ND AIR FOR THE HOLIDAYS.

to make many rules, for they are
ı, but two general principles should
r every holiday : 1. Plenty of sleep
bedroom with wide open windows.
life during the day. Most people
king a good deal of fairly vigorous
The tendency of the age is towards

During the working part of the
e ourselves that we have no time in
ercise, and unless we make it a rule
erous amount of outdoor activity in
ramme, the days are likely to slip
ıg us that wholesome contact with
the very essence of a truly health

EANING OF IRISH LACE.

ady readers, the proud possessors of
who are afraid to wash it, may be
following method, which in answer
ınt, we have obtained from a lady
ry successful in doing the work :—
antity of thin clean starch in the
serving an equal quantity of the
irred into cold water. Stir the two
e boiling point is reached, and dilute
ı has the consistency of cream. Dip
ixture and squeeze it dry, without
p for a few minutes. Repeat twice
in linen until nearly dry. Pull it
, lay it face downward on thick
until dry. Pull it crosswise and
it will be found to look as well as if

RAPERY QUALIFICATIONS.

ı of drapers, being asked in an
ration Court what became of drapers
ha passed they age when they ceased
heir employers, answered that they
en, doctors, or insurance agents.
id, "that a good all round draper is
business."

QUITE SO.

ı 'Lancet' alleges that the ordinary
grave danger to human life. So is
black bottle if resorted to too

LAWYER'S EPIGRAM.

mstrong (defending at Lambeth a
been asked whether he had been
cted) observed, "If every man's
on his forehead we should all wear
."

WORD BUTTER WAS DERIVED.

made in the House of Commons
led butter' should henceforth be
v juice' was thrown out, probably
ought of the point that 'butter'
tainly means something very like
ı. It is true that Pliny considered
a Scythian word, but it seems clear

Diocese of Limerick.

The Bishop has presented the Rev. Richard McClean, LL.D., Rector of Rathkea , to the Canonry vacated by death of Rev. John Luther, and also has presented the Rev. Wm. M. Foley, B.D., Rector of Tralee, to Canonry of Effin, held by his Lordship previous to his elevation to the Bishopric.

BOY'S SAD DEATH NEAR BALLINGARRY.

(FROM OUR CORRESPONDENT)

On Monday last a very regrettable occurrence happened at Liskennett, near Ballingarry, in which a boy aged four years, son of Mr. Richard O'Regan, lost his life. It appears that on the day mentioned the hapless boy with other playmates on a field of the farm received a kick from his father's pony and sustained severe injuries to which the little fellow succumbed the following morning. Dr. John M. Ambrose, Newcastle West, coroner, did not consider an inquest necessary. The remains of the boy were interred yesterday at Kilmartin, Kilmallock, in presence of a large assembly of sympathisers.

AN ENNIS CERTIORARI.

(King's Bench Division—Mr. Justice Boyd.)

In the case of Wm. Scales v. Honoria Carthy, Mr. Comyn (instructed by Messrs. Molony and Pilkington) applied on behalf of the plaintiff for a conditional order for certiorari to bring up an order on appeal made at Ennis by Mr. Justice Gibson for the sum of £30 without costs. The decree had not been placed in the hands of the Sheriff, because although the defendant had some means Judge Gibson ruled that as she was an old lady the plaintiff should postpone his demand during her lifetime. So as to protect the plaintiff the judge made it a part of his order that the decree might be made a judgment of the High Court and registered as mortgage without the formality of issuing execution on foot of the decree.

His Lordship made an order for certiorari.

DEATH OF MR. JAMES M'CARTHY.

We regret to record the death of Mr. James M'Carthy, Nelson street, who passed away on Saturday after a short illness. Deceased, who was only forty years of age, was foreman carpenter at the G.S. and W. Railway Works, and was held in high esteem by his fellow workers. Deep sympathy is expressed with his father, Mr. Felix McCarthy and family in their sad bereavement. The funeral which took place on Tuesday, from St. Michael's Church to Mount St. Lawrence Cemetery, was of immense proportions, and fully testified to the esteem and respect in which the deceased was held. The clergy present were—Rev. Father O'Shea and Rev. Father Devane. The chief mourners were—Mr. Felix McCarthy (father), Mr. T. Tobin brother-in-law), Mr. T. McNamara (cousin).

DESERTED IN GIBRALTAR.

Private Denis Culhane, of the 2nd Battalion of the Royal Munster Fusiliers, now stationed at Limerick, deserted from the Regiment when stationed in Gibraltar. On the 18th January, 1906, he escaped from the military prison there

Bangor Bay, Belfast Lough, on th
and will stay for several days.

His many friends in Kilkenny h
Mr. Charles McDermott, local age
of Ireland, with an illuminated
handsome souvenir on his transfe
motion to another branch.

A demonstration under the au
Land and Labour Association is
Midleton, county Cork, on August
Mr. D. D. Sheehan, M.P. will be
speaker. Captain Donelan, M.P.,
invitation to attend, has written
"under the circumstances" he is
the invitation.

Mr. John French, R.M., attended
Police Court this morning. Ther
on the list for disposal.

The usual meetings of the Watch
ing and Public Health Committee
last evening in the Town Hall.
presided, and the business was p
menal and without public interest.

The Marchioness of Londonderry
to act as President of the Lad
Congress on School Hygiene, which s
from August 6th to 10th.

Lord Carbery left London yester
Freke, Clonakilty, Co Cork, Lor
Macnaghten for Dunkarry, Bush
Antrim.

Galway Horse and Cattle Show
yesterday in Eyre Square, and w
to-day. There are over three hu
and the prizes offered for competiti
round numbers to £400. The qu
animals entered in the various
uniformly good.

BANK HOLIDAY EXCUI

It will be seen by advertisem
Great Southern and Western Railv
have made ample arrangements fo
to and from Limerick in connect
August Bank Holiday, Monday 5
Saturday and Sunday preceding it.
be trips to various places of inter
Monday a special train will leave
Dublin at 8.20 a.m.

YACHT CAPSIZED SHANNON.

Yesterday morning, Mr. G. E. Wa
Lynch, of Dublin, who are spending
on a yachting tour on the Shannon,
serious mishap while proceeding do
at Carrick. There was a strong bre
at the time they started from shor
about a mile down they were caught
which capsized the yacht. The occ
were immersed, held on to the upt
and remained in their perilous positi
Delaney and Mr. T. Monahan, who
be on the scene at the time, we
assistance, and rendered all aid i
them safely to shore.

BICYCLE RECORD B

Mr. Douglas Ball, Bath Road Clu
day broke an unpaced bicycle record
End to London. Leaving Lands E