar with those branches of knowledge which they are afterwards likely to pursue. They can go forth into the world, gifted with a well-furnished mind and armed with a lever by which they may elevate themselves in the social scale and become valuable members of society. It is also most desirable that they should be made acquainted in the course of their studies with the history of our country, with the origin and principles of its government, and with the eminent men who have served it by their statesmanship and defended it by their valor. This knowledge will instruct them in their civic duties, and contribute to make them enlightened citizens and devoted patriots.

But it is not enough for children to have a secular education; they must also receive a religious training. Indeed, religious knowledge is as far above human science as the soul is above the body, as heaven is above earth, as eternity is above time. The little child that is familiar with the Christian catechism is really more enlightened on truths that should come home to the most profound philosophers of pagan antiquity, or even than many of the so-called philosophers of our own times. He has mastered the great problem of life. He knows his origin, his sublime destiny, and the means of attaining it, a knowledge that no human science can impart without the light of revelation.

God has given us a heart to be formed to virtue, as well as a head to be enlightened. By secular education we improve the mind; by religious training we direct the heart.

THREE R'S NOT SUFFICIENT.

It is not sufficient, therefore, to know how to read and write, to understand the rudiments of grammar and arithmetic. It does not suffice to know that two and two make four; we must practically learn also the great distance between time and eternity. The knowledge of bookkeeping is not sufficient, unless we are taught also how to balance our accounts daily between our conscience and our God. It will profit us little to understand all about the diurnal and annual motions of the earth, unless we add to this science some heavenly astronomy. We should know and feel that our future home is to be beyond the stars in heaven, and that, if we lead a virtuous life here, we shall "shine as stars for all eternity."

We want our children to receive an education that will make them not only learned, but pious men. We

want them to be not only polished members of society, but also conscientious Christians. We desire for them a training that will form their heart as well as expand their mind. We wish them to be not only men of the world, but, above all, men of God.

A knowledge of history is most useful and important for the student. He should be acquainted with the lives of those illustrious heroes that founded empires—of those men of genius that enlightened the world by their wisdom and learning and embellished it by their works of art.

But is it not more important to learn something of the King of Kings who created all these kingdoms, and by whom kings reign? Is it not more important to study that Uncreated Wisdom before whom all earthly wisdom is folly, and to admire the works of the Divine Artist who paints the lily and gilds the clouds?

If, indeed, our souls were to die with the body, if we had no existence beyond the grave, if we had no account to render to God for our actions, we might more easily dispense with the catechism in our schools. Though even then Christian morality would be a fruitful source of temporal blessings; for, as the Apostles teaches, "Piety is profitable to all things, having promise of the life that now is, and of that which is to come."

RELIGIOUS TRAINING NECESSARY.

But our youth cherish the hope of becoming one day citizens of heaven as well as of this land. And as they cannot be good citizens of this country without studying and observing its laws, neither can they become citizens of heaven unless they know and practice the laws of God. Now, it is only by a good religious education that we learn to know and to fulfill our duties toward our Creator.

The religious and secular education of our children cannot be divorced from each other without inflicting a fatal wound upon the soul. The usual consequences of such a separation is to paralyze the moral faculties and to foment a spirit of indifference in matters of faith. Education is to the soul what food is to the body. The milk with which the infant is nourished at its mother's breast feeds not only its heart and the other organs of the body. In like manner, the intellectual and moral growth of our children should go hand in hand, otherwise their education is shallow and fragmentary, and often proves a curse instead of a blessing.

Piety is not to be put on like a holiday dress, to be worn on state occasions, but it is to be exhibited in our conduct at all times. Our youth must put in practice every day the commandments of God, as well as the rules of grammar and arithmetic. How can they familiarize themselves with these sacred duties if they are not daily inculcated? Guizot, an eminent Protestant writer of France, expresses himself so clearly and forcibly on this point that I cannot forbear quoting his words. "In order," he says, "to make proper education truly good and socially useful it must be fundamentally religious. It is necessary that national education should be given and received in the midst of a religious atmosphere, and that religious impressions and religious observances should penetrate into all its parts. Religion is not a study or an exercise, to be restricted to a certain place or a certain hour; it is a faith and a law which ought to be felt everywhere, and which, after this manner alone, can exercise all its beneficial influence upon our mind and our life."

LIBERTY OR LICENSE. WHICH!

In this country the citizens happily enjoy the largest liberty. But the wider the liberty the more efficient should be the safeguards to prevent it from degenerating into license. The ship that is destined to sail on a rough sea, and before strong winds should be well ballasted. To keep the planet within its proper orbit, the centripetal force of religion should counterbalance the centrifugal motion of free thought. The only effectual way to preserve the blessings of civil freedom within legitimate bounds is to inculcate in the mind of youth while at school the virtues of truth, justice, honesty, temperance, self-denial and those other fundamental duties comprised in the Christian code of morals.

The catechetical instructions given once a week in our Sunday-schools, though productive of very beneficial results, are insufficient to supply the religious wants of our children. They should, as far as possible, breathe every day a healthy religious atmosphere in those schools in which the seeds of faith, piety and sound morality are nourished and invigorated. By what principle of justice can you store their mind with earthly knowledge for several hours each day, while their heart, which requires far more cultivation, must be content with the paltry allowance of a few weekly lessons?

Nor am I unmindful of the blessed influence of a home education, and especially of a mother's tutelage. As she is her child's first instructor, her lessons are the most deep and lasting. The intimate knowledge she has acquired of her child's character by constant intercourse, the tender love subsisting between them, and the unbounded confidence placed in her by her pupil, impart to her instructions a force and conviction which no other teacher can hope to win.

MOTHERS' RESPONSIBILITY.

But how many mothers have not the time to devote to the education of their children! How many mothers have not the capacity! How

THE BEST FLOUR
18
BRODIE'S
Self Raising Flour
Save the Bags for Premiums.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for alterations to Examining Warehouse, Montreal, Que., will be received at this office until 5 p.m., on Wednesday, October 6, 1909, for alterations to Examining Warehouse, Montreal, Que.

Plans, specifications and form of contract can be seen and forms of tender obtained at this Department and on application to Mr. C. Desjardins, Clerk of Works, Post Office, Warehouse, Montreal, Que.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures with their occupations and places of residence. In the case of firms, the actual signature, the nature of the occupation, and place of residence of each member of the firm must be given.

Each tender must be accompanied by an accepted cheque on a chartered bank, made payable to the order of the Honorable the Minister of Public Works, equal to ten per cent. (10 p.c.) of the amount of the tender, which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or fail to complete the work contracted for. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order,
NAPOLEON TESSIER,
Secretary.
Department of Public Works,
Ottawa, September 21, 1909.
Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

many, alas, have not the inclination!

And granting even that the mother has done her duty, the child's training does not end with the mother, but will be supplemented by a curriculum in other schools. And of what avail is a mother's toil if the seeds of faith that she has planted attain a sickly growth in the cheerless atmosphere of a schoolroom from which the sun of religion is rigidly excluded?

Therefore, whatever lessons I have learned from reading, study, reflection, and experience, at home and abroad, during many years, more and more convince me of the need of religious teaching in our various institutions of education.

Year by year as they pass me by, examples to me, sin to sin, all write in flaming letters the one deep need, the one paramount, the most universal and far-reaching remedy for our bleeding body politic, our sin-sick motherland: "Let religion in the schools." And when I say religion, I mean religion—not sentimentality, not philanthropy, not haze, not dreams, but religion; deep, high, supernatural, practical.

That this can be done and not offend the particular beliefs of each reasonable group of believers, I think to be possible, practicable. God grant that America may soon see the dawn of this happy day!

James CARD, GIBBONS.

Thousands of mothers can testify to the virtue of Mother Graves' Worm Exterminator, because they know from experience how useful it is.

Dealing with the recent riots in Portadown and Lurgan, the impartial Reporter, the leading Protestant Unionist newspaper of Fermanagh, says: "They were a pitiful result of all their preaching of toleration and good will, for in a short time bigotry burst out and the Orange Party, which calls itself loyal, played the disloyal part by open violence and rioting and stoning the police, and we regret they did not get a taste of their own sauce. Nothing deters rioters from flinging stones so much as to know that a line of military may return the compliment with a leaden bullet." It goes on to say that when Orangemen have their holiday on the 12th the Catholics have a right to have theirs on the 15th without molestation, and in Portadown they displayed no flags, regalia, and played no bands, yet they were savagely attacked, and the police stored for protecting them. The good name of Ulster has been smirched with this outburst of fanaticism and religious bigotry—all the result of non-Christian party spirit. They might well take an example from Fermanagh.