

Prelatures, four Vicariates Apostolic from Prefectures already existing, three new Vicariates Apostolic, and new Prefectures Apostolic, thus making an increase of thirty-three in the Hierarchy.

UNITED STATES—The Philippines

Representative Cooper, of Wisconsin, U.S.A., chairman of the Committee on Insular Affairs, has made an elaborate report on the bill for the payment of the claims of the Catholic Church in the Philippine Islands. After many hearings, the committee has recommended the allowance of 403,030.19 dollars.

American Converts

In a book brought out by a St. Louis publisher, under the title of 'Distinguished Converts to Rome in America,' the names of three thousand converts are given, of whom one was a Bishop, 372 Protestant clergymen, 3 Jewish rabbis, 115 physicians, 126 lawyers, 125 United States Army officers, 32 C.S.A. army officers, 23 United States navy officers, 45 United States Senators and Congressmen, 12 Governors of States, 8 Mayors of cities, 21 members of the diplomatic service, 28 educators and 206 authors, musicians, and painters. Twenty-five members of Anglican Religious Orders, one of these a founder of an Anglican community, took their way to Rome. Twelve Anglican nuns entered the fold, and six of them established religious Orders.

A Popular Priest

When the Rev. Denis J. Stafford, rector of St. Patrick's Church, Washington, U.S.A., died recently, the entire city was in mourning, and on the day of his interment there was at the funeral such a union of people of all creeds as it had never witnessed before. Since then—on February 15—Washington paid a further and more striking tribute to his memory. Representatives of the various religious bodies held a meeting in Chase's Theatre to commemorate his work on behalf of the citizens. Mr. Roosevelt, the President of the Republic, as one who worked with Dr. Stafford for many different objects, wrote saying how eminently fitting it was that men of widely different creeds—Protestant and Catholic, Jew and Gentile—should meet in memory of a servant of God who in his lifetime strove manfully to do good to all men. Then speaker after speaker of local and national prominence arose, and addressing the assemblage, which packed the building to the doors, eulogised the qualities of the deceased priest. Vice-President Fairbanks spoke of him as 'The Citizen,' the Rev. Dr. Van Scharck, of the Universalist Church, as 'The Friend,' Rabbi Abram Simon, of the Washington Hebrew Congregation, as 'The Philanthropist,' and so on. No man was more faithful to his Church and to the dictates of conscience than Dr. Stafford, but he longed for the day when the members of different creeds would cease to entertain prejudices and bitterness towards one another. No more appropriate tribute, therefore, could have been paid to his memory than this joint commemoration of his labors by the citizens of Washington without distinction of creed.

LIFE-GIVING JUICES

ARE UNITED IN DR. ENSOR'S TAMER JUICE.

Dr. Ensor's Tamer Juice contains Nature's most beneficial remedies for indigestion, liver complaint, constipation, piles, pimples, boils, sour stomach, etc. These ailments are all the result of a disordered stomach. Digest and assimilate your food thoroughly, and illness will pass you by.

MYERS & CO., Dentists, Octagon, corner of George Street. They guarantee the highest class of 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....

Domestic

A Valuable Prescription.

Here is a simple and valuable recipe—a medicinal bath for the nervously worn and those who cannot sleep o' nights. It was the prescription of an old physician. Take of sea salt 4oz., spirits of ammonia 2oz., spirits of camphor 2oz., of pure alcohol 8oz., and sufficient hot water to make a full quart of the liquid. Dissolve the sea salt in the hot water and let stand until cool. Pour into the alcohol the spirits of ammonia and camphor. Add the salt water, shake well, and bottle for use. With a soft sponge dipped in this mixture wet over the surface of the whole body. Rub vigorously until the skin glows. When nervous or blue or woeeful do not omit this bath. The relief and invigoration that follow will amply repay the effort required to prepare it.

The Value of Sound Sleep.

Most persons know from experience that normal health and strength cannot be maintained without regular and natural sleep. A. G. Koester, M.D., in a contemporary writes interestingly on the subject, and gives hints of value to those who have difficulty in obtaining what he calls 'the special provision whereby nature is given a chance to "catch up," as it were, and make amends for the terrific drains which constantly sap the vital forces during waking hours.'

The two material conditions that particularly contribute toward sound and refreshing sleep are proper ventilation and proper lighting of sleeping apartments. Most people of intelligence now sleep with a window open the year around. But one window is not enough. It should at least be lowered from the top and raised from the bottom, as two apertures are essential, one for the ingress of pure air and the other for the egress of polluted air.

To procure a perfect circulation, however, and a change of air as rapid as is the exhalation from the sleeper's lungs, two windows should be open, one on each side of the room, or the second one may be in an adjoining room. To prove the need of this, let a person who has been out in the open air walk into your house and enter your bedroom before you have risen in the morning. If you have been going on the one-window ventilation plan, his nostrils will promptly detect it, and he can tell you what you yourself will not be able to discern—that your room is close and ill-smelling. Try the two-window plan, and your visitor will be able to report your surroundings fresh and sweet-smelling.

But many of us who have learned the lesson of proper ventilation have given the subject of lighting no thought. Just as surely as you cannot sleep properly in air that poisons the blood, you cannot sleep properly facing the light. It irritates the entire nervous system, and nerve energy is too precious to be parted with unnecessarily. The result is that the sleep is not deep and undisturbed, and nature is proportionately hampered in her repair work. This happens in a harmful degree even though you may not realise it sufficiently to awaken. And it happens, of course, when the grey dawn comes stealing through your window in your last hour or two of sleep, the very time when the brain should be getting its best rest and upbuilding. You may receive the effect in a headache the next day, or you may get it in impaired digestion. For digestion depends upon sleep. If the cells that are concerned in the stomach operations are not built up, they cannot work properly.

Now the remedy for this lies in the arrangement of your sleeping room. Do not, for your very health's sake, try to correct it by darkening the window with curtains, for that shuts out the life-giving fresh air. Let your windows alone. But simply turn the bed about so that you do not face the light.

But, there is another occasion where we are gravely, sinfully delinquent, that is, in the matter of letting the light shine on a sleeper's eyes. We cannot lay the blame to the architects, nor anywhere else, but to our own carelessness. And, worst of all, little children are the helpless victims. How often is a baby allowed to lie flat on its back in a cradle or a carriage with its face lifted to a glare of light? It is worse than it could possibly be for an adult, for he will know enough to turn over, or otherwise shield his eyes with the bed coverings. It is a wrong, a great wrong. The light not only interferes with the baby's sound sleep, but it in many cases directly affects the optic nerves and impairs the organ of sight. And—so we have many little children wearing glasses.

Maurice

'Woods' Peppermint Cure appears to bring your trade amongst the snugest, I s'pose, if won't cure everything?'
'Well, no,' replied the druggist.
'It won't cure everything, at least, Unless I'm much mistaken.'
'What won't it cure in man or beast?'
Said he: 'It won't cure bacon!'