

granted it would result in the same thing here. The Scottish people were instinctively religious, and too clear-sighted to take anything to do with materialism or atheism before religion—even if that religion meant Catholicism.

SOUTH AFRICA—The Trappists

An interesting piece of testimony to the healthiness of the strictly vegetarian regimen of the Trappist monks is given by Dr. N. A. Butterfield (district surgeon, Underberg, Folela, Natal), who writes in the 'British Medical Journal':—I have had two years' close experience and connection with the Trappists, both as medical attendant and as being a Catholic in creed myself. I have studied them and investigated their life, habits, and diet, and though I should be very backward in adopting it myself, as not suited to me individually, the great bulk of them are in absolutely ideal health and strength, seldom ailing, capable of vast work, mental and physical. Their life is very simple and very regular. A healthier body of men and women, with perfect equanimity of temper—this latter I lay great stress on—it would be difficult to find. Health beams in their eyes and countenances and actions. Only in sickness or prolonged journeys are they allowed any strong foods—meats, eggs, etc., or any alcohol.

UNITED STATES—A Chinese-Speaking Priest

Before leaving Rome Archbishop Farley made arrangements for a Chinese-speaking priest to be sent to New York at once to look after the spiritual welfare of several Catholic Chinese families in that city.

Destruction of a Cathedral

The Cathedral which the Catholics were erecting at Lincoln, Nebraska, has been destroyed by fire. The loss is estimated at \$10,000.

The Archbishop of Hobart

The celebration of the diamond jubilee of his Grace the Archbishop of Hobart took place in St. Mary's Cathedral, Hobart, on the Feast of the Maternity of the B.V.M., on which festival his Grace was consecrated in 1846. The Cathedral was filled by a large congregation, including his Excellency the Governor (Sir Gerald Strickland) and Lady Edeline Strickland and family; the Attorney-General (Hon. W. B. Propsting, M.L.C.), representing the Government; and his Worship the Mayor (Alderman Crisp), representing the City Council and citizens. Immediately after the ceremony the Archbishop, Bishop, and clergy were entertained at luncheon by the Sisters of the Presentation Convent. In the evening his Grace entertained at dinner the Bishop and clergy. His health was most felicitously proposed by the Bishop of Laranda, and in his reply the Archbishop again gave evidence of the vigor and vitality of his intellectual powers. He was full of fun, repelling with most amusing indignation the charge of being an old man. 'Time enough,' said he, 'to talk of old age when he was 96 or 100; at present he was young, for no one was older than he felt. However, as they would insist that he was old, and as old age portended the approach of inevitable dissolution, he would ask them to add another to the many favors for which he was already indebted to the kindness of his clergy, and that was that they would pray the Almighty God Who had been so good to him, to grant him a crowning blessing, to grant him, whenever it was God's will to call him away, the grace of a happy death.'

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Domestic

By 'Maureen'

Prescriptions.

Doctors' prescriptions are not like cookery recipes, and should not be handed from one friend to another for general use. The same symptoms may come from widely different causes, and to take a medicine that has been prescribed for a friend whose symptoms seem much the same as those you suffer from may do very serious mischief.

How to Treat Fainting Fits.

The first aid to the woman who begins to feel faint is rendered by her leaning forward as far as possible, bending her head down on a level with her knees. This draws the blood away from the heart, and will often stop the fainting spell from coming on. When a woman faints in a theatre or public building, her head can be bent forward without attracting any particular notice. The blood will gravitate to the brain, and consciousness be restored. When the patient can be taken out into a free space, place her flat on her back on the floor without pillow of any kind. Loosen the clothing, collar bands, etc., and sprinkle water on the forehead. Never allow the head of a fainting person to fall backward. Have as few people around the patient as possible, so that there may be the greatest supply of fresh air. No one need feel himself or herself lacking in sympathetic interest if they do not follow and try to assist a stranger who has suddenly become faint in a crowded place. As long as she is being looked after, and there is nothing left undone towards her recovery, the greatest kindness that can be done is to keep away, and leave her alone, and a much speedier recovery will result.

The Secret of Perpetual Youth.

At the age of 87 Julia Ward Howe has written her life story, and its value lies in its message of hope and encouragement to women. The secret of her mature splendor lies in her continual use of her mental powers. She has never been idle, never grown rusty, because she has progressed with time, and kept herself in touch with all large new ideas and helpful movements. She has found the secret of perpetual youth in perpetual work—not in a worn groove, not by keeping in a rut—but in glowing with the changing conditions of the world, and in assimilating new mental foods. 'The motive power of youth is enthusiasm. So long as we keep that we cannot grow old in mind.' Remember, young matron, as you study recipes for face creams, or lie on your couch while skilled hands massage away the lines you are determined to keep away—remember this:—Active thought is a wonderful cream for the mind, and an unselfish purpose is a skilled masseuse. It is an excellent idea to take care of your complexion, your hair, your teeth, your figure, but unless you take care of your brain and heart as well, you will not retain your youth. For the fountain of eternal youth lies within.

Health Disease.

In an article entitled 'Health Disease,' the writer says:—The pursuit of health, like the morphia habit, grows on people till it becomes a vice, and their entire brain (such as it is), conscious and sub-conscious alike, is possessed by it. That is not desirable in itself, and what concerns the patient's friends (for, though he is an apostle of health, he really is a monomaniac), he can talk about nothing else; but whatever the subject is, hauls it back like a spent fish, to that which alone occupies him. It is an open question whether men or women are most subject to the 'health disease,' which is so prevalent at the present day in every grade of society. Women chat cheerfully about their infirmities, imaginary or otherwise, but man never does—his infirmities are always a grave subject with him. An attack of indigestion is regarded with solemnity, while a slightly impaired liver becomes a serious subject for conversation. However it be, once upon a time, the internal mechanism was not a subject for public discussion, but since the advent of the hygienist things have changed, and 'health disease' has become as fashionable as appendicitis, and in this case, as in all others, prevention is better than cure.

Maureen

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