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## Are You Poisoning Yourself?

THE bowels must move freely every day, to insure good health. If they do not, the waste is absorbed by the system and produces a self blood poisoning. Poor digestion, lack of bile in the intestines, or weak muscular contraction of the bowels, may cause Constipation. •Abbey's Effervescent

Salt will always cure it. Abbey's Salt renews stomach digestion—increases the flow of bile—and restores the natural downward action of the intestines.

Abbey's Salt will stir up the liver, sweeten the stomach, regulate the bowels, and thus purify the blood. Good in all seasons for all people.

**Abbey's**  
Effervescent Salt  
At Dealers - 25c. and 60c.

## Echoes and Remarks.

Bravo, Jean Baptiste!!

When were you at confession last?

Do the members of your family say night prayers in common? We hope style does not interfere with your soul and its eternal welfare.

Have you lost your beads? Where is your scapular? When were you at High Mass last? Do you ever think of giving a cent to the priest? Don't grumble, now!

The young man, who ate the twenty-six pies in half an hour at Bloomfield, N.J., is entitled to one of the Carnegie hero prizes if he got the pies at a railroad restaurant.

The papers tell us that lots of people are going to give up the use of meat until the price falls. They might start the boycott on Ash Wednesday and find a reason for their abstinence in the Catechism. It would be good for soul and body.

A groom of eighty, a bride of thirty, with the next of kin angry—all in Ontario. It is a wonder Rip Van Winkle refused to play marbles. We hope the preacher who tied the knot did not forget to preach on kindness and deference for the aged and infirm. No bachelors need apply!

It is a wonder that such good business men as some of the late aldermen are, would have let the contest of this week get to the polls. So certain they were of defeat that they had to hold a masked meeting in the City Hall cellar to railroad a few more appropriations, knowing that it was their last chance.

Alderman (that was) Proulx led a pilgrimage last Sunday to No. 13 Police Station, the short weight shrine of malversation, and the papers say that he was so fervent in this devotion that he shed tears. It is to be hoped that he didn't look up the shed until the count of votes was held in his district.

English Liberals and English Unionists may fight like demons, but if the Irish ever disagree they are found unworthy of Home Rule, even by some of the Catholic Lords. Irishmen, as a rule, have too much principle to agree with all kinds of men, and when they fight the other fellow loses. The ceremony is gone through with fists, not with knives.

The Irish members of the British Parliament may have much power in the coming House. So much the better, even if some papers are sorry. William O'Brien, the disturber from Cork, and Tim Healy, the North Louth traitor, ought to be honest and cease telling strangers they are Irish. We have a trusty hand for a good Englishman or Scotchman, but a clenched fist for our national lords of faction.

Punch, the English purveyor of cheap jokes, had an insulting cartoon for the Irish, a while ago. Of a necessity, a certain Montreal daily felt in conscience bound to reproduce the clumsy picture. Punch seems to think that Ireland is thriving on English money; so does the daily. Even the Hottentots know, however, that the half of English grandeur is built on robbery, the pillage of monasteries, and the wrecking of Ireland.

Some Jews of New York are still busy in the interest of the "White Slave Traffic." When are the Montreal agents of infamy going to feel afraid at our railroad stations. It is strange that private citizens can point them out, and that our police authorities are so hopelessly innocent. No later than a few days ago, we are told, three unfortunate girls

left our city under painfully criminal escort. The scoundrel arrested and sentenced some time ago is lone-some. Why not give him a chance of seeing old fellow-scamps?

The Rev. A. J. Doull, of the Anglican Church of the Advent, is to leave Montreal, having been named to a higher position. Mr. Doull will leave the memory of a good and honest man after him. He is very "High Church," and eminent—qualified to be a trusted leader among his own good people. We wish him continued happiness and prosperity, and are only sorry that we have not won him to our standards. In losing Mr. Doull Montreal is suffering a real loss. He is an honor to his creed and a boast to his admirers. We hope he will come back a Catholic.

The Garden of Eden has, we are told, been re-discovered, and, although not very large, there is thought to be still room enough in it for all who are as innocent as its first tenants were, prior to the episode which occasioned their departure. This is rather pessimistic, and yet we are told that when Diogenes found his honest man, he forthwith lost his lantern to the stranger. Sam Blake, Jasper Johnson, Carrie Nation, Mother Eddy, Editor Hocken, Reverend Clot, and Rev. Mr. Mage are hereby notified that applications for lots will be received on or before the last day of February.

A sign that "L'Action Sociale" is doing honest work lies in the fact that it is reaping a harvest of insult from the penny-a-liners of the cheap press. If gutter sparrows and tunnel rats could always be sure of getting rich food they would change their diet. True, "L'Action Sociale" is not one with us on national issues, but we could hardly expect the like. With the exception of one of its editors, the Quebec daily is very acceptable; but the exceptional gentleman is a man with a settled purpose.

"The Lord hath sent me to save your souls. I am appointed to this mission," said a huge stranger, of rough dress and burly manner, to the Catholic students of Fordham College, the other day, as they were pouring from recitations. He then struck one of the young men a terrific blow. He is an evangelist. To say the least, the man is worthy of the old Reformers. He has, most likely, read the lives of Luther, Calvin, John Knox and Henry VIII. He not only believes in preaching, but lives up to the doctrine of his models. He is ready for the Ruthenians.

Where is "Archbishop" Villate? Gone to Patagonia, or up at the North Pole? Which? And Crowley the reformer? And Rev. Mr. Mage? Crazy King, the St. John, N.B., street clown, was evangelizing (?) Virginia, according to late reports. Has Jasper Johnson stolen any more chickens, and has Reverend Graham been "denied" for the winter? Castro and Zelaya are disappearing with the Emperor of the Sahara. Poor Editor Hocken is disgusted with Toronto, and that while reviewers are telling us that Ralph Connor is a novelist. Surely "Le loge des émancipés" is not altogether responsible for the typhoid. Our poor water must share the blame. And where is Sam Hughes?

Many of us feel for our neighbor when he is in distress, but we feel in the wrong place. We should "feel" in our pockets. Montrealers are good givers. Charity is still with us, but, unfortunately, ten dollars go for pleasures, and ten cents for alms. We think we are going to be ruined, each time we place a perforated coin on the col-

lection plate, even if we are cheerful in getting rid of them. It is harder for the good worker to ask than it is for us to give. We must contribute to the support of the Church and her work, and then we may afford to die heroes, with a half-dollar less to be inherited, in virtue of our last will and testament. It is a good job all Catholics are not like some.

We had heard of President MacMahon, of France, of Admiral O'Higgins, of Chili; of O'Keefe, king of a South Sea Island, of the Irish Admiral of Ecuador, of Prendergast, the Prime Minister of Spain, of M. le chanoine O'Quinn, in his fight with the French Government, of Donnelly, the German inventor, of the twelve subscribers to the Irish World, in a settlement near the North Pole, of the Irish chaplains to the King of Portugal, of Teaffe, the Austrian Field Marshall, and of the men who stood between the Cockneys and the Boers' rifles; but the Dublin Freeman's Journal publishes the following letter from a Greek who owes something to the common cause. Here it is:

Patras, Greece,  
23rd December, 1909.  
The Trustees of the Irish Parliamentary and National Fund.  
Dear Sirs.—A grandson of one who was out in '98, and keenly interested in the Irish struggle, permit me to add a small contribution to the Fund of which you are Trustees, of enclosed cheque for £10, crossed to your order. I must express my regret at not being able to assist the struggle in any other way. Yours sincerely,

W. MORPHY.  
Who said the Irish could be killed with pen and ink?

A good many pages are dropped from history as it is written. One of these has only recently come to light, although it has been in the possession of Mr. Henry Clews, the New York banker, for twenty years. Its publication at an earlier day might have done much towards removing the impression under which a great many people in the United States have labored to the effect that the British government was planning with France for the overthrow of the republic during the war of Secession. Twenty years ago, Mr. Clews wrote a book, entitled Twenty-Eight Years in Wall Street, and in it he stated that the Emperor Napoleon and the British government had "formed" an international conspiracy on a large scale to demolish the liberties of this country; pounce upon the wreck and then share the spoil between these two powerful pirates." Later in the book he asserted that it was only Great Britain's sluggishness that prevented action. The story generally received was that Lord Palmerston was anxious to join hands with Napoleon, but that the influence of Queen Victoria was sufficient to stay his hand. Mr. Clews sent a copy of his book to Mr. Gladstone, who replied as follows:

No. 26 James St.,  
May 30, 1889.

Dear Sir,—Having expressed my interest in the portions of your work which I read on the day of its arrival, I think I would be less ingenuous if I did not, after reading what relates to the cabinet of Lord Palmerston, in p. 56 and in the following chapter, make some reference to it. Allow me to assure you that, so far as the cabinet is concerned, you have been misled in regard to matters of fact. As a member of it, and now nearly its sole surviving member, I can state that it never at any time dealt with the subject of recognizing the Southern States in your great Civil War, excepting when it learned the proposition of the Emperor Napoleon III., and declined to entertain that proposition without qualification, hesitation, delay, or assent.

In the debate which took place on Mr. Roebuck's proposal for the recognition, Lord Russell took no part and could take none, as he was a member of the House of Lords. I spoke for the Cabinet. You will, I am sure, be glad to learn that there is no foundation for a charge which, had it been true, might have aided in keeping alive angry sentiments happily gone by. You are of course at liberty to publish this letter.

To your reference in p. 70 as a record of impressions which I was not at liberty to use, I can make no objection; though you are probably aware that they were many years ago the subject of a detailed explanation from me to the American government, and of a most handsome reply from Mr. Hamilton Fish. I am, dear sir, Your very faithful servant,

W. E. GLADSTONE.  
H. Clews, Esq.

For some reason, which he has not seen fit to explain, Mr. Clews kept this letter secret until the centennial of Gladstone's birth, when he gave it to the press. One finds it very difficult to excuse him for permitting the wrong impression produced by his book to remain uncor-

## The Catholic Church.

### A Series of Articles Dealing With the Church Founded by Christ.

(Continued from last week.)

IV. (b) The Witness of the Apostles.—St. Paul (Eph., iv., 11 and 12) plainly says: "And some, indeed, he (Christ) gave to be apostles, and some prophets, and others evangelists, and others pastors and teachers, for the perfection of the saints, for the work of the ministry, unto the edification of the body of Christ." If words mean anything, it is clear that St. Paul plainly expresses that Christ has left in His Church a perpetual succession of orthodox pastors and teachers, to preserve the faithful in social unity and common truth. The words establish all the elements of a society fully and truly meant and at work.

From the actions of the Apostles we plainly learn that they understood the Church to be a society. Did they not give Matthias as a successor to Judas the Iscariot, did they not name deacons, did they not define doctrinal issues at the Council of Jerusalem, establish laws, holding them as in the case of Ananias and Sapphira? Do not these facts go to show that, from the very beginning, things were as they are to-day?

(2) Tradition.—What the Apostles had said and done, have the early bishops and their successors always said and done. St. Irenaeus, in the second century, (Adv. Haer., Bk. 3, ch. 3. No. 2; Greek Fathers, VII., 848-849), declares the utter necessity for all local churches of coming under the sway of the Roman Primacy. It is useless to multiply quotations here. All the Fathers and Doctors of the Church, all the Apostles, Martyrs, Confessors and Virgins, were, and still are, Catholics, members of the same Church and religious society. The Church claims them all, and they all declared themselves members of Christ's visible body.

(3) Theological Reason presents a most pleasing proof of what we say. And, indeed, it was proper on Christ's part to make of His Church a society. Therefore, He did so. The antecedent is clear. The Christianity instituted by Christ is not an abstract or affective Christianity, as the Unitarians and Latitudinarians and Universalists would have it, but a concrete and doctrinal Christianity; otherwise, it would not be the kind of religion the history of nations say that all peoples sighed for. To this let us add the fact that Christ did not teach this one or that other truth only, but many dogmas, some of them easy of reason, and He, likewise revealed many positive precepts. Now, in order that such a Christianity may be made stable and forever durable, doctrinal authority is required, which may propose dogmas for belief and precepts for practice; legislative authority is called for, too, in order that dogmas may be kept immune from rising errors, and to provide for the due observance of the precepts laid down. Whence it was necessary for Christ to establish authoritative teaching and rule in His Church; in other words, it was necessary for Him to establish His Church as a society, not because compelled by man, but because of his love for mankind. It would be well for the interested reader to study Balmes on the subject, in his "Protestantism Compared," (vol. II., ch. 30).

Furthermore, God provides for each and every creature according to each special creature's condition. Man is of such kind that he is naturally made for society life (ordinatur ad societatem). Therefore, it is befitting that the religion founded by Christ should be established to act and work as a society. The religion of Christ could not last, humanly speaking, deprived of the elements of society. The Mosaic Dispensation was a figure of the Christian Testament. But the Jewish religion bore all the marks, traits and elements of social life. So should the religion of Christ.

"O mighty Mother, hearken! for thy foes Gather around thee, and exulting cry That thou old strength is gone and thou must die. The same comparisons whom thy Master chose, We, too, rejoice; we know thy might is more When to the world thy glory seemeth dim."

Upon these two points precisely Catholics and all others are poles apart: authority and the Mass. The former they think a usurpation, and the latter an abomination. Yet, here is the answer to the question, How do you fill your churches? Catholics acknowledge the authority of their church in matters of faith and morals; they believe the Mass to be the sacrifice of the Body and Blood of Christ. Of course, there are Catholics and Catholics. There are good, bad, and indifferent Catholics. Even so, Christ has taught by His own word and example our duty to sinners. Witness the beautiful parables of the lost sheep and the prodigal son. But of the rank and file of Catholics and their fidelity to their Church we are justly proud.

At all events, they are found every Sunday in their churches. The Mass is the magnet that draws them. They come to worship God, not to be entertained. REV. GEORGE F. BROWN.

THE CHARGE OF THE FRIGHT BRIGADE.

Our readers know that it required three thousand London policemen to check the latest attempt of the "Suffragettes" to enter the House of Commons. In memory of the event a wag seemingly conversant with lines from Tenyson has celebrated the occurrence in borrowed rhyme and metre. If "Mr Dooley" should happen to read his paper this week, he will grow reminiscent of "Ennery 'Orkins" and the Vancouver Riots. Following are the wag's lines:

"Arf a square,  
Arf a square,  
Arf a square onward,  
Inter th' jaws of jail  
Strode th' two 'undered!  
Bobbies to right of 'em,  
Bobbies to left of 'em,  
Bobbies in front of 'em.  
Busted an' blundered.  
Inter th' jaws of jail,  
Inter o' Hollowell,  
Strode th' two 'undered!  
Stormed at with 'oot an' yell  
Bravely they fit and fell;  
Inter o' Hollowell,  
Strode th' two 'undered!  
They didn't reason why,  
But let their alippers fly,  
Closin' a Bobby's eye—  
While the world wondered."

To have the children sound and healthy is the first care of a mother. They cannot be healthy if troubled with worms. Use Mother Graves' Worm Expeller.

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THE  
BEST FLOUR  
IS

**BRODIE'S**  
Self Raising Flour

Save the Bags for Premiums.

## Application to the Legislature.

Public notice is hereby given that application will be made to the Legislature of the Province of Quebec, at its next session, by the Rev. Affirmos Offish, Chabean Aboud, Esq., Boosamra, Salim Boosamra, Najeeb Tabah, Fahed Tabah, Massour Shatilla, Michael Zegayer and others, all of Montreal, to incorporate them as a religious congregation, under the name of "The Saint Nicholas Greek Syrian Orthodox Church," with power to acquire and possess movable and immovable property, to keep registers of acts of civil status, and to exercise all other rights incident to a religious corporation and for other purposes.

Montreal, 15th December, 1909.  
BARNARD & BARRY,  
Solicitors for Applicants.

## NOTICE.

NOTICE is hereby given that a general and special meeting of the Members of the Mutual Fire Insurance Company "La Jacques-Cartier" will be held at its offices No. 118 St. James St., City of Montreal the 7th day of February 1910, at ten o'clock a.m. to take into consideration the liquidation of the said Company and to pass resolutions to this effect. By order of the Board.

N. H. THIBAUT,  
Secretary and Manager.

## BEAUTY OF DAILY MASS.

When the priest at the altar offers the sublime sacrifice the angels stand beside him, and all around the altar are arranged choirs of heavenly spirits who raise their voices in honor of the Victim who is immolated! Wherefore if thou dost unite thy prayers during Mass to those of the angels they will together with them, pierce the clouds and will obtain a favorable hearing more certainly than if thou didst offer them at home or alone. Let us do what in us lies to hear Mass daily, that our prayers may be carried up to heaven in the angel's pure hands.—St. Chrysostom.

## IT'S THE TALK OF THE COUNTRY SIDE

How Dodd's Kidney Pills Cured Mrs. Samuel Thompson's Dropsy.

Her's Was a Terrible Case and the Doctors were Powerless to Check it, but the Great Kidney Remedy Cured It.

Holt, Ont., Jan. 31.—(Special).—All the country side about here is talking of the wonderful cure of Mrs. Samuel Thompson of this place. She was taken sick with Jaundice, and though the doctor was called in she grew steadily worse. Her stomach was so bad she could not keep anything on it. Dropsy set in and she bloated to a terrible size. The doctor came three times to tap her, but her husband would not allow him to do it, saying that if she could not get better they might let her die in peace. Finally she dropped the doctors and tried other medicines, but they did her no good. Her leg burst and the water streamed from it. Then someone told her about Dodd's Kidney Pills and so she asked her husband to get her a box.

After taking them for a while she took a bad turn. Something would come up in her throat and she would vomit. The water would just fly from her mouth. But from that time she commenced to get better, and to-day she is a well woman. Dodd's Kidney Pills cured her.

Dodd's Kidney Pills cure Dropsy by putting the kidneys in condition to take the surplus water out of the blood. They always cure it.