The American Traveler Over the Rockies Must Contemplate With Awe This Mark of God Seton the Forehead of His Country.

On a spur of the Rocky Mountains which divides the Colorado district into nearly equal parts, and about one hundred miles west of Denver city. rises a peak to the height of thirteen thousand three hundred feet above the level of the sea.

In the midst of the immense grandeurs of this mountain range stands this one peak, high above all that surrounds it, in the majesty which belongs to the everlasting hills.

The glory of the morning and of the evening, the splendors of sunrise and sunset the awful gloom of coming tempests, the horror of the forked lightning, the crash of the rolling thunder, and the sun-bur t of the clearing shower, with its rainbow of peace, give such varied aspects to this lofty summit, that it charms the eye of tha traveler from whatever point it is

But if his way lead along the torrent wonder claims his attention and holds clamations of delight, controlled only by a deep feeling of awe.

At a distance of from fifty to one visible; though so indistinctly that to him. the traveler ruight imagine himself deceived by the subtile air of these high

reality. Thousands of feet above the road over which his mule is slowly toiling, impressed on the almost vertical face of the mountain, strewhes a cross' A could have traced its outline and so deeply cut into the rugged rock that one of those convulsions of nature by which He claims the universe as His own, must have torn open the .nighty fissures that portray it to the world. This cross is defined in glittering whiteness on the dark and rugged summit, by a vertical fissure fifteen hundred feet in length, crossed by another of no less than nine hundred feet. The heavy snows of the Colorado region, though aliding off the steep plane of the surrounding rock, have accumulated in these mighty chasms, and are so protected by their immense depth, and the rare atmospersuaded he was possessed and need- tury he has lived a prisoner within the VIII., to be high treason, and those heats of summer have no power to

With a feeling as profound as that with which Constantine beheld in the heavens the sign of the Son of Man, pletely cured of all traces of his for- remarkable pontificate, one at least of had incurred the displeasure of Lord must the American traveler contemplate this mark of God set on the forehead of his country; his country, which is thus, as it were, signed and sealed like the mystical elect named by St. John in the Apocalypse.

May it not indicate that America is to stand forth as the champion elected by Christ for the defence of His cause? Oh' if this were out country's glorious destiny, the bonors of dominion and wealth that now fill the national heart, would pale and fade as before a vision of heaven.

Throughout the whole extent of our continent, islands, bays, rivers, show forth by their names the faith of their Catholic discoverers and Catholic settlers. But here the sign and source of that Holy Faith, whence alone flows all the joy of heaven on earth, is exalted by the hand of Nature itself, and gives its name of consolation to this grand watch-tower of the New World. The Mountain of the Holy Cross.

"NOT OF THIS FOLD."

"And other sheep I have that are not of this fold."-John x., 16.

Her face is like a lily touched With rosy ray of early dawn. When all earth's weary noise is hush'd gone.

She is so near, she is so dear, I call her sister, sweetheart, friend; And when I worship angels hear . In words like these my prayers as-

> cend: Open. O Lord her eyes to see

So honest'is her soul and fair I marvel that its crystal shrine Should not let in the splendor rare

Of everlasting truth divine! Yet this I know-whene'er that light Shall turn her darkness into day 'Twill meet a welcome brace as bright And so with trust I plead and pray: Open, O Lord! her eyes that she The perfect light of truth may see close to Thee!

Master, who fain on Peter's Rock Wouldst house all sheep that haplest roam.

Look on this lamb not of His flock, And draw her swiftly, safely home! Home to Thy fold—the wand'rers rest-

Good Shepherd of the sheep astray! Until she wins that haven blest, My soul shall never cease to pray. Open, O Lord! her eyes to see

The perfect light of truth, that she May in Thy Church abide in Theel -Eleanor C. Donnelly, in the Catholic World.

OUR LORD'S CHILDISH WORK St. Justin the Martyr mentions as a tradition of his time that our Lore and plonghs.

ST. EXPEDIT.

THROUGH HIS INTERCESSION.

His Name a Household One in Catholic France-The Spread of Devotion to the Saint Among His Clients in This Country.

At divers times and in divers ways God raises up saints who seem especially fitted to fill the needs of the time and to be a source of unusual grace and to be a source of unusual grace of the vicar of Christ. Three times and help to His servants. In a certain have I listened to his speaking. On quarter of the great city of New York devotion to St. Expedit, because of a American pilgrims, one year ago last a new impetus has been given to the succession of extraordinary favors summer, I knelt in the Sala Clementina of the Vatican palace and listened granted through his intercession.

is the hero of every hour among de his love and esteem for the American nal favors. Very little is known of him of Catholic life and action here in this of men in their service whose duty it save that he was commander of a country. Roman legion and was martyred in | Over all who approach him he exerthe fourth century under Diocletian at cises a charm which is a most fitting Miletene in Armenia. The beautiful characteristic of the universal shen-French statue of the saint represents herd, but which must be personally him as a handsome young soldier in felt to be thoroughly known. After martial armor, bearing in his hand a all, it is not strange that even enemies cross on which is the word "Hodie" of the church and the holy see have at the foot of the mountain, a new (To-day.) Beneath his foot is a raven, frequently been attracted by the rare the black bird of despair, which is excellence of his character, so full of his gaze, until he breaks forth into ex- opening its mouth to cry "Cras, cras" beauty and benignity, and have often poisoning their husbands (a modern in-(To-morrow.) The significance is paid him an involuntary tribute of adplain. St. Expedit is the very saint for miration. these latter days of ours, because he Always alert, undaunted and immov-

tally heard of St. Expedit had laugh- bating strenuously for the purity of regions. But no! hour after hour as he ed at the idea of his helping clients faith and morals and for the independed hag La Toffania, were as bad as you rides, the vision, for such it at first sc quickly. "Never mind," said her ence of the church and the rights of sees, becomes clearer and clearer, and friend who was lauding the saint the holy see. He has always been a caused the death of over 600 persons. changes at last into an impressive "some day when you are in trouble steadfast and courageous champion of She used a preparation of arsenic Expedit." The opportunity was not stewardship. He is a living example "Aqua Toffena." It was a slow poilong in presenting itself. The lady of that faith which the apostle tells us son, the victim growing daily weaker and others were driving along a moun- is "the substance of things to be hoped; and gradually dying from physical extain road when the horses shied at a for, the evidence of things which ap- haustion. In France the most notorcross of such gigantic proportions bull and dashed madly toward a steep pear not." Leo XIII. is the personificious female poisoners were Mme de that the hand of the Creator alone incline. Another moment and all would have been dashed to certain is "all things to all men." He is al- cret of the "succession powder" by death, when the lady, remembering ways distinguished for screnity and Sainte Croix, which she successfully the words of her friend, exclaimed, cheerfulness of heart and for a broad, administered to her father and broth-"St. Expedit, help us!" The lady who is a most reliable person, told a New York priest, when narrating her experience that she saw a figure appearsuddenly, seize the horses by the bridie and lead them back safely to the session of a temporal dominion, to asread. Again a child on recovering from diphtheria, was attacked by a sort of general paralysis which threatened insanity. Although but six years their independence, Leo XIII. is the soning appears to have set in toward old he was so powerful in his wild at- first who has lived his entire pontifical the middle of the seventeenth century. tacks, and developed such malicious life excluded from his rightful domin- In England poisoning was declared. tendencies, that his family was almost ions. For almost a quarter of a cen- by an act passed in the reign of Henry phere of those lofty heights, that the ed exorcism more than medical treat- walls of the Vatican. Although a con- guilty of it were to be boiled alive. The ment. His mother was recommended siderable time must clapse before we most notorious case (the poisoning of the child improved, and in two weeks ship, still at the same time we are able surmise) of poisoning was that of Sir was able to be sent to school, com- at once to recognize that it has been a Thomas Overbury in the year 1613. He mer illness.

> "He is invoked in urgent cases, Cummins in Boston Traveler. both spiritual and temporal, and in business of every kind." A large sum of money was left to a community. Because of some technicality the "Spirago's Method of Christian Docmoney could not be claimed by the religious. Recourse was had to St. Expedit, who was a special patron of the superior, and the law was so changed in favor of the community as to insure the bequest.

A family in need of a domestic prays at night for one, and in the morning she walks in most unexpectedly: bills are paid most opportunely; un, couragement is extended to us. Climb- of this kind in Europe." ing a mountain one must needs have a staff, and St. Expedit will serve as And all night's dreary shades are one at the very moment—a most de-

The perfect light of truth, that she living in a pagan world and are beset and he must not be afraid to do what probable that the injured man must May enter through Thy Church to on all sides by foes that are as blood- his church tells him to do. In other have received the current through the arena. "A fellow feeling makes us conscience tells him is the right thing is also possible that the car heaters fray, and the holy young warrior will consciousness of doing what is right, loose wire may have touched the have a kindly feeling for those who win and the man who is never ashamed to the martyr's crown by living for God do that may be considered in every thereby conducted to the iron plate than dv. —far harder work at all times than dy. do that may be considered in every which covered the threshold of the ing for Him.-Catholic Deaf Mute.

A new institution, called St. Philip's Home for Industrious Boys, has been And through Thy Church draw opened at 417 Broome street, New olic working boys whose wages are small and who are without relatives of home. Brother Barnabas is the direc

> was born in County Thurlow, Ireland in 1822, and came to Notre Dame, Ind. cese. I caution both clergy and laity

in Paris, Mr. Wm. Watkins, has left a sum of \$20,000 to the Cardinal Arch bishop of Paris and a similar sum to the Pope for charitable purposes. Christopher V. Walsh, of Lawrence

Mass., and Joseph A. Hickey, of Chicago, Ill., received the Augustinian assisted St. Joseph in making yoke habit on St. Patrick's Day, at Villa nova College, Villanova, Pent.

HIS HOLINESS' JUBILEE.

Rev. Father Cummins on the "White Shepherd of Christendom,"

On Monday, March 3, 50,000 people gathered within the walls of St. Peter's basilica at Rome and sang that grand old Catholic hymn of praise, the "Te Deum," while 5,000 times 50,000 faithful members of the Christian church scattered throughout the world re-echoed the same glad sentiments in their hearts in honor of the opening of the twenty-fifth year of Leo XIII.'s bontificate

Three times has it been my blessed privilege to go into the august presence the last occasion, in company with the

His name is a household one in again to that dear, penetrating and France especially in Paris, where he singularly harmonious voice declaring vout souls, for whom he obtains sig-people and extolling the great centers

hundred miles, this marvel becomes answers at once all prayers addressed able, cares, afflictions and disappointments may be heaped upon his venera-A certain lady who had inciden- ble head, but he never wavers in comand want instant relief, call on St. God and the church confided to his which she sold under the name of cation of that goodness of heart which Brinvilliers, who was taught the seorate in good wishes, but spreads it- voisin and Lavigoreux, who, being os-

to pray to St. Expedit. Little by little can estimate aright his great vicar- James the greatest and most important in the Rochester and his wife and they had

Sunday Schools.

Bishop Messmer in his preface to

"As we shall often mention the term 'Sunday school,' a few remarks on the to his miserable existence. The guilty subject may not be out of place. It is couple, to the King's everlasting discommonly claimed that the modern grace, were released after five years' Sunday school owes its origin to Rob. imprisonment. ert Raikes, the English printer, who established his first Sunday school at

The representative Catholic man is cisive one-when a false step would be not the man with a great deal of money; not the man with fine clothes and It were well to enlist him in our a fine house. He may indeed happen cause. Strong, valiant, young sol- to have these things, but to be a repdier of the cross for which he did bat. resentative Catholic he must have the trolley wires is about 550 volts, tle right loyally, what will he not do more. Above all he must not be asham- and the shocks which are ordinarily for us in our struggle? We who are ed of the fact that he is a Catholic, obtained do not do any harm. It is thirsty as the beasts of the Roman words, he must do what his instructed iron nails in the heels of his shoes. It wondrous kind." St. Expedit loved the to do. That is what is needed—the olic.-Chicago New World.

Anti-Catholic Volume Condemned. William Henry Elder, archbishop of Cincinnati, has issued warning to the York, for the accommodation of Cath. Catholic people of the Cincinnati diotese as follows: "We have seen a book entitled 'Illustrated Explanation of the Apostles' Creed, Adapted From the German of the Rev. H. Rolfus,' in which are found serious errors against Brother Alexis, C. S. C., died Sunday Catholic doctrines. On learning this at the University of Notre Dame. He fact the publishers immediately withdrew it from circulation in this dionot to be misled by it. I understand that the errors are not contained in the A wealthy English Catholic resident original German."

De Good.

While the passion of some is to shine, which reason ratifies, which conscience noe was nearly sixteen feet long, over lation frequently that it may not ston

A LOST ART.

That of Paleoning as it Existed in the Micdie Ages.

The art of poisoning, if we are to believe an eminent authority, must be reckoned among the lost arts, says the Church Gazette. It is not because we are less coarse than our ancestors, and carry our refinement even into our crimes; we are less unscrupulous or cruel than our forefathers were. Though the toxicology of the ancients determined the approach of warmer of was necessarily incomplete, there is colder weather. every reason to believe that antiquity was acquainted with the use of arsenic, opium, henbane and prussic acid. The oldest poison in use was probably an importation of serpent venom. Theophrastus speaks of a poison made from aconite, with rapid or slow effects, in accordance with the operator's wishes. During the empire the removal of inconvenient people by means of poison had become so common that the emperors had a number was to taste all dishes put upon the imperial table, and that no dinner was partaken of without one of the court physicians being present. One of the most notorious poisoners

of the day was Locusta, the murderess of Claudius and Britannicus. About the year 331 B. C., large numbers of women belonging to the higher classes. of Roman society were indicted for stance of the epidemic occurred of late years in Hungary. One hundred and seventy were convicted and condemned. The mixteenth and seventeenth centuries were the halcyon days of poisoning. There is no doubt that La Spara, and the, if possible, still more wretchmake them. The latter is said to have tensibly midwives, carried their poi-Since the popes were first put in pos- sons to high and low-married couples

A leaflet sketch of the saint says: history of the church.—Rev. John F. both vowed to be revenged on him. So after they had got him committed to the Tower, they set themselves to poison his food by mixing arsenic and cantharides with it. For many months, though suffering intensely, he appeared to have lingered on. At last a stronger dose than usual put an end

A Curious Accident on a Trolley Car. Gloucester, England, in 1780, but the An inspector in the Brooklyn Wadesirable changes in families averted; honor belongs to St. John La Salle, ter Department is now at his home in little favors of small iport, seeming- who opened his Ecole Dominicale at Brooklyn suffering from an electric ly, yet condusing much to domestic Paris in 1690, nearly a hundred years shock, which paralyzed him from happiness, all are granted through the before Raikes. Seeing that so many the waist down, which he received in prayers of the saint of urgent cases. boys engaged at work all the week re- a trolley car. He boarded the car The simplicity of the faith works won- ceived no instructions, either religious while it was raining hard. He wore ders. Let us leave it to the worldly or secular, La Salie resolved to gather no rubbers, but had on very thick wise to scoff at the marvels that are them on Sundays, their only free day. shoes, the heels of which were secured daily taking place under our very eyes. With his brethren, he taught those by rows of heavy nails. He stepped "And a little child shall lead them" boys from 12 to 3 o'clock the various from the platform upon the fron may be said of those who, happy in secular branches, among them geogra- plate which forms the threshold of the their trust, put their hand into the phy, drawing, geometry and bookkeep. car, the door of the car sliding back broad, kindly grasp of holy Mother ing, and always closed the class with and forth in a groove in this plating. Church. From saint to saint she leads religious instruction or the catechism. He at once experienced a sharp shock. us. Hand after hand of help and en- This was really the first Sunday school, and the conductor pulled the helpless man away from the plate and carried him to a seat. The other passengers were then sent out of the car; the car was run to the power house, and after a considerable time had elapsed the

man was sent home in a carriage. It is difficult to account for such a severe shock. The pressure carried by were improperly wired, and that a door, through the medium of the iron supports of the heaters.

A Raligious Dog.

There is a dog in New London, gent animal, in spiritual things, anyway. Some nights since the mistress of the house attempted to send him from the room, but he who never before failed to obey, refused to move. The family then had their usual evening prayers, after which Master Nero fresh and bracing. arose and left the room with no urging. After that he was urged to leave he always refused. After prayers he your nose occasionally. is ready to go.

A Mouster Canon.

While digging along the shores of food and plenty of it. approves, which heaven inspires that five feet wide, and the red tedar from somewhere batters you know it.

of being and doing good.

which it had been first start have been pift, do not be true.

To the lover of nature there is no subject more interesting than that of bird migration. The semi-annual coming and going of the birds mark the changes of the season as accurately as does the calendar, and there is every reason to believe that the Indians thus

It is true they counted time by the moon, dividing the year and months into so many moons, but they anticipated the approach of apring by the coming of the bluebirds, martins and thrushes, while the departure of these birds in the fall heralded the approach of cold weather.

Boys and girls can study this subject with pleasure and profit. A record can be kept of the different species of birds which arrive in the several states, together with the time of their departure and when such a record extends over a number of years the facts thus obtained are likely to prove of great value.

Besides this, by studying birds and their habits we learn to love them; a rivalry will soon spring up as to who shall catch the first glimpse of the returning songsters, and this will take *8.40, *0.45, *10:15, us to the woods and fields where bird. WEST BY FALLS ROAD. us to the woods and fields, where birdlife can be studied in all its phases.

The department of agriculture at Washington has enlisted the services of scientists all over the country, and secured from them detailed reports as to what they have seen of the appearance and disappearance of birds.

One of the most curious and interesting phases of the subject is that of the relative speed of different birds when traveling north and south. The comparative speed of the different species was readily obtained, but to find out the exact number of miles which individual birds can travel in a day was a task of great difficulty.

Birds, when they once start on their journey, do not maintain a steady flight. Those which breed in a certain grove or orchard are always the first 6.45 to appear there in the spring, the desire to return to their old home causing them to start early.

In the migration southward, in the fall, the young birds seem to be the most eager to depart to warmer climes. The record of fifty-eight species of migrating birds for one spring showed that on an average they covered twen- through to decination. ty-three miles a day during a journey

of five hundred miles, They traveled more rapidly at the southern than at the northern end of their journey. In the mid-Southern states they lingered for several weeks, H. PARRY. and, as they drew near to the North. cold, so that they did not hurry them-

Belves. In noting the average rate of travel of twenty-five species it was found that most of the species averaged nineteen miles a day during March, twentythree miles during April and twentysix miles during May. The later the Albany, Boston, New York, bird is in starting for the North the Falls, Cleveland, Detroit

faster it flies. It was also found that the early-arriving birds, such as the robin, the row bird and the golden flicker, travel on an average twelve miles a day, while those which may be called summer birds, including the night-hawk, redbird, Baltimore oriole and ruby-throated hammer, cover twenty-eight miles nearly every day.

During the daytime birds do not travel so far as by night, because they stop to feed and often wait for other companies to come up with them.

Land birds make an average of fifteen miles in the daytime, but cranes, geese and ducks fly much faster. It is also thought that birds do not fly for several nights in succession, but that they stop to rest and feed after having flown for one or two nights.

If the birds were to keep up a continuous journey northward they would reach their destination in a very short time. But they are on a pleasure trip, and do not care to tire themselves out. Station. Agents of Westcat

When the different flocks draw near their goal they separate, and, in the gage and engage cab or carriage a course of a few weeks, are scattered all C. E. Lambert.

Gen. Park Age. over the country.

In the fall they reassemble and start on their southern journey. What system of telegraphy they have, by what intuition they all fix upon one gathering place, not even science can tell. Will the problem ever be solved?

Arctic Cold.

"Our physical sensations are relative," says a traveler in Arctic regions, "and the mere enumeration of so many degrees of heat or cold gives no idea of their effect upon the system. I should have frozen at home in a tem- 9:00 persture which I found very comfort able in Lapland, with my solid diet of ment and butter, and my garments of

The following is a correct scale of 7.50 P. M. the physical effects of cold, calculated Conn., which is an unusually intelli- for the latitude of sixty-five to seventy

degrees north: Fifteen degrees above zero. Unpleasantly warm.

Zero.-Mild and agreeable. Ten degrees below zero.-Pleasantly

Twenty degrees below zero. Sharp. but not severely cold. Keep your

before prayers a number of times, and fingers and toes in motion, and rup Thirty degrees below sero. Very cold. Take particular care of your

nose and extremitles; eat the fatter of some to govern and of others to ac Cedar Swamp Creek, near Petersburg, | Forty degrees below zero intensely cumulate, let one great passion alone N. J., a few days ago Penn Baner un-cold. Reep awake at all basards, muf-influence our breasts, the passion covered a large Indian cance. The ca- se up to the eyes and test your circu-

EAST-BY-EAST TELE

A. M.— 11:00, 10:18 . 10:46. 1:05,00, 10:05, 10:05 * 05.00. ** 05.00 ** 10.00 P. M. - 12.0000 ** 25.00.40 10. 1"6.40. "7:10 ac "8:11. "0:00

A. M. 1:15, *2:17 / out of all store of all ac. "5:30: "9:000c. 0 30 30 45. EAST BY AUBURN BOAD. P. M.—5:35 6:44 T. 45 446 P. M.— 2:40 5:10 to 50 7:36 Trains survive from Auberta Read

A M -- 8:17 9:00, *6:44 10:54 P WEST BY MAIN LINE. A. M.—*I:80, *8:80, *4:05, *5:38 *7:50, *9:52, x0:55, P. M. *13:10 *1

ac., *1125, 5:25, *5:25 *5, 56 ac., rd *0.50, *10:05, *11:40. Trains Arrive from the West A. M.— 13:56, 3:15, 5:40, 6:37 6: *c., 0:00, 0:35, 10:00, 10:45%, 11:34 P.M.— 3:10 86, 8:58, 5:50, 77:36

A. M.— "f6.05 "f6.35, f20:36. P. M.—f8:30. "f5:40, T2:30. Traige Arrive From Falls Read. A. M.- 17:30, *19:30, T. M.-14:35: *17:45 *9:00,

CHARLOTTE AND ONTARIO Lave-A. M. - 10 Co. 11 cm. 5 M

Arrive-A. M.- 19.30, 111.30. ts.00, ts.00

R. W. & O. DIVISON. Trains arrive and depart from East Bound-A. M. -- cos 10:0 West Bound A. M. & so ! Arrive from East-A. M.

P. M .- 3:45, 7:40, Arrive from West-A. M .-- 10 At. P. A raise marked + stop at Contre pe

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Gen'l Agt

All trains and depart from No. R. R. Station for Be Louis, and all points onet, we south, as follows

Tolog A. M. Coallacetal 10.87 A. M. New York Rep.
5195 P. M. Newbork Jan.
620 P. M. Newbork Repres.
6118 P. M. Alland Repres. LEAVE GOING WEST

*12:07 A. M.—Contine Res A M Parket Laws TRAINS ARRIVE

pany are on all through trains to New York.

Ballelo, Rochester & Pitteb Trains leave West Ave. station as fe 7:45 A. M. Week Days, Pitte Express, for Lekey, Warney, Sil Silver Springs, Percy Mon Salamanca, Bratford Burler and P

and points went. 4:00 P. M. Week days for saw Perry and Horneller



