

Why not try NYETH'S MALT EXTRACT? Who are run down: Who have lost appetite; Who have difficulty after eating; Who suffer from nervous exhaustion; And to Nursing Mothers,

as it increases quantity and improves quality of milk. PRICE, 40 CENTS PER BOTTLE.

Their frugal meal, consisting pro-

bably of dry bread and a little water

rom the neighboring spring, was soon

ver, and the second day's journey

was still more wearily commenced

Very soon the way becomes so moun-

tainous and rock-strewn that it is i.n-

possible to proceed except on foot,

and then with inexpressible toil to

Well may pleasure surfeited

numanity annually recur to this toil-some journey of her who is its crown

Slowly and laboriously she journeys

thinks of and cares for, reach Sichem

and Jacob's Well, at the foot of Mt.

Gerizim, "wearied with their journey,

carriers would not ebb over conven

ambitious expectations.

Although Bethlehem is said to be

the weaker of the two.

The Child of Nazareth

That little home in Nazareth How bright it must have been When in it dwelt the blessed Child Who knew no touch of sin.

How glad His mother must have felt,
As day by day He grew
In strength and beauty by her side,
So pure, so sweet, so true.

And often as she spoke His name Dear name, and angel given— And quickly at her call He came, And saw the light of heaven.

Upon the gentle little face, And in the wistful eyes, That were so strangely beautiful, So loving, meek and wise.

I think He was a joyous child, And when He went and came, The mountain kids about Him played, The wild wood birds grew tan

No one ever heard a hasty word From this fall, sinless Child; None ever saw Him frown, but all Were happy when he smiled. I'm sure He did not fully know His Father's business yet, But still His hands were swift to do

And up and down the hillside paths
His feet were quick to run
On errands, if His mother sent;
For was He not her son?

I like to think, my little ones, That on the birthday page, The very age that you are now, Was once the Christ-Child's age And as He stands at God's right hand, % The King of earth and heaven,

He comprehends your childish the Though you are only seven. Or nine, or twelve. He knows about The prizes you would win;
He was like you in every thing,
Except the blight o sin.

Oh, who can help but love Him well, This Friend for life and death, Whom God and man with favor crown The Child of Nazareth?

Ideal Christmas Narrative. (R. H. R. in Philadelphia Catholic

Times). If the reader of THE CATHOLIC TIMES will accompany me in spirit to far off Nazareth, we will start with that pious group and journey over the same ground trodden by them on these same days now gliding by,

on these same days now gluing by, 1894 years ago.

In obedience to the Roman Emperor's decree and at Mary's brave and unhesitating desire—for, as she well knew, the divine decrees had long ago ordained—the gentle Joseph has to make. Their little home, nestling in the quiet valley of the olive clothed hills of Nazareth, is quickly put in order for their absence.

In obedience to the Roman Emperor's decree and at Mary's brave and unhesitating desire—for, as she well knew, the divine decrees had long ago ordained—the gentle Joseph has come to hand: Reports from with extreme difficulty the slippery, the treme poverty of her Spouse, and, not least, her sympathy for him in his loving care and solicitude for her, all combine in presenting our fastidi—our clothed hills of Nazareth, is quickly put in order for their absence. quickly put in order for their absence. That more than Holy of Holies, the little inner room where the greatest mystery yet operated by infinite love and wisdom took place, and that has for nine months been further sanctified by Mary's unceasing adoration of the "Word made flesh" within her, witnesses her last overflow of ecstatic love and gratitude. Joseph has already brought to the door the humble beast that is to carry her. The few necessaries are packed away, partly on the ass' back and partly or Joseph's. The guardianship of the holy house is entrusted to the angels, and then they set out.

Four days of travel intervene between Nazareth and Bethlehem. To a robust man, well mounted and with tent, servants and cooking apparatus, this is a most toilsome journey, even in the most favorable season of the year but in midwinter, with a slow Eastern ass—if the Holy Family had even such a convenience, which is very questionable-it must have been incredibly toilsome, especially when the tender age of the Blessed Virgin, and above all, her delictae condition, are considered. Except over the plain of Esdrelon, which was crossed on the first day, and which in midwinter must be horribly miry, it is entirely over rocky hills, which no one could possibly cross without falling many times, especially at this season of the year. Never did a wheel turn on that road, and none but the trained beasts of burden of Palestine could undertake the climbing, creeping, cautious foot laying necessary for a successful trip from the heart of Galilee through rugged between Mounts Hebat and Gerizim, she, the true ark of the covenant, passes over the same ground which passes over the same ground which passes over the same ground which passes of the passage of the primitive ark of Moses. To the primitive ark of Moses. To the primitive ark of Moses. To the primitive ark of the covenant temained for the foot-falls were fast disappearing wards evening less frequent. The streets of an overcrowd-bed to the foot-falls were becoming less frequent. The streets of an overcrowd-bed town were no place for that holy ark of the covenant remained for three hundred and twenty-eight three hundred and twen the heart of Galilee through rugged Samuel, obtained the blessing of a for words!

Wenty-eight er were they to go? Oh, wonderous mystery! Too profound and touching for words! hill country of Judea. Let the pious Christian soul conjure up all the incorporation of the box might become the pious christian soul conjure up all the incorporation of the box might become the pious christian soul conjure up all the incorporation of the pious christian soul conjure up all the incorporation of the pious christian soul conjure up all the incorporation of the pious christian soul conjure up all the pious christian soul christi the inconveniences, hardships and sufferings it can imagine, there is danger only of defeat the conjunction of the conjunction danger only of defect more from ex-

How these two ill-equipped waythis night or not it is now impossible
how especially noon. Meaning the same interest them
the same interest to say the same interest to sa farers procured food or found shelter; to say. The probability is that they how especially poor Mary protected had none whatever but the canopy of herself from the inclemency of the weather on these bleak hills, it is impossible to conceive. Let no one able food), they could have none. imagine that being a southern clime. Sleep that fatigue induced was their the cold is not great in the winter. only earthly solace. Two more days The writer has seen the Arab women more toilsome than the preceding yet in the market place, opposite the lay before them. with their lips blue and faces pallid and trembling all over from the cold three days' journey from Nazareth, last April when the warm weather had it is so only to the strong and well already set in. It is because it is a mounted. Mary and Joseph could southern climate that the least touch of frost causes the cold to be intensely felt, and no winter passes without frost and snow on the Samarian Hills. The fact is, the least detail connected with the nativity of Christ overflows withprofound mystery, not in the arts, science or sociomysterious connection between these logy, but in sorrow and suffering, in four days' journey and its various humiliation for Him and His blessed stages, with anterior Scriptural events Mother, and in shame and contradicttypical of it, we cannot tell. In due ion of the sentiments of a corrupted ion of the sentiments of a corrupted time, or, perhaps, only in eternity and comfort-loving world. He would will it be known. More than suffi thus win our love for Himself by such striking testimony of His love with wonder and astonishment and for us, and wean us of love for the world by contempt of everything it miration of our B'essed Mother, who

all the incredible hardships incidental Towards midday they were in the to so tedious an undertaking. shadow of Mount Thabor which rises up from the plain of Esdrelon. Naim

travel had to be contracted a little K D. C. the household remedy For immediate relief after eat- K. D. C Pills tone and regu- Is your digestion weakened by ing, uso K. D. C. for stomach troubles.

endure the fatigue. Hence the evening of the third day must have ound them within sight of the Holy City. To be pious and pure-minded

sentiments of Joseph and Mary dur- heavy hearts from the inhospitable ing these days of deepest recollection, as well as of suffering, will wards it they made their way and furnish a perennial spring of living found, according to tradition, an or water, at which they can clake their in possession, who unlike the human hen a flourishing city, now a few houses and a few ruins, was passed on the left hand. Along the plain, where the ground was harder—of course there is no road probably their

raced out-they journeyed all day tions poured forth for burdened begotton Son.

ment of the prophecy of Elias, was privations were borne with tearless her virginal bosom, and then tenderafterwards devoured by dogs. It is uncomplaining, and that although she ly laid on the straw in the manger thought that this was the city where felt them as He afterwards felt to receive the adoring homage of the yet unborn Saviour thirty-two His, notwithstanding His union with His mother and foster father. unknown to ordinary pusillanimity

she bore them.

city, however, to visit it. Mary the blessed in singing that sweetest modestly shunned the crowds, and both longed too earnestly for the "Glory to God in the Highest, and

by her heroism, to fire its frigidity by her zeal and devotion to duty. sary delay. Passing outside the walls on the north and probably between Mount Sion and Calvary, they held on, impelled by a divine instinct their way southward still. urging her to reach Bethlehem in The road from Jerusalem to Bethfulfilment of prophetic behests. Like the birds and fishes whom no obstacle will hold back from higher latitudes said the only road—in Palestine.

The tremendous gale which struck the coast of England on the 22nd; the only road—in Palestine.

or higher waters in the springtime, One can still trace the rocky declivi- was most destructive in its effects, no fatigue, no privations, no suffer-ings daunt her. The scant covering was not the least tedious or wearisome land; but in other parts of Europe

kindness to the poor, the sorrowing and sanctify. Their cwn discomforts two children at Beeston, Noting

are raised a little from the ground. ed by shipping. Three fishing smacks
The travelers that preceded them are went down off Stornaway on the After midday, perhaps, the travelers, like Him whom Mary alone busy spreading their mats on the nar- Scottish coast. All three crews. row rlatform, while all about in the numbering 22, were drowned. The centre space are the beasts of burden British barque Kirkmichael, driven crunching their night meal. Such on the breakwater at Holyhead, was the place at which Joseph and filled. Twelve of the crew were and refresh themselves a little from Not a kindly word or friendly night's lodging. They were given to drowned. The coast steamship smile greets them there on account of the deadly dislike existing between selves saw clearly there was no room Scotland. Her crew was brought the Jews and Samaritans. Yet it is for them. What was next to be done? ashere with breeches buoy. Gables If you want anything mendifficult to think that the womanly So great was the concourse of stran- were blown off a dozen house nature of the poor Samaritan water- gers for registration in Bethlehem in Yarmouth, and the tide in the that they began to realize the difficulty river Yare rose several feet above if not the impossibility of finding a its normal high water mark. Hun-place for the "Lord of earth and sea dreds of houses were flooded and" tional barriers and with symyathizing looks at least follow that young and patient wayfarer whose sweetness and and sky" in which to be born. Mary scores of small steamers and sailing modesty must have arrested their shyly waited one side while Joseph vessels were aground on the coast. Suits, heavy all wool, made to order, \$10,00 timidly inquired in house after house The British ship Arklow, ashore attention, were they ever so frivolous or gossipy. The future convert of Jesus or her mother was probably to himself and his spouse. The land, had nine feet of water in her among the group they left at the same answer was everywhere return-hold, at low water. She was in a

ed: "There is no room." Besides, dangerous position. Passing into and along the valley these travelers looked exceptionally between Mounts Hebal and Gerizim, poor and distressed; although it may Norwegian ship America, were driv-

They had passed along from end and out to the extremity of the ledge on which it is built. There remained only to move on out of reach and sight of the motley throng; God would provide; they had done their part.

The traveler of to-day, finds things pretty much the same as they were on that memorable first Christmas The loss in live stock is great, many night. The village is located upon cattle and sheep having been drown a long hill whose slope is a circle of ed. terraces rising one above another. From the summit the eye wanders over extensive and fertile valleys once owned by Boaz and Jesse. Here it was that the shepherds were tending their flocks when the angel appeared to ithem. Up these terrace slopes they climbed after deciding to "go up to Bethlehem and see this word hat was come to pass.

If we suppose the sombre pile of buildings, consisting of three convents and a large church, at the extremity of the town to be removed we would perceive a rather narrow entrance to one of many caves hereabouts. Approaching it, as we now do, either through the large church or through the Franciscan convent on the northern side, we descend sixteen steps from the floor of the sanctuary and perceive on our left hand an apse whose roof is the natural rock. Looking forward, with this little room on our left, we perceive a passage, on chart showed that a new disturted the right of which is an entrance into was coming from the Atlantic. so uobly and heroically underwent other underground chapels, in which are the tombs of St. Jerome, St. Ensilines, St. Paula, St. Eustochia—all of which excavations were made since Doubtless each succeeding day's

> la-Grippe? Use K. D. C. late the liver.

owing to their increasing inability to the great event that has made this

Now the dark entrance to this cave must have been quite apparent by to whom the blessing is promised contrast with the white stone of the of "seeing God" and understanding cave to the two homeless and house-Lis ways—the thoughts, desires and less wanderers, who turned away with town of their tribe and family. Tothirst in holy contemplation for all kind, made no objection to their ime to come, How delightful to sharing his shelter. Whatever the ccompany them in spirit and behold worn-out travelers could do to put

never was, except such as the cat'e regard for each other; all the peti birthplace of His eternal and only until darkness set in, which happens humanity, but, above all, the ecstatic Soon Mary was prostrated in Syria and Palestine immediately union with God and immediation of adoring love and worship. It matafter sunset. A less exposed place, their whole beings to His good tered not to herself that the cold perhaps at the foot of some tree, or, pleasure during these dreary nights around whistled around their it may be, some hospitable door was and toilsome days. Joseph, who strange natal chamber or sighed through the leafless trees outside, or pend to them by a Jew living on the honor of Samaria. It is good to the honor of Samaria and toilsome days. the borders of Samaria. It is cer- heaven's highest treasure, never lost that in a thousand diamond points tain that none such could be found sight or sense of the Divine presence, the stars glistened in the deep blue in the latter place, which they may Still less could Mary have done so canopy that cloudless December have reached at the end of the first who was united to Him by hands night and in tens of thousands of frost

have reached at the end of the first day.

At the dawn of the next day Mounts Gelboe, Thabor and Herman, with their tops covered with snow, were the most conspicuous objects visible. The nearest city was Jezrabel, or its remains, where Naboth was stoned as a blasphemer by orders of the impieus Jezabel, and where she herself soon after was thrown from her window, trampled beneath horses' hoofs and in fulfilment of the prophecy of Blias, was

long centuries of silence! Myriad HOLIDA homage to the new born Saviour After midday the fourth day they Some singing songs of sweetest har were descending the stoney and mony, approach and communicate dreadfully rugged path leading to the glad news to the shepherds on Jerusalem. The golden roof of the the slopes, who hastened to the great temple glittering in the sun manger throne to share, on the part doubtless stirred their souls, as it did that of all devout Jews, with pious emotion. They hardly entered the ed, the angels join the other choirs of

"Glory to God in the Highest, and

A Terrific Storm.

GREAT LOSS OF LIFE AND PROPERTY.

and the outcast who are her Son's are lost sight of in this overwhelming own little ones in compensation for past indulgence in sensual excesses. How fiercely it all contrasts with the treatment meted out to the most loved and cherished of all God's chosen ones!

And sanctify. Their cwn discomforts two children at Beeston, Noting hamshire, by falling walls. The barque Kirkmichael was driven ashore at Holyhead. Four of the crew were rescued, but latter died of exhaustion. A heavy gale raged along the French coast and much roofed porticoes, the floors of which are raised a little from the ground. Mary presented themselves for a saved with breeches buoy, and seven

The British

barque Tamar E. Marshall, and

habitants were aroused at midnight Nutria The damage done at Rotterdam

by the storm is estimated at 500, to end of the long straggling street ooo florins, and at Scheveningen, a watering place in South Holland, at 200 000 florins. Out of 113 fishing boats belong

ing to the latter port 25 foundered and 50 were badly damaged. Throughout North Holland, where

lence, the damage was tremendous The Island of Marken, on the Zuyder Zee, ten miles northeast cf Amsterdam, was almost submerged. The dyke along the banks of the

Yssel river gave way under the great strain and the water rushed through and swept a locomotive off the track unning parallel with the dyke. The Norwegian steamer Stanley from Eupatoria for Calmar, was wrecked Saturday 22nd., off Roubjerg. Twelve of her crew were drowned after being exposed in an

open boat twenty-four hours, the boat having capsized. The telegraph lines in the northern part of Great Britain were down and the full amount of the damage done by the storm is difficult to conjecture It is estimated, however, that from fifty to one hundred persons lost their lives in various manners during the rogress of the storm. The weather chart showed that a new disturbance

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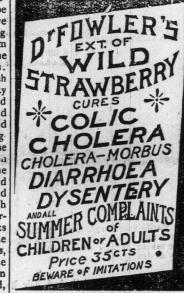
Hence the spot so sacred and forever famous.

course there is no road, probably there noble self-sacrifice, all the generous tion of the divine wisdom for the

afterwards cured the ten the divinity, it was with a heroism Lo! heaven has also broke the

some journey of her who is its crowd happy moment when their journey Peace on Earth to Men of Good and its glory, to shame its cowardice would terminate to make any neces- Will."

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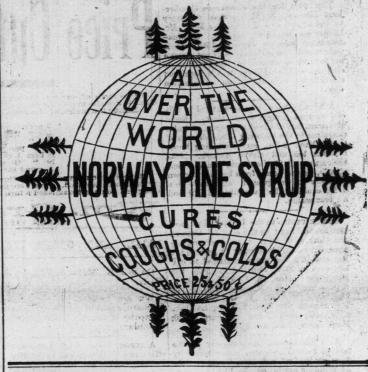
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Charlottetown, Nov. 14, 1894,

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