

and the retreat of Hugh O'Neill. The territories of the ancient Irish clans—the O'Donnells, O'Dohertys, MacMahons, MacSweeneyes, and Maguirees—are indicated upon it, while it also contains the sites of the principal fortresses and fortified towns as if used by one of the surveying parties sent by James I. to portion out the confiscated lands of the Earls of Tyrone and Tyrconnell. Or it may have turned out of advantage in the brief but glorious campaign waged by Sir Cahir O'Doherty against the hated Sassenach.

WEXFORD.—New Church at Newbawn.—On Sunday, September 13, the new Catholic Church of the Sacred Heart, Newbawn, County Wexford, was dedicated. The ceremonies were carried out with all the solemn grandeur peculiar to the ritual. Besides the very representative attendance of parishioners there were numerous visitors from the surrounding district. The new church, which is a very fine one, supersedes an old relic of the penal days. It was built by Mr. Andrew Cullen, New Ross, from the design of Mr. William Hague, C.E., Dawson street, Dublin. The total cost of the church was something over £3,000. At eleven o'clock the ceremonial commenced with the blessing of the Church by the Most Rev. Dr. Browne, Bishop of Ferns. Solemn High Mass *coram episcopo* began at twelve, the Lord Bishop presiding. Subsequent to the Mass the Lord Bishop administered Benediction. At the close of the Mass the Rev. J. J. Rossiter, M.S.S., Ennisecorthy, ascended the pulpit. Taking for his text the words from the 10th chapter of St. John, "There shall be one God and one Shepherd," he preached a most eloquent sermon. In the evening the clergy and others were entertained at dinner by the Rev. John Doyle.

GENERAL.

Irish Nuns for many lands.—For some time past there has been the usual annual activity amongst the members of the great Sodality of Children of Mary, which may be termed the Missionary Association of Dublin, an association which, under the direction of his Grace the Archbishop and the guidance of the Sisters of Charity, does so much good both in our midst and in distant lands that it is no exaggeration to call the sodality at our Lady's Hospice, Harold's Cross, one of the most important factors in the daily life of the city. In August the second Retreat of the year was opened at the oratory attached to the Sister of Charity's Hospice for the Dying and was, as usual, attended by several hundreds of the members of the sodality, some of whom came from France, from Scotland and from England in order to be present. It is a notable feature of the Retreats that, while it was first thought it would be impossible to induce some 800 young girls, all of the busiest class, to sacrifice to a spiritual Retreat four days out of their hardly-won annual holiday, yet not a single member who can possibly attend ever misses the exercises which so strengthen them in the object of their association, to live lives that, by their unobtrusive virtue and usefulness, shall be their own salvation, and an example and a help to all who come within their sphere. A number of young girls, Children of Mary, who are desirous of becoming nuns, were also present. At the conclusion of the service, his Grace the Archbishop of Dublin called to see them and gave them his blessing. On the very day the Archbishop gave his parting benediction to the little band of aspirants for religious life, some of the young missionaries started on their journey, and on the evening of the same day a large group stood on the deck of the Glasgow steamer at the North Wall, and once more, as the boat moved away, the clergymen who had come to give holy Church's blessing, and the crowds of Children of Mary who thronged the wharf, said farewell to the last of the twenty-nine young girls from the Archbishop's sodality who have entered convents within the past eight months. Where are these young girls going? Some to England, some to France, some to America. Others, again, have gone to take a true Christian revenge on those peoples, once the dreaded enemies of our race—the Danes. After long ages the Irish are at last having their reprisals on the descendants of those fierce Scandinavians who wrought such awful destruction in our land. The tables are at last turned and Scandinavia is being yearly invaded by the Irish. And the revenge is a very sweet one. These young girls go out to Denmark and to Norway—that land of a beautiful, short-lived summer and of a long, dreary winter—where all the exquisite scenery of fjord, forest and mountain become frozen scenery, wrapped in ice and fog. They go to join a French sisterhood—the Sisters of St. Joseph of Chambéry—who have convents in Christiana, in Fredrikstand, Porsgrund, Christiansand, Bergen, etc. In Denmark they have establishments in Copenhagen, Odeuse (Fünen) and three in Jutland. The work of these Sisters corresponds with that of our two great Irish Orders of Charity and Mercy. They undertake whatever good work the needs of a district suggest. They have both boarding and day schools for the poor and the rich. They have houses for the old and homeless. They visit the poor and sick. They comfort and relieve the needy and the sorrowful wherever these are to be found, and where are they not? They found hospitals wherever they go, and these hospitals are so well and lovingly administered that their warmest friends are the Protestant doctors.

Blessed Thaddeus M'Carthy; Beatification Celebrations at Ivrea.—Writing from Ivrea a correspondent says that on Friday, September 11, the Archbishop of Turin entertained their Lordships the Bishops of Ross, Cork and Cloyne, Canons Keller and Fleming, and Rev. Fathers Hurley, T. M. O'Callaghan, Cunningham, Sisk, J. J. Ryan, Fleming and Roche. His Grace the Archbishop afterwards accompanied the distinguished Irish visitors to this town. At the railway station a reception committee had prepared a splendid welcome, and I have seldom seen more enthusiasm displayed than by the Catholic people of Ivrea. Carriages were in waiting for the Irish visitors, and as they drove through the town the scene was a memorable one. Triumphal arches spanned the streets, nearly every house was decorated, and the cathedral bells pealed forth. Immense crowds thronged round the carriages in which the bishops and priests were seated, and the streets were lined with a most orderly and reverent assembly. At seven o'clock the Irish visitors to

the shrine of Blessed Thaddeus M'Carthy were received at the cathedral by the Bishop, chapter and clergy of Ivrea. The Archbishop of Turin ascended the pulpit, and in a very eloquent discourse welcomed the successors of Blessed Thaddeus, and referred to the glorious line of saints and martyrs which Ireland had given to the Church. The sermon made a profound impression on the vast congregation. A grand reception to the Irish visitors was afterwards held in the episcopal palace, at which the Syndic and notabilities of Ivrea were present. The Irish visitors remained to dinner at the episcopal palace. On Saturday at ten o'clock High Mass was sung in the cathedral by the Bishop of Tossano, his Grace the Archbishop of Turin, and their Lordships the Bishops of Ross, Cork and Cloyne, Southwark, Ivrea, Suza and Saluzzo were present in cope and mitre. The chapter and a great number of clergy were present and the cathedral was crowded to excess. The shrine of Blessed Thaddeus was gloriously decorated and resplendent with lights and beautiful and rare flowers. The music was superb. The noble cathedral organ was supplemented by a fine orchestra and an admirably trained choir of eighty voices. The panegyric of the beatified was delivered by the Bishop of Saluzzo in a sermon of wonderful feeling and power. A banquet followed at the palace, and in the evening Pontifical Vespers was celebrated in the cathedral.

ONLY A LITTLE AT A TIME.

THERE are sound objections to one's knowing too much about his own body. I am going to tell you what they are; not to-day, but soon. To make sure of them you will have to watch these articles sharply in the newspapers. Yet we should know a little; and a fraction of that little I will serve up now. Please favour me with your attention. Right across the middle of the body is a large, thin, flat muscle, stretched like a canvas awning—the diaphragm. By it you are divided into two large storeys or compartments. The upper one contains the heart and lungs, the lower one contains (chiefly) the stomach, the intestines, and the liver. The most painful (internal) diseases occur downstairs, the least painful upstairs.

The entire right side of the lower compartment, from the top down to the short ribs, is filled by the liver, which is suspended to a mere point of the diaphragm and shakes about with every movement you make.

Now, from the location of the liver we have a word used for ages to express one of the most unhappy conditions a human being can fall into—the word *hypochondria* (often abbreviated to "*hpo*"), the word meaning *under the cartilages*.

"For seven years," writes a correspondent, "I suffered from complaint of the liver. I was very bilious, my skin was sallow and dry, and the whites of my eyes yellow. I had much pain and weight at my right side, and was constantly depressed and melancholy. It seemed to be out of my power to take a hopeful or cheerful view of anything. The effect of this complaint on the mind was one of the aspects of it hardest to bear.

"I had lost my natural appetite and ate to support life; but there was no more any genuine relish for food or drink. The bad taste in my mouth made all that I took taste bad. Sometimes I would be taken sick and throw up all I had eaten; and after a meal, no matter how slender and simple, I was troubled with fulness and pain at the chest. I used many kinds of medicines, and while some of them may have relieved me for the moment, none conferred any lasting benefit, and I was soon as bad as ever.

"In March, 1892, I read in a small book of what Mother Seigel's Curative Syrup had done in cases similar to mine, and was especially interested in the account given in the book of the nature and duties of the liver and its disorders. I got a bottle of the Syrup from Boots' Drug Stores, and after taking it a few days felt quite like a new man. It seemed to correct my stomach and liver and clear my system of all bile; and it left me in capital health. Since that time I have kept Mother Seigel's Syrup in the house as a family medicine and have commended it to all my friends as the best known cure for ailments, like the one from which I suffered so miserably and so long. You can use this statement as you like. (Signed) John Gent, 59 Coventry Road, Bulwell, Nottingham. March 21, 1895."

"In the spring of 1891," writes another, "I found myself in bad health. I had no appetite, and the little I did eat did me no good, gave me no strength. I had great pain and weight at the chest and right side, and my skin turned sallow and dry. My kidneys also acted badly, and from time to time I had attacks of gravel; and cold, clammy, weakening sweats broke out all over me. Being only seventeen years old when the trouble began I was greatly alarmed and anxious. No doctor was able to help me, and I continued thus for over three years. In June, 1894, I began to use Mother Seigel's Syrup and soon felt better, lighter and more cheerful. And by taking it a few weeks longer I recovered my health and strength. Since then, when I have any stomach, liver or kidney symptoms I resort to Mother Seigel's Syrup and it never fails to set me right. You can publish this letter. (Signed) C. Hanson, 6, New Inn Lane, Gloucester, May 31st, 1895."

The stomach, the liver, and the kidneys are all connected parts of the food and digestive system. When disordered (usually through toridity of the stomach) they cripple the body and throw a gloom as of night over the mind. On the earliest signs of anything wrong with them use Mother Seigel's Syrup at once.

MYERS AND CO., Dentists, Octagon, corner of George street. They guarantee highest class work at moderate fees. Their artificial teeth give general satisfaction, and the fact of them supplying a temporary denture while the gums are healing does away with the inconvenience of being months without teeth. They manufacture a single artificial tooth for Ten Shillings, and sets equally moderate. The administration of nitrous-oxide gas is also a great boon to those needing the extraction of a tooth. Read [ADVT.]

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