

the results of the next few years. Through the agency of the missionary priests, 'highly trained and magnificently equipped instruments,' some 6000 converts have been already received into the Catholic Church in America. Among the converts of last year were 30 Episcopalian ministers.

### Teachers in Retreat

One hundred and twenty-five women teachers of the Boston public schools, at the close of the scholastic year, instead of going to seashore or mountain for rest and recreation, proceeded to Wellesley Hills for a week's spiritual retreat at the Academy of the Assumption. Archbishop O'Connell visited the institution and delivered an address to the teachers. He dwelt on the functions and duties of the Christian teacher, and pointed out to them the nobility of their calling.

## NEW BOOKS

We need not have the memory of the oldest inhabitant to remember the time when the exports of New Zealand consisted mainly of corn, wool, and meat. Even until late years butter-making was carried on in a spasmodic manner, and the good housewife had some difficulty in disposing of the product of her dairy in the local market. Thanks to the advance of science and improved methods in manufacture, New Zealand butter now ranks amongst the best imported into Great Britain. Another industry which has come to the front of late years is poultry-raising. Here again science has stepped in, and has turned what was almost a waste product into a profitable source of revenue. The mongrels of the farmyard have been replaced by recognised profitable strains, and by means of the freezing chamber we have been able to send our dead poultry to the English market, whilst the cool chamber has enabled us to keep eggs for any length of time at a small cost. If he is a benefactor of humanity who makes two blades of grass grow where one grew before, how much more is he who tells how to get a fowl to lay as many eggs as three laid before, at a third of the cost? Such is the result of the teaching of practical poultry-raising by experts. An aid to those engaged in this industry, *Utility Poultry Farming*, has just been issued by Messrs. Whitcombe and Tombs, Christchurch. The work is by F. E. A. Gordon, and has been revised and edited by Mr. J. B. Merrett, editor of the *New Zealand Poultry Journal*. It is a very comprehensive work, and leaves no aspect of the subject untouched. It will be found extremely useful both to the man who keeps poultry to supply his own household and to the man who makes a livelihood from his poultry farm. The published price of the book is 3s.

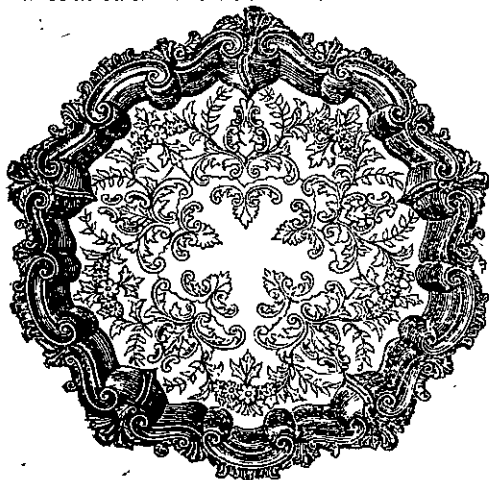
In adversity a man has opportunities of studying the anatomy of the backs of his acquaintances; in prosperity he sees only their fronts. For a full view of life, then, a man should have days of pinching and days of plenty.

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## Domestic

By MAUREEN

### To Remove Tar.

Tar may be removed from any kind of cloth if you saturate the spot with turpentine and rub it well.

### To Keep Cake Fresh.

Cut a slice of new bread about an inch thick, and place in the tin with the cake; this will help to keep the cake fresh for some time. The bread may be renewed when stale. An apple, placed in the cake-tin will answer the same purpose as the bread, and should also be renewed from time to time.

### Remedy for Warts.

Warts are very troublesome and disfiguring things. The following tested remedy has effected a cure without leaving a scar: Take a small piece of raw beef, steep it all night in vinegar; then cut as much from it as will cover the wart, and tie it on. Should the excrescence be on the forehead, fasten it on with strips of sticking plaster. It may be removed in the day, and put on every night. In a fortnight the wart will die and peel off. The same prescription is efficacious with corns.

### Hunger and Food.

Hunger makes the plainest foods enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids—the sources of ptyalin, pepsin, trypsin, etc.—without a plentiful supply of which no foods can be perfectly digested. Wait for an appetite if it takes a week. If breakfast is a bore or lunch a matter of indifference, cut one or both of them out. Wait for distinct and unmistakable hunger and then eat slowly. If you do this you need ask few questions as to the propriety and digestibility of what you eat.

### Children and Night Study.

'I abominate night parties for children,' says a physician. 'I believe every physician does. It is not so much the exposure and the eating in the night, but the breaking into the sleep habit. Equally bad is it for children to study in the evening. It gorges their brain with blood, and if they sleep they dream. I had a little patient of twelve years, who was wasted and nervous, and whose dreams were filled with his problems. It was a marvel and a pride to his parents that the youngster worked out hard problems in his sleep, such as he failed to master when awake. But he came near his final problem. I locked up his books at 4 o'clock. He must not touch one after supper. He must play and romp and then go to bed. He is now robust. You cannot emphasise too strongly the mischief of children's night study.'

### The Goat and Tuberculosis.

Nothing in the history of science is more instructive, according to the experts who prepared the recent report of the British commission on tuberculosis, than the vast difficulties experienced in propagating the use of the milk of the goat. Physicians of the highest eminence (says an English exchange) have affirmed that in the milk of the goat nature provides the best possible solution of the problem of tuberculosis. In saying that the goat is not subject to tuberculosis, Dr. Fintley Bell, of the New York Academy of Medicine, is in agreement with Sir William Broadbent. He is also supported by the evidence of leading English goat-keepers, of every publication concerning goats, and of the distinguished Professor Nocard, who stated recently that of the 130,000 goats and kids brought to Paris for slaughter every spring the meat inspectors had failed to find a single case of tuberculosis. Nevertheless, with the exception of the members of the British aristocracy, very few Anglo-Saxons have profited by the lesson of these truths. Those scientists who go so far as to defy any authority to produce a single case of tuberculosis among the population using goat's milk to the exclusion of cow's milk receive very little attention. The circumstance seems all the more surprising in view of what the investigators on the British Commission call the superior richness and flavor of the milk of the goat to that of the cow.

*Maureen*

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