

Montreal, April 24, 1909.

Dear Aunt Becky:

I was very much pleased to read your letter asking us to tell you whether we preferred winter or summer. Well, as I am only a little girl of nine, and not very strong, I find it rather too cold for my liking, I am no friend of Jack Frost.

I go to the Holy Cross Convent I

I am no friend of Jack Frost.

I go to the Holy Cross Convent. I am in the second reader and I learn many things. I like my teacher very much. She is so kind to us all. As this is my first letter. I hope to see it in print.

Your loving niece,

DOLLY O'BYRNE.

THE BIRD'S LESSON.

When it rains I get under some shel-tering leaf, when it's cloudy I pipe my song.

And when night comes on I hurry home
And rest the whole night long.

But I never complain and I never get

And do never a hateful thing-do my best no matter And the best I can do is sing

When angry winds tumble my little

I hang on with might and main, or bending bough and trembling bough and trembling

leaf
Bring neither fright nor pain Tis a glad good-night I give the sun When he sets in the golden west; But a gladder good-morning I have

for him When he peeps in my little nest.

I have my troubles-all little birds have— And, of course, they are big to

me; But no matter how great my worries seem,
They're never as big as could be.
If every one did the best he knew
how,

This world would be kinder to

would be sweeter if every

do... -W. A. Lewis.

The very best way to succeed in anything is to learn how to think quickly. One of the most famous American actors started out as a very poor boy. Applying for work in a Chicago store, he was tested by a few questions. Taking down a bear of learn from a chalf the proceed. few questions. Taking down box of lace from a shelf, the pro-prietor asked, "What would you do with this?" The boy replied, trac-ing with his fingers on the box lid, "Dust it." He got the position, and it led to far better things than-he dreamed of.

THE CAT THAT ANSWERED AN ADVERTISEMENT

IS ST. JAMES OF COMPOSTELA.

Interesting Historic Interest Attaches to

Its Ancient and Beautiful Cathedral.

On the 19th of next month

IN SUNNY SPAIN.

A NOTED SHRINE

brought in the cream for breakfast.
"I don't see what we will do if we don't be getting a cat."

"We really do need one," said mother thoughtfully; "but I don't know of a good mouser anywhere."

"Why don't you advertise?" joked father as he drank his coffee. "An 'ad' in the Gazette or Post ought to bring you one."

'ad' in the Gazette v.
'to bring you one."
''Costs too much!" laughed mosaid father

Ted thought it over as he finished his breakfast. He could "stick up his breakfast. He could "stick up a sign" just as well as anybody. Where should he put it? He decided that a good, big, handsome one, done in red paint and pinned up on the front door, would be as good as anything; and so, half an hour later that was whalf callers might. later, that was what callers might have seen if they had come so early. It stayed there all forenoon, and this is what it said:
"WANTED—A CAT."

A few people saw it, and laughed, for it was such a big piece of brown wrapping paper, and the letters were so big, and red, and scraggy that you couldn't help seeing them, unless you were very, very near-sighted.

Just before luncheon time mother Just before luncheon time mother had to go to the front door for something, and there stood a lean, lank, gray cat, with one paw up, trying to catch the fluttering corner of that brown paper sign. It seemed as if it were trying to say, "I've come! Why do you want that sign any more?"

"Ted, did you put that thing up there?" cried mother taking the pins out in a hurry, and carrying the dreadful-looking sign inside to use for kindling. "What will the neighbors think! Such a front door for

for kindling. "What will the neighbors think! Such a front door for people to look at!"

ilfe would be sweeter it could be sweeter it c

+ + + RIDE FOR LITTLE ROBINS.

The conductor on the Southbridge branch of the N.Y., N. H. & H. railway had left a spare passenger coach for several weeks at East Thompson. for several weeks at East Thompson. A robin had taken possession of it and built her nest on the frame work of the trucks under the body of the car. The bird had beer, seen around the car by different employes of the road without suspecting the presence of the nest until the car You know that there are some peo-le who say that cats cannot read train and on its arrival brooding

interred the remains until such time as permission could be obtained from the authosities to find a permanent resting-place for the saint's body. A Roman patrician lady allowed the

TOMB LONG CONCEALED.

and feeding her young, which were just hatched. The mother followed the train on its return trip to East Thompson, where she again fed and housed the young birds. On the second trip of the train in the afternoon the bird again followed her young to Southbridge and back to East Thompson, where the car was side tracked and given into possess. side tracked and given into posses-sion of the robin, rent free, until her sion of the robin, rent free, until her family are grown.

The distance travelled by the bird in the two round trips was eighty-six miles.

The kind-hearted conductor said if he had known the nest was he would never have taken the car out.—Our Dumb Animais. + + +

THE SPEED OF STORKS.

No living thing, not even a scared No living thing, not even a scared jack-rabbit, can travel with the speed displayed by such birds as the stork and the northern bluethroat. Not only do these birde fly with a speed that can hardly be conceived, but they keep up their rapid flight for one or two thousand miles at a stretch without apparent fring. for one or two thousand stretch without apparent tiring.

Evidence has been collected which shows that the bluethroat flies from Central Africa to the shores of the North Sea, a distance of sixteen hundred miles, in less than a day and a night, and making it, moreover, in one uninterrupted flight.

The storks, which spend their summers in Austria-Hungary, and their winters in India and Central Africa are also marvellous travellers, and make their journeys twice a year in one unbroken flight each time

From Buda-Pest, in Hungary, to Lahore, in India, is about twenty-four hundred miles in an air line, and the storks make the journey in twen-ty-four hours, thus travelling at the rate of a hundred miles an hour for the whole distance. The storks the whole distance. The storks which spend the summer in Centra Europe and the winter in Centra Africa travel with the same rapidity

Africa travel with the same rapidity. Slatin Pasha, an Austrian in the service of the Khedive, was for many years a captive in the hands of the Mahdi and the Khalifa, when the dervishes killed Gordon and established their empire, now overthrown in the Soudan. One day, at Omdurman, he saw a stork with a metal band attached to one of its legs. He caught the bird and found engraved upon the band the name of an old friend in Austria.

He wrote a note to his friend and tied it to the metal band. When the stork returned to Austria for the summer, the friend saw the letter, caught the stork and read the message, which was the first certain assumer than the stork and read the words are the stork and read the message, which was the first certain assume than the stork and world resurance that the outside ceived that Slatin was alive

This stork, as was proved by dates, made the journey from durman to the Austrian country place a distance of nearly three thousand miles, at a speed of more than a hundred miles an hour.—Sun.

The interior is purely Byzantine, and is purposely kept somewhat dark to heighten the effect of the altar illu-minations and to render the image of the Apostle the emphatic feature The dark side aisles are filled with confessionals, those destined for foreign pilgrims indicating the languages understood by the priests sitting

Roman patrician lady allowed the body to be placed in a chapel which stood in the grounds of her villa, which had been dedicated to James, and no sooner was the holy body brought within the doors than the image of the heathen god crashed to the ground and lay broken in a thousand pieces. CATHEDRAL WAS DESPOILED.

On the 19th of next month the Catholic Association pilgrimage to the Shrine of St. James of Compostela will leave London under the leadership of His Grace the Archbishop of Westminster, the Most Rev. Dr. Bourne. An exceptional favour will attach to this pilgrimage, inasmuch as 1909 is a Holy Year and pilgrims may obtain all the graces and indugences which attach to a jubilec year in Rome. By a Papal decree this occurs whenever the feast of the saint (July 25) falls on a Sunday.

The fame of the Shrine of St. James of Compostela is world-wide, enrulating in this respect those of Jerusalem, Rome and Loretto, but the city itself has dwindled to the status of a provincial town.

The history of the Shrine of Compostela is invested with remarkable interest. It is narrated that after having preached the Gospel in Damascus and on the Mediterranean littoral, the Apostle James the Greater, son of Zebedee, was buried in Spain was handed down from father to son, and it was escue, and it A.D. 813 that by a miraculous interposition the spot was revealed to Pelagius, a Galician anchoruse in the arched valut erective in the arched valut erective in the arched valut erective in the carbination of the miracle, went in solemn procession to the saint's sepulchre in which were found the body and severed head of the martyred saint. In the tomb lay the saint's sepulchre in which were found the body and severed head of the martyred saint. In the tomb lay the martyred saint is spulchre in which were found the body and severed head of the martyred saint. In the tomb lay the century to an ornate cathedral, which was despoiled by the Moslems. In the twelth century, however, an even more magnificent Cathedral was founded, and the stream of pilegrims continu HAD GIVEN UP ALL HOPE OF LIVING. **Heart Trouble Cured by** MILBURN'S HEART AND NERVE PILLS

Mrs. Andrew Savoy. Grattan's. N.B., writes: In the year of 1906 I was taken tole and the save of 1906 I was taken tole and the save of 1906 I was taken tole and the save of t

Most of the chapels remain, the Capilla Mayor having the greatest attraction for the Faithful. In the centre arises an isolated marble altar upon which is seated the effigy of the tutelar saint, dressed ir a rich pilgrim's esclavima of silver and gold, studded with gems. In the left hand is held a staff to which is During the fierce persecutions that ently took place the faithful

attached a gilt gourd found in the saint's sepulchre. Behind are four statues of kneeling Kings, with a second effigy of the saint, the aureole of which is of rubies and emeralds. Above is a sort of pyramid on which St. James is represented at the battle of Clavigo, dealing death to the infidels. The tomb rests on four angels, and a golden star surmounts the whole. At one time there were a thousand lamps buring before it, but of these most were carried away in 1809. However, the incensorio under the cimborio still remains and will give an idea of what the rest must have been. The transept is, perhaps, the most picturesque spot in the whole interior, and special interest attaches to the Byzantine cross of gold-plated wood and filigree work studded with gens. This was presented by Don Alonzo and Dona Jimena in 874 A.D. A side staircase descends to the crypt containing the graves of the Apostle and his two faithful disciples. Behind the altar are the steps which the pilgrims ascend, placing their hands on the shoulders of the image Behind the attar are the steps which the pilgrims ascend, placing their hands on the shoulders of the image and kissing the esclavina or hood. This osculation is essential and is called el fin del Romaje,—the end, or object, of the pilgrimage.—Catholic Times.

THE ILLS OF CHILDHOOD HOW TO CURE THEM.

Ir thousands of homes throughout Canada Baby's Own Tablets is the only medicine used when the child-ren are ailing, and the mother who keeps this medicine on hand may feel ren are airing, and the mother who keeps this medicine on hand may feel as safe as though there was a doc-tor constantly in the home. Baby's Own Tablets cure all stomach and Own Tablets cure all stomach bowel troubles, break up colds, troy worms troy worms, and make teething easy. Guaranteed free from opiates and troy worms, and make teetning easy. Guaranteed free from opiates and poisonous drugs. Mrs. Geo. Wilson, Wilson's, N.B., says: "I began using Baby's Own Tablets about five years ago, and since then have used no other medicine for my children. They never fail to bring relief, and I would dvise all mothers to try them." advise all mothers to try them." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville,

A Man-less Land.

Mr. T. M. Kettle, M. P., Discusses the Grazing Question.

Mr. T. M. Kettle, M.P., was of the speakers at Longford on the occasion of a public reception to Mr. J. P. Farrell, M.P., and, discussing of the speakers at Longford on

J. P. Farrell, M.P., and, discussing the cause of Mr. Farrell's recent imprisonment, said in part:

This movement of theirs was not, as some people said, an apostolate of anarchy. They valued social peace: they desired not to continue, but to end for ever the bitter war class that had torr. Ireland asun of class that had torr. Ireland asun-der for thirty years (cheers). They wanted to see the sword beaten into the plough-share; they wanted to see law and order established upon the only basis on which it could be established, the prosperity, the con-fidence and the affection of the peofidence and the affection of the peo-ple were the most kindly and the they repelled the calumny that they were a nation fond of disorder for the sake of disorder. The Irish peo-ple were the most kindly and the most peaceful people in Europe. It was as true of them as it was when it was said in Queen Elizabeth's time it was said in Queen Elizabeth s time by an English Attorney-General that there was no people under heaven that so loved justice as the Irish people did (cheers). They were eager for social peace, but if Ireland was forced to choose between disorder and decay she would vote ever always for disorder (cheers). He asked the critics of Mr. Farrell and asked the critics of Mr. Farrell and his movements to consider his objects. Mr. Farrell looked about and saw half Longford under unprofitable grass. He saw the vast ranches marked still with the ruins af homesteads, and with the ridges that spoke of recent tillage, given up to the wasteful and depopulating sysspoke of recent unage, given as the the wasteful and depopulating sys-tem of ranching. They had heard the phrase used in discussions on the Irish land question, "uneconomic and question, '
The real
in Ireland was (cheers.) The cattle

spectacle of landless men willing to work flying from the country in thousands from a man-less land that offered them no lator, so long the battle, in legal and illegal forms, must and would go on (oheers). The Irish nation had been long enough sacrificed to the ranching system. They had come to a period when the ranching system must be sacrificed to the Irish nation. (cheers.) They were resolved that the locked-up fertility of the Irish soil must come to the people and to the plough; that the padlock of the eleven months' system and the untenanted land must be stricken off, un-off, tenanted land must be stricken tenanted land must be stricken off, and labor and enterprise must have free access to the land of this country. (cheers). All civilization came of the fruitful marriage between land and labor, and they said from that platform that the graziers and the grabbers of Co. Longford would no longer be permitted to forbid the banns (cheers).

"So you're feeling perfectly well again, and never touched the medicine I gave you, eh? You made a grave mistake, Mrs. Tibbs, a grave mistake." "How so, doctor?"
"Why, if you'd taken my medicine, you'd have known what cured you, and, as it is, you haven't the least idea."—Life.



Handball For Boys.

Good Pastime That Should Receive Their Attention.

To those who can indulge in the pastime there is no better form of recreative exercise than handball. It is a game that demands quickness of muscle and eye; instant action, an alert watchfulness and controlled balalert watchfulness and controlled bal-ance. It requires that the mind be centered on the play, that the mus-cles act in harmony with the mind; in brief, it offers such employment for mind and body that is requisite in the development of muscle con-trol. Many boys, not all boys, are not well set up. They are indiffer-ent to carriege; they lack proper do. ent to carriage; they lack proper de-portment. Probably such boys think ent to carriage, portment. Probably such boys to that it is a fine thing to walk in clumsy manner, run flatfooted, a sit as if the weight of age had be their shoulders. It is not, and sit as if the weight of age had bent their shoulders. It is not, and for such carelessness in boyhood are penalties to be paid as one advances in age. Therefore all boys should learn to play some game that demands lively action and natural movement. When boys act clumsily they cramp nature, and nature proves very vengeful when tampered with. I know well enough that not all boys can join in violent sports, yet boys must not be coddled. There is no need of Spartan training, but it is well that the coddled. There is no faced of Span-tan training, but it is well that the boy should be inured in his early years because that which is learnt boy should be inured in his early years because that which is learnt earliest remains longest. Life is made up of bumps and hard knocks. The man must stand for them, so it is well to begin early in preparation. There is not much danger of bumps or beings in headfull, but it is or bangs in handball, but it is

hard game and it should not be over lone. No game should be played once the muscles are tired. When nadone. No game should be played once the muscles are tired. When nature is pressed the muscles soon tell the tale. The moment that one feels tired, that is the time to stop. No good purpose will be served by continuing after that, indeed it is more likely that the large, will be coused. likely that harm will be caused. ers in the United States. The Many boys want to stick it out and play until, in their own language, catching for Philadelphia

the ancient Irish played it. Others of the old races were fond of handball, and such people as the Basque nation have brought the game: to a perfection that is amazing. The Spaniards have a form of handball that requires rare skill to indulge in. However, for all practical purposes the style of handball played in Montreal is good enough. Many of the schools have excellent courts, and the pity of it is that there are not some public courts where the game could be enjoyed by the elder brothers of the more fortunate boys. How useful the exercise is can best be understood, perhaps, when it is said that the professional pugilists, who have need of every muscle being properly trained, invariably use handball as a training ground their ring work. HANS.

+ + + A FAMOUS BALL PLAYER.

Some of the boy readers page may have heard of Dr. page may have heard of Dr. Maurice Powers. Boys who indulge in read-ing baseball gossip know that Dr. Powers was a star catcher for the Philadelphia American League Club. He died recently at Philadelphia. He was catching in the opening game at Philadelphia on Easter Monday and was taken ill during the seventh-in-ning but continued until the close of the game, when he fell unconscious ning out continued until the close of the game, when he fell unconscious and was hurried to the hospital. Gangrene, the result of a spiking, had set in. Despite three operations Dr. Powers was unable to rally. The dead catcher was thirty-three years of age; a native of Pittsfield, Mass. He was a graduate of Holy Cross He was a graduate of Holy Cross, the famous Catholic College at Worwhich so many cester, Mass., from which so many great ball players have come. He afterwards entered Notre Dame Uni-versity and graduated in medicine. Dr. Powers made his professional debr. Fower made his professional debut in Louisville, in 1898, afterwards playing in Washington, Indianapolis, and, later, the Philadelphia Americans. He was one of the best known and most popular players in the United States. The writer last saw him in Richmond. Many boys want to stick it out and play until, in their own language, they are "ready to drop." That Is two wrong. When the muscles are tired they cannot lorg sustain the strain and should be given a rest. So when you are tired STOP. This applies to every form of sport and should always be remembered.

Handball is a very old form of exercise. The Greeks played a form of it; it is positively certain that

'Why I Recommend Dr. Williams' Pink Pills.

The Particulars of a Remarkable Care Told by a Presbuterian Cierguman--- The Sufferer Brought Back From Death's Door.

St. Andrew's Manse, Cardigan, P.E.I., Jan. 1908.

Though I have never been sick my-elf, and have not had occasion to se Dr. Williams' Pink Pills, I at you ought to know of the cable cure they have wrought

remarkable cure they have wrought in Mr. Olding's case.

During a visit to my home in Merigomish, N.S., some years ago, I was grieved to find our next door neighbor and friend, Michael Olding, very low. "He is not expected to live," my mother informed me, "And you must go over and see him as he is liable to pass away at any moment." "Not expected to live," that was the opinion not only of the doctor who attended him, but of his wife and family as well. Upon visiting him myself I found abundant evidence to confirm their opinion.

myself I found abundant evidence to confirm their opinion.

Mr. Olding had for years been afflicted with asthma and bronchitis, but now a complication of diseases was ravishing his system. He had been confined to his bed for months about my wonderful cure, for I fidently believe that if it had been for Dr. Williams' Pink Pilik and was reduced to a skeleton.

he had always been ailing. In sheer despiration he had asked his wife to get him Dr. Williams' Pink Pills. They soon began to help him. His appetite and strength began to improve, and to the astonishment of his family and friends he rapidly regained his health. Now, though the burden of well-nigh four score years is upon him, he is able to do a fair day's work, and is in the enjoyment of good health, even the asthma has ceased to trouble him as its former years. years.

Mr. Olding himself, as well as his neighbors and the writer of this let-ter, confidently believe that his resuse from the very jaws of death-seemingly so miraculous—is due, un-der God, to the timely and continu-ous use of Dr. Williams' Pink Pills.

REV EDWIN SMITH M.A. Mr. Olding himself writes: "I am glad Rev. Mr. Smith has written you and was reduced to a skeleton. Though evidently glad to see me, he conversed with the greatest difficulty, and seemed to realise that it was the beginning of the end. He was daily growing weaker; his feet were swollen to twice their ratural size, and the cold hand of death was upon his brow. "It's no use," he said feebly, "the doctor's medicine is not helping me and I am going down rapidly." I prayed with him as for a man soon to pass into eternity, and when I took his hand in parting it was the last time I expected to see him in the flesh.

Three years later while on another visit to my mother's Michael Olding was seemingly in better health than I had ever seen him, for, as I said,

THE CRUCIFIXION.

There is now to be seen in the Paulists' Church at Columbus averate and Sixteenth street, New York a magnificent painting of "The Crucifixion," the work of are American artist, William Laurel Harris. Mr. Harris has spent the past mine years in beautifying the Paulists' church, and during all that time, with the exception of one year spent abroad, he has virtually lived the life of the Paulist community.

"The Crucifixion" is the largest canvas painting in this country and probably in the whole world. It is

Wm. W. Hasting dent of Physical National Educational Education 1908 and 1909.)

QUESTION OF RA

There is a tendency to smile at President stion on race suicide tion is a serious one as well as in Europea serious condition ame the continual decline rate among the native and individual, made to stay this degeneracy have been but it is not general the conditions in Enguisted States are be less serious. "Accordinguished authority, the diminishing brith great importance to pire, that if the native proportion it wowarf all other que day." "The birth rate whole of the West while that of the Eapan, etc.) is expandicentage of yearly loss 1894-98 is shown to England than in the of Europe; the numb does not seem to bay Australia the decline rapid, and the birth low that of any En Mr. Karl Pearson, from the serious conditions to the contract of t

low that of any Low Mr. Karl Pearson, froof the inheritance by mental and moral as physical characters of tors, concludes, "The deficiency is that the ter stock of the natio ducing itself at the sold,—the less able am getic are the more fer last forty years the classes of the nation, wealth or by love of lowing an erroneous life, have ceased to giportion the men want ortion the men want the ever growing wor pire." This stateme, have been made of the It is by no means a that ancient kingdomust decay. "Japan," of that couotry, "is irace suicide; the most pirking maternity. shirking maternity lands." The Hebrew Dr. Taylor, are health their regard for marr bearing of families. T. mitation of offspring

bearing of families. T mitation of offspring is and they seem to live ly, but racially am with whom they dwe no sign of real decay. Not only is rave s wholesale by a poor ly wifful violation of sex, but also plorable general ignor laws of diet. Half or ace die before they a age. Forty per cent. tality of infants in Gr due to bad feeding. F same percentage is France and for the Artificial feeding of ing to Dr. Lister, is rathree-fourths of the modren under twelve mon sweden and Norway w of the children are fed mortality is ten per cen per cent.: in lo where artificial feedithe rate is nearly fifty. Sir James Crichton-Br a general wholesome of wided for all the chil

sir James Crichton-Br a general wholesome divided for all the chil poor, one-half of the operism and crime wou appeared by the next g Our responsibility do with the care of the di hood, although this is most formative, the properties of the children of the care most formative, the mative period. Few adult anything about suital for themselves or for the little period. But the greatest response to the Physical Director of his influence to I of his influence to I abuses arising from st. narcotics. The consum cohol is definitely correl increase of criminality

LIVER COM

of the bowels.

Whenever the liver bee sed the bile duets clogged, is produced, and is manifes sense of constipation, pain shoulder, sallow complexion the sense of constipation, and the sense shoulder, sallow complexion to the sense of constitution of the sense of

PILL

LIVER OOMPA Mr. Geo. Fawcett, Hamilt Maving suffered with live years and tried all sorts of a dvised to try Milbura's La Imust say, that after take them, I good quite a new strongly recommend thems i Price 25 cents per visil or