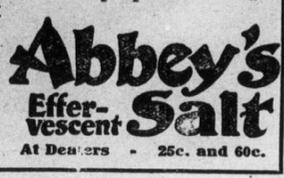


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Are You Poisoning Yourself?

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. 47



The Doctor's Christmas Gift.

It was the afternoon of the twenty-fourth of December, and night was beginning to fall, cold and cheerless. The doctor stood at his office window with his hands in his pockets and bit the end of his cigar viciously as he watched the lights come out and the street cars lounge and roll past with their loads of happy folk finishing up the last end of their shopping tours. People were hurrying past on the sidewalk below and merriment and holly seemed to be everywhere.

continue to do so, Pembroke. I shall not see her—and I wish you luck. You have always had it," he added, a little bitterly, "and that must be because you deserve it. I have a hurry call on B street, and at the risk of seeming inhospitable I must start."

And all this discontent was because of a girl's face, because he could not forget the sweet, dark little head of the pretty small figure of Marian Stelling. Then he hated his brother physician across the street, John Pembroke, with whom he had been on such friendly terms, until a few months before. After all, he thought, why should he be angry at Pembroke? No mortal man could help loving her, and at first she had seemed impartial. The doctor's bitter reveries of how she had gradually seemed to prefer Pembroke, and of how he himself had gone to see her less and less, were broken by the entry of a bent old Irish woman.

"Oh, doctor, an' ye can take Miss Marica home safe, for it ain't fit for her goin' alone!" And before he knew it he felt the little hand on his arm, and was walking gloriously down the snowy street, telling her that he was very busy in answer to her never saw him these days and missed him. He could have sworn he detected more than mere friendliness in her blush when she opened the Mulvaney door and saw him, but now he dared not speak—he could not be less generous than Pembroke and take advantage of this blessed chance meeting to hinder him from his right to ask first.

It is rejoicing to read that all our papers have to say concerning Very Reverend Father Fallon's elevation to the episcopate. The (London) Catholic Record is very jubilant, and with good reason. "He is soon coming to us," says that paper—"and none more welcome. The fact that he is the appointee of the Holy See is his first and deepest welcome. All our faith and religious loyalty we cast at his feet on this account. . . . Christmas is made doubly joyous to London, by reason that Rome has sent us a Bishop in the person of the distinguished Oblate—The Reverend M. P. Fallon." But the Catholic Record is not more pleased than we are.

"Antrim," Pembroke said, "I am at my office and in a hurry, and you must do, exactly as I say. Go to the Stelling house immediately and see Miss Marica—she is injured and needs attention. I also want to tell you your're the biggest idiot I ever met. Good-by," hanging up the receiver without waiting for a reply.

Too much learning is death to Protestantism. Then, Protestantism is by its very nature centrifugal. All the Protestant churches are bodies thrown off from the great Catholic Church; they pursue their separate orbit courses, or come into fatal collision.

"This way, doctor," and he was ushered into a dim, lovely sitting room. Marian, flushed with glad eyes, came toward him from the glowing hearthfire. He stood staring at her, but she reached him both hands; then he took them and stammered:

Two much learning is death to Protestantism. Then, Protestantism is by its very nature centrifugal. All the Protestant churches are bodies thrown off from the great Catholic Church; they pursue their separate orbit courses, or come into fatal collision.

"I believe you're a good doctor. Philin—my heart is better already—better for the change." The doctor's answer was unspoken.

Two Sisters of the Order of Franciscans of Milwaukee, have started on a journey that takes them 10,000 miles to the island of Jap in the Pacific Ocean. The Milwaukee Sisters go as volunteers and will devote their lives to the education and uplifting of the natives of the Caroline Islands of which Jap is one.

pupils, who now constitute the vast majority of the school teachers, have received an education tending to deprive them of all religious belief and to inspire them with contempt for the Catholic Church, it is not astonishing that many of them have found it difficult, if not impossible, to observe the religious neutrality required of them by the text of the law. They have, moreover, been encouraged to violate that neutrality by the example of the government and parliament, that seized every opportunity to discredit the doctrines still professed by the vast majority of the nation. Then, little by little, the school books were what is called 'revised.' On the pretext of religious neutrality the name of God was effaced from the history of France, and handbooks of Christian morality were replaced by others based on philosophy."

Irish City at Auction.

One of the Irish landlords, the earl of Ranfurly, has decided, it is said, to put the town of Dungannon up for auction and it will be sold in lots in a few days time. The auction is to take place in Belfast, and as seldom a whole town comes under the hammer, the event will be watched with unusual interest. The lots include not only the house property, but the town markets and town parks. The competition will be practically confined to local bidders. Dungannon is one of the most prosperous towns in the north of Ireland and is invested with much historical interest as the birthplace of the Irish volunteers, who, in 1782, won Grattan's parliament from England by force of arms. It is, therefore, one of the Meccas of Irish historians.

The Church and Freemasonry.

Apropos of the Church's attitude toward Freemasonry, Father Lambert has published in the Freeman's Journal an interesting reminiscence of his early priesthood. Colonel Ashley, of Illinois, a man of ability and education, a Protestant and a Freemason, once suggested to Father Lambert that he should undertake, as his great life work, the reconciliation of the Catholic Church and Freemasonry. Even in those days the future demolisher of Ingersoll was too trained a dialectician not to demonstrate the impossibility of the proposed work; and some years later, renewing his acquaintance with Colonel Ashley, who had in the meantime become a Catholic, the priest asked him about his old-time plan. "Oh," said he, "that was mere fool talk! There is a radical antagonism between the Church and Freemasonry. They are two great moral and social forces in our civilization. They are face to face, and the ultimate success of either implies the fall of the other."

Wonderful Cure.

A miraculous cure is said to have occurred at the home of the Little Sisters of the Poor at Sunderland. Sister Germain, aged twenty-two, had been confined to bed for twelve months with tuberculosis of the foot. The sisters obtained from the local Redemptorist Fathers a small bone, a relic of Saint Gerald, and engaged in a continuous nine days' prayer for the intercession of the saint or behalf of the afflicted woman. On the eighth day the intense pain suddenly ceased, and the Sister was able to put her foot on the ground. Examination showed that it was perfectly well, and she is now able to walk about with a slight limp. Local priests confirm the authenticity of the cure.

Archbishop Scores Criminal Rich.

In a sermon at the dedication of the new St. Bernard's Church and school at Madison, Wis., Archbishop Messmer combatted the oft-made charge that the so-called lower class breeds criminals. "It always provokes me to hear about the ignorance of the poor and to hear the lower classes put down as the only class of criminals," he said. "It is a lie. It is a foolish statement made by foolish people. If a study of the lives of the rich be made it will be found that greater crimes are committed by that

Echoes and Remarks.

Are you going to be a better man this year?

The Toronto Globe's Christmas number did not gain anything by the picture of the "little red schoolhouse."

We hope one of our New Year's presents will be a City Council purged and ventilated. Let us hope the "country cousins" will diminish, too.

All the arts are indebted to reason. It can chain the lightning in the skies; it can sound the abysses of the deep. But it is limited.

It is a sure sign a man's reason is limited when he thinks it is not. Dryden says: "Reason's glimmering ray Was lent, not to assure our doubtful way, But guide us upwards to a better day."

The old fad of refusing the last rites of the Church for the purpose of immortalizing oneself is fast dying out. Such a man of science as Pasteur, such an eminent physician as Dr. Hingston, and such a writer as Brunetiere do not need borrowed steps to fame.

Miss Katherine Elkins, for the first time since she appeared upon the "map" of America, through her reported engagement to the Duke of Abruzzi, has succeeded in spending five days in New York without being asked as to whether she had broken off her engagement to the Duke. The dailies are well supplied with scandals, however.

An English curate has expressed the opinion that the spoiling of the crops by wet weather is caused by the wickedness of Asquith's government. We once thought that the limit had been reached by the Canadian member of Parliament who said the National Policy had made the hens lay bigger eggs. Some of those English curates are hard up for a sermon theme ever since the Bible was cast overboard.

Our pious friends of the Baptist Grande Ligne Mission tell us that, during the church year of 1909, they had 32 laborers in the field, that these preached 729 sermons, made 32 perverted converts, "distributed 1140 Bibles and portions of the Scriptures, 50,000 pages of religious tracts, made 6251 visits into various houses, entered 13,710 houses to offer the Word of Life, held 3850 religious conversations, have read more than 2000 chapters of the Word of God to Roman Catholics." The figures were not taken from Puck.

And now a preacher in New York is going to do away with the bells, and use a powerful searchlight. He thus expects to reach the wayward. Another preacher's Christmas theme dealt with the chances James J. Jeffries stands of whipping John Johnson. And that is what they call religion! Is it any wonder that there are thirty-five millions of unchurched Protestants in the United States? In Canada, things are not nearly quite so bad, even if Frank paganism was, until lately, taught in a Toronto Baptist school of theology.

The way of the Protestant unifier is hard, remarks Father Phelan. Ever since Bishop (P.E.) Brown, of Little Rock, Ark., published his book urging a corporate union of all Protestant sects under the aegis of the historic (Episcopalian) episcopate, he has had all kinds of trouble with his clergy and people. The truth is laymen make better Protestants than do the Churchmen.

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"Oh, it's yourself, is it, doctor? An' office hours long past, too, an' it's wore out ye look, an' I hate to ask ye to come see my small Kathleen, but she's that sick, the crather an' nobody can put the life in the wee ones like yourself, doctor. An' oh think of it's bein' Christmas Eve, an' the child sick, an' me not a cent to pay ye wid I wash fer her face, but he reassured her.

"It's all right, Mrs. Mulvaney, I'd come if you never paid me a cent, but I know you will, and I'll be along as soon as ever I can close up here. What's the number again?" She gave it to him and noted instantly that it was on a little side street not far from Marian's lovely home. That was another thing that stood against him: he was young and already becoming noted through his skillful surgery, but he did much work out of a kind heart and had loved little. But Pembroke had always had money—his profession was a pleasure, not a necessity, and his practice was among the very rich—his old friends. He was kind and gay, but had never been poor, and what could he know of the sorrows of the poor? Mrs. Mulvaney never would have come to Pembroke.

Rev. J. G. Brown, D.D., a Toronto Baptist, preached in the church of that denomination in London last Sunday. Perhaps, we should not have said preached, because the pulpits of some of our separated brethren are fast becoming merely platforms or rostrums. The subject of the discourse was, "The Safety of the British Empire." The rev. gentleman told us that luxurious living is eating the heart out of England, that wealth is the greatest danger to any country. "In many cases," he continued, "with the increase of wealth a man loses his head, heart, religion and morality. The degeneracy which comes from excessive wealth has ruined most of the old nations, for excessive wealth leads to degeneracy." This is a revelation. For generations we have been told over and over again by preachers of the gospel that the blessed reformation ushered in untold prosperity to Protestant nations and that the Catholic Church was the cause of the decline and fall of Catholic countries. It has been the boast of Englishmen, that the wealth of her country is her glory. But the Rev. Mr. Brown tells us that it is leading her to degeneracy. Our separated brethren will find upon examining below the surface in Catholic countries a depth of piety and a fear and love of God which is rarely found in the so-called prosperous nations who have cast off their allegiance to Rome and who are sailing without chart or compass, not knowing whither they are drifting.

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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. Attilios Offesh, Chahcen Aboud, Essa Boosamra, Salim Boosamra, Najeb Tabab, Faked Tabab, Mansour Shattila, 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.

BRONCHITIS

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather, and is a very dangerous inflammatory affection of the bronchial tubes. The symptoms are tightness across the chest, sharp pains and a difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color. Neglected Bronchitis is one of the most general causes of Consumption. Cure it at once by the use of



Mrs. D. D. Miller, Alandale, Ont., writes: "My husband got a bottle of Dr. Wood's Norway Pine Syrup for my little girl who had Bronchitis. She wheezed so badly you could hear her from one room to the other, but it was not long until we could see the effect your medicine had on her. That was last winter when we lived in Toronto.

"She had a bad cold this winter, but instead of getting another bottle of Dr. Wood's Norway Pine Syrup, I tried a home made receipt which I got from a neighbor but found that her cold lasted about twice as long. My husband highly praises 'Dr. Wood's,' and says he will see that a bottle of it is always kept in the house." The price of Dr. Wood's Norway Pine Syrup is 25 cents per bottle. It is put up in a yellow wrapper, three pine trees the trade mark, so be sure and accept none of the many substitutes of the original "Norway Pine Syrup."

class and there are greater tricks to prevent publicity." In defending the parochial schools he cited statistics showing the high scholarship averages made by children in the larger cities.

General News.

Rev. Dr. Hartman, O.F.M., of Ander Lan-Hochbrunn, Munich, was decorated with the order of Queen Isabella, the Catholic by King Alfonso of Spain. Dr. Hartman is the composer of the oratorio "The Seven Words of Christ on the Cross," which he dedicated to the King of Spain.

Many of the German papers comment on the importance of the autograph letter sent by the German Emperor to the Holy Father on the occasion of his episcopal jubilee. The National Zeitung writes: "Prussia is the only great Protestant state with an embassy at the Vatican. The fact that the king of Prussia is the only one who congratulated the Pope is well worthy of attention."

The religious congregations of the White Fathers and the White Sisters who are nursing the victims of that dreaded malarial, the "Sleeping Sickness," in Africa, seem to be miraculously protected against the contagious disease.

DOES YOUR HEAD

Feel As Though It Was Being Hampered? As Though It Would Crack Open? As Though a Million Sparks Were Flying Out of Your Eyes? Horrible Sickness of Your Stomach? Then You Have Sick Headache!

BURDOCK BLOOD BITTERS

will afford relief from headaches no matter whether sick, nervous, spasmodic, periodical or bilious. It cures by removing the cause. Mr. Samuel J. Hibbard, Belleville, Ont., writes: "Last spring I was very poorly, my appetite failed me, I felt weak and nervous, had sick headaches, was tired all the time and not able to work. I saw Burdock Blood Bitters recommended for just such a case as mine and I got two bottles of it, and found it to be an excellent blood medicine. You may use my name as I think that others should know of the wonderful merits of Burdock Blood Bitters."

Anglican View of French Situation.

The principal organ of the English Established Church publishes a letter from its Paris correspondent, in which the following passage occurs: "The inevitable has happened. The Roman Catholic Church in France could not allow the very idea of God to be wiped out of the mind and heart of the people without a desperate struggle, which has now begun in earnest. Long before, and especially since, the separation of Church and State in 1905, the government of the French republic and its supporters in and out of Parliament made no secret of their ambition to de-Christianize the country. "The secularization of the State schools enacted by the law of 1882, the dispersion of the unauthorized religious orders, and the comparatively recent suppression of even the authorized religious educational organizations by M. Combes, demonstrated beyond the possibility of doubt that to root up religion the government had adopted the long, but sure, means of inculting free-thought into the minds of the rising generation by its educational establishments. "As since 1882 the normal school