

to complete the work so auspiciously begun by the publication of the Encyclical on the teaching of the Catechism by appointing a select committee to draw up a Universal Elementary Catechism, which is to be translated into all languages and to be made obligatory everywhere. The need of this was strongly felt at the last Vatican Council. The question was discussed at great length, and, when put to the vote at the forty-ninth General Congregation, no fewer than 535 Bishops expressed themselves in favor of a Universal Catechism, while only 56 opposed the project on the plea that the composition of a really good Universal Catechism was beset with enormous difficulties. Pius X. recognises that the task is not an easy one, although it consists in formulating at most a couple of hundred of questions and answers, but he has decided that it has now become necessary owing to the great increase of emigration and immigration, and the multiplied communications between Catholics of different nationalities.

Death of a '48 Man.

A cable message received from Brisbane on Friday announced the death of Dr. Kevin Izod O'Doherty, the last of the survivors of the Young Ireland Party. The deceased was born in Dublin in 1824, and was educated for the medical profession. Whilst still a student he entered heartily into the Young Ireland Movement, and joined with R. D. Williams ('Shamrock' of the 'Nation'), in founding the 'Irish Tribune,' the first number of which was published in Dublin on June 10, 1848. At the fifth number, issued on July 10, the new journal was suppressed by the Castle authorities, and Mr. O'Doherty was lodged in gaol on a charge of treason-felony. In the following month he was placed on his trial, but the jury disagreed, and the same fate awaited a second experiment. Arraigned a third time, he was found guilty, and sentenced to ten years' transportation. Van Diemen's Land (now Tasmania) was his destined location, for which he sailed in company with John Martin, arriving in November, 1849. He was at once released on parole, and his professional services were utilised at St. Mary's Hospital, Hobart. Five years later Mr. O'Doherty received a pardon, conditional on his residing anywhere out of the United Kingdom. Of this he availed himself to settle in Paris, where he resumed his medical studies, making a secret excursion to Dublin in order to marry Miss Kelly ('Eva,' of the 'Nation'), to whom he had been affianced at the time of his trial, and who had promised to wait for him when their prospects of reunion seemed blackest. In 1856 Mr. O'Doherty received an unconditional pardon, and in the following year he returned to Dublin, where he was admitted F.R.C.S. in 1857, and L.M. and L.R.Q.C.P. in 1859. After practising in Dublin for some time with much success, Dr. O'Doherty emigrated to Brisbane, where he took a leading position in his profession, and was for six years one of the members for the capital in the Legislative Assembly of Queensland. In 1877 he was nominated a member of the Legislative Council, and retained his seat till 1886, when he resigned, with a view of settling in Europe. He was received with great cordiality on his return to Ireland, and was at once nominated and returned to the House of Commons for Meath in the Parnellite interest. After a few months, however, he resigned his seat in Parliament and returned to Queensland, where he resided until his death. Dr. O'Doherty was for some time president of the Irish National League of Australia, and was chairman of the Irish Australian Convention, held in Melbourne in 1883.

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For Children's Hacking Cough at Night,
Woods' Great Peppermint Cure. 1s 6d.

The Home

By Maureen

Hints About Lemons.

This fruit is invaluable for its medicinal properties. For inactivity of the liver it is without equal. Take night and morning the juice of half a lemon in a glass of hot water. It will disperse headache, improve appetite, stimulate the digestive organs, and for bilious temperaments it is much to be recommended. Lemon rind steeped in water jugs renders the water very refreshing and beneficial for bathing purposes, acting as a tonic to the skin.

The juice of half a lemon, added to a teacupful of black coffee (no sugar), is an excellent cure for a headache.

Lemon juice is also good for rheumatism, and is excellent as a spring medicine if taken fasting.

Lemon juice and salt will remove ordinary iron rust spots; and where the hands are stained, there is nothing like lemon juice to clean them.

In the winter, after washing the hands, dry thoroughly, then rub over the backs with lemon juice; you will never have chaps.

Lemon juice and sugar, mixed to a paste-like consistency, is good for sore throats and coughs.

Lemons are suitable for all stomach complaints, and a specific against skin complaints.

Lemons to rub the gums with will keep them healthy, while lemon juice will prevent chilblains.

Neuralgic pains may be removed by rubbing the affected part with lemon. Used on a corn it will remove it in time, and lemon juice rubbed on the scalp is said to be excellent for dandruff.

Vegetables and Fruit Instead of Medicine.

In the course of a lecture delivered before the Illinois Horticultural Society special stress was laid on the health-giving properties of many fruits and vegetables. The lecturer said:—We can vouch for many of these vegetable remedies as being quite as efficacious and much more pleasant to take than the prescriptions often given by physicians, and some day we may add others to the list here given: Honey is wholesome, strengthening, purifying, healing, and nourishing. I make reference to the kind made by bees, not the glucose kind. Persons suffering from rheumatism, nervous diseases, and nervous dyspepsia should eat celery and turnips. Onions are almost the best nerve known, and will quickly relieve and tone up a worn-out system, and are beneficial in cases of coughs, colds, influenza, scurvy, and liver complaints. Lettuce eaten by those who suffer from insomnia is beneficial. Let those who need iron for a tonic eat spinach, and leave the drug (iron) alone. Persons suffering from gravel should eat onions and spinach. Carrots should be eaten by those who have asthma. Let those who need increased perspiration to relieve overworked kidneys and lungs eat asparagus. Lemons satisfy and cool the thirst in fever. Blackberries are a tonic. Blackberry cordial is the proper remedy for diarrhoea. Persons who are bilious, who have indigestion and dyspepsia—conditions for which calomel is usually prescribed—should let the calomel alone and eat freely of ripe tomatoes. The apple, excelling other fruits in phosphoric acid, is an excellent brain food. It is aperient and diuretic, and hence obviates indigestion and dyspepsia and assists kidney secretion and prevents gravel. It cleans the mouth. Let persons who use drugs classed as aperients and laxatives and cathartics, stop their use and eat freely of apples, figs, bananas, tomatoes, onions, raspberries, and blackberries.

Apples.

Apples are one of the cheapest and at the same time the most valuable of fruits. The various elements which go to make up the apple are sugar, lime, albumen, water, phosphorus, etc. It is the phosphorus which is so highly prized; it goes to renew the nervous matter of the body, and is especially recommended to train workers. The acids in the apple are good for those with sluggish livers, and help to counteract the effect of too rich living on those who do not take much active exercise. Phosphorus is often prescribed for neuralgia, nervous debility, and similar ailments which is proof of its value medicinally, therefore all who have any tendency to such nerve weakness should eat freely of apples, and they will probably save themselves a doctor's bill.

Maureen