

standing strong opposition, and succeeded in collecting upwards of £14,000 for the building of the church, which the local newspaper describes as a magnificent building. Now all are agreed that Father Tubman was wise in selecting so prominent a site, which has a frontage to one of the principal streets. The splendid structure (says the *Catholic Herald*) consecrated to the service of the Almighty stands as a monument to the zeal and energy and taste of Father Tubman and the faith and loyalty of his devoted people. Both are richly deserving of the eloquent tributes of admiration and esteem which the completion of their labor of love evoked from the visiting prelates and clergy and the distinguished citizens who took part in the fetes incident to Sunday's dedicatory. The dedication ceremony was performed by Bishop Grace, of Sacramento. In the course of an address, Bishop Grace said: 'I congratulate you and Father Tubman on the completion of this beautiful church. If I did not witness the result of this work I would be inclined to say it was beyond the means and the power of this congregation, but by the blessing of God and through the business capacity and zeal of Father Tubman, it has been finished, and will confer a benefit on religion as a whole for generations to come. I congratulate him and you on the achievement. The Church will long be an object of admiration and inspiration to the stranger and a monument to the zeal of those who built it. The altar particularly is one of the most beautiful I have ever seen. I have consecrated many marble altars of costly and elaborate workmanship, but in its appearance none has produced so beautiful an effect.'

GENERAL

The Church in Hawaii

In Hawaii there are 35,000 Catholics out of a total population of 155,000. There has not been a great increase from the native population, despite the many charities conducted by Catholics, the principal one of which is the home for the lepers established by the saintly Damien.

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Domestic

By MAUREEN

Cleaning Pantry Shelves.

Ideas concerning the arrangements in pantries are changing under the influence of schools of domestic science. The majority of housewives want white paper spread on the shelves and edging in addition, but sanitation dictates a finished surface which can be wiped clean with a damp cloth. If your shelf is finished in a hard finish keep it immaculate without paper. The first exclamation is: 'But it will get dusty!' So will the paper get dusty, for the dust falls upon anything it can. Just try once to clear a shelf completely, put on paper and replace everything, and then try setting things aside enough to wipe the shelf without having to clear it all and see which is the less labor. If your shelves have not a hard finish cover them with oilcloth. Floor oilcloth—you can get it almost white—is the best, cut carefully to fit each place. It wears for years, is not marred easily by something hot being placed on it, and is washed easily.

The Open Window.

Dr. Olsen, a great authority on the subject, writes as follows in *Good Health*:—

Every night hundreds of thousands, yes, millions of people, poison their lungs by breathing over and over again the foul foetid air of shut-in bedrooms. Even in the warm summer months the windows remain closed, and the atmosphere is nothing less than filthy. The worst of it is that people otherwise scrupulously cleanly cannot see that it is the height of uncleanness to breathe stale, foul air, and compel their friends who call upon them to breathe it too.

Sanitary science is still in its infancy with us. It began with drains. Men recognised that the grosser wastes of the human body must be got rid of in some systematic way if life was to be sweet and wholesome. In very recent times it has begun to recognise the need of light, and some of the dark, dismal slum tenements in our over-crowded cities are being declared unfit for human habitation. Strange to say, the most obvious of all our requirements from the health standpoint is still practically ignored, namely, the primary need of fresh air. The lungs are excretory organs. Let this apparently unknown fact be writ large in every text-book of health. Let it be blazoned on the buildings. Let the public press carry the message into every home. Not only are the lungs excretory organs. They are such par excellence. The other excretory organs may cease to functionate, and yet a man lives on for hours and in some cases days; but when the lungs cease to operate, death follows in a very few minutes. The air that is expired from the lungs is laden with poisonous waste matter of which there is sufficient in a single breath to contaminate about three cubic feet of good air, rendering it unfit for use. Hence, our living and bedrooms, in order to be in any reasonable degree wholesome, must continually receive new and large supplies of pure air from the outside.

The model house of the future will probably be built in large part of porous materials, thus admitting fresh air from all sides, without draughts. The ordinary dwelling-house of to-day is about as nearly air-tight as it can be made, and scientifically less adapted to living purposes than the wigwams of the American Indian or the air dwellings of other savage tribes. In fact it is hardly less than a death-trap, and if it were not for the incidental opening of doors in order to go out and in, and the badly-fitting window sashes, and a few other crevices here and there, thanks to careless carpenters, the atmosphere of bedrooms in many houses would soon become absolutely deadly. The best part of a modern house is its windows. To keep these open day and night, and to make the air inside approach as nearly as possible the air outside, should be the first business of the housekeeper. Everything else should be held subservient to the need of fresh air.

Maureen

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