

was transferred to the vacant See of Richmond in 1872. He was appointed Coadjutor to Archbishop Bailey of Baltimore in 1877, and on the death of that prelate in the same year, succeeded him as the head of the oldest See in the United States. He was raised to the dignity of Cardinal-Archbishop by Pope Leo XIII. in 1886. The observance of 'Cardinal's Day' at St. Patrick's Church, Washington, on Sunday, January 8, was a splendid testimonial to his Eminence of the respect in which he is held by the Catholic and non-Catholic people of that city. The religious functions inaugurating the festivities included the celebration of Solemn High Mass in the presence of the venerable Prince of the Church and other eminent ecclesiastics, and a congregation that filled the sacred edifice. Attorney-General Wickersham, speaking for members of the Cabinet at the luncheon which followed, and which was attended by many political and diplomatic notabilities, congratulated Cardinal Gibbons upon his good health and life-long labors for his fellow-men. 'After all,' he said, 'when the tumult and the shouting die, and the captains and the kings depart,' we perceive that we are one in longing for the fundamental truths.' A long and warm friendship between Cardinal Gibbons and the late Joseph Friedenwald, a Jew, was revealed on December 28, when it became known that the prominent business man bequeathed 2000 dollars absolutely to the Cardinal.

Catholics and Suicide

It has often been asserted that the Catholic faith exercises a powerful restraint upon suicidal crime. On the whole, this assertion is well borne out by statistics published in the Protestant review, *Der Alter Glaube*, and in 'Le Suicide' of M. Durkheim, Sorbonne Professor. The German periodical (says the *Universe*) gives the following figures, reckoning the suicides per annum and per million inhabitants:—Saxony (a Protestant State), 330; France, 225; Austria, 163; Italy, 58; Spain, 18. M. Durkheim, in presenting his figures, makes the following significant comment:—'A glance at the record of suicides in Europe reveals at once that the proportion of suicides is very small in purely Catholic countries, such as Spain, Portugal, and Italy, while it reaches its maximum in Protestant countries, such as Prussia, Saxony, and Denmark. Taking the average annual number of suicides in every million inhabitants, Durkheim gives his estimate as follows:—Catholic States, 58; States of mixed religions, 96; Protestant States, 190. In Switzerland—in Catholic Cantons: French Cantons, 119; German, 137. In Protestant Cantons: French, 352; German, 307. Bavaria, a Catholic State, 90. Protestant States: Prussia, 133; Baden, 156; Wurttemberg, 152; Saxony, 300. In Italy, since the usurpation of the House of Savoy in 1870, the grand total of suicides had risen from 886 to 2680 by the year 1908. In France, since Catholic influences have been increasingly combated under anti-clerical Governments, the grand total of 2752 in 1839, had swelled to 8885 in 1903. A curious fact will be noted as regards Switzerland. In Catholic Cantons the average number of suicides among the French is considerably lower than among Germans. In the Protestant Cantons it is the other way about. From which it seems to follow that religious principle is stronger in the German Protestant than in the French; or else that religion exercises no strong influence upon either when Protestant, and that the natural temperament of the Teuton is less prone to violent impulses.

Writing with reference to the organisation of a relief expedition by the Rev. Father Shaw, M.S.H., to proceed to New Guinea to search for the missing explorers, the *Catholic Press* says:—In Australia the Catholic clergy have four brilliant representatives in the field of science. Father Archibald Shaw, of Randwick, who is a Missionary of the Sacred Heart, is the greatest expert in wireless telegraphy that we have in the Commonwealth; while Father J. Milne Curran is our greatest practical geologist. He is at present superintending the running of a plant of his own devising for dealing with sulphides in a totally new way, as well as acting as adviser to the Minister for Works. He was for several years Government Geologist. At Riverview College, Father Pigot, S.J., has the finest seismograph in the Southern Hemisphere for recording tremors in any part of the earth. Father Slattery, C.M., who is now local superior of the Vincentians at Ashfield, is in the first flight of Australian scientists, and St. Stanislaus' College, Bathurst, where he was teaching until recently, has the finest chemical laboratory in any educational institution in Australia. It was at Bathurst that Father Slattery was the first to make practical experiments with wireless telegraphy in this country; also the first to practically demonstrate the use of the X-Rays.

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Domestic

By MAUREEN

How to Cook Sausages.

When cooking sausages, the appearance is often spoiled by the skin bursting. If the skins be pricked with a darning needle before cooking, instead of a fork, and the sausages placed in a cold pan instead of boiling fat, it will be found that they will cook perfectly whole. Take care not to prick them with a fork whilst turning them in cooking; turn with a knife instead.

Use of Lemon Peel.

Never throw away the peel of a lemon. However small or large a quantity you may have, put it to soak in a dish of water for a day or two; then get a wide-necked bottle or jar, put in the peel, and cover it well with sugar; cork up and make air-tight, stand the jar in not too cool a place. The sugar will gradually dissolve. A tablespoonful of the liquid added to cakes or milk puddings takes the place of essence of lemon and imparts a very nice flavor. Always keep the peel well covered with sugar, or it will be apt to turn mouldy.

Light for the Eyes.

Our grandfathers, who were obliged to read their weekly papers by candle-light, escaped many of the eye-troubles which are common among their descendants, who use electric lamps and incandescent gas mantles. It is the ultra-violet rays in our brilliant lights that are at fault, say oculists. Dr. Terrien has found that the arc light contains three times as many of the objectionable rays as the Edison lamp, four times as many as the ordinary gaslight or the petroleum lamp, six times as many as the old-fashioned oil lamp, and indefinitely more than candle-light, which is almost free from ultra-violet rays.

Sleep.

There can be no hard and fast rules for the length of time one should sleep. All depends on the person and temperament. We are told that brain-workers and those of a nervous nature need more sleep than others, yet some of the greatest thinkers in the world sleep but four or five hours a night with no ill-effects. A good rule to follow is to sleep until one awakes refreshed, whether that is in five hours or ten. If possible, do not be called. That is particularly important for growing children. Some parents make a fetish of early hours for their children, and think so much of getting them out of lazy habits that they do not consider their nervous systems.

Soda for Burns.

All kinds of burns, including scalds and sunburns, are almost immediately relieved by the application of a solution of soda to the burnt surface. It must be remembered that dry soda will not do unless it is surrounded with a cloth moist enough to dissolve it. This method of sprinkling it on and covering it with a wet cloth is often the very best. But it is sufficient to wash the wound repeatedly with a strong solution. It would be well to keep a bottle of it always on hand, made so strong that more or less settles on the bottom. This is what is called a saturated solution, and really such a solution as this is formed when the dry soda is sprinkled on and covered with a moistened cloth. It is thought by some that the pain of a burn is caused by the hardening of the albumen and relieves the pressure. Others think the burn generates an acrid acid which the soda neutralises.

Breathing.

On the manner of breathing depends greatly our health, strength, and happiness. The majority of contagious diseases, as well as colds, catarrh, and malarial affections may be avoided to a great extent by keeping the mouth closed whenever it is necessary to inhale impure air. People should not talk in an atmosphere freighted with impurities or when its temperature is very low. They should not only breathe through their nostrils, but should overcome any habit of allowing the lips to drop apart, for it allows a ready ingress for microbes or poisonous or foreign atoms which may be flying in the air, especially where dust is flying about. It affects the expression of the face unpleasantly, suggesting ill-breeding or an intellectual lack of some kind. Breathing through the mouth is most dangerous at night, when noxious gases most abound, and there is no sunlight to dispel them; cold is felt most keenly at that time and the dampness is most irritating. If the determined will is not enough to ensure correct breathing through the hours of sleep, a pillow should be arranged so as to tip the head forward, or a bandage placed over the mouth. Deep and regular breathing promotes good health, and is a strengthener for the weak. It expands the lungs and fills out the chest, while more oxygen and ozone are carried into the body. Short, gasping, uneven breaths are hurtful; they keep the nerves in a tumult, and keep up a discord in the system.

Maureen

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