

WAR ACTIVITIES OF THE K. OF C.

Washington, D. C., January 19.—Echoes of the Christmas celebrations held in the various encampments and cantonments under the auspices of the Knights of Columbus Committee on War Activities, continue to reach the Washington office of that organization. It is apparent that wherever this splendid Catholic work has been undertaken, no efforts were spared to make Christmas as pleasant for the men as possible and to infuse them with that same spirit of religion and good fellowship to which they have been accustomed at home. In many places the Christmas observance was elaborate, beginning with midnight Mass which the men were permitted to attend through the kindly permission of commanding officers.

At Camp Kearney, for instance, the soldiers crowded the Knights of Columbus main building at least two hours before the Mass was scheduled to begin, and no less a personage than Mme. Ernestine Schumann-Heink, the world's most famous contralto, was there to entertain them. Mme. Schumann-Heink gave an impromptu recital, and her appearance on the stage was the signal for an outburst of enthusiasm which has probably never been exceeded by those ovations which have been tendered her in the great opera houses.

Mme. Schumann-Heink is no stranger at Camp Kearney, for one of her sons is a soldier there, and earlier in the season this generous and pious Catholic opera singer, visited the camp, entertained the boys with a recital and in other ways demonstrated the fact that she is greatly interested in the welfare of Uncle Sam's fighting men.

CAMP-COMMANDER ATTENDS

Major General and Mrs. Strong arrived at 12:45 o'clock, and when the camp commander entered the building every man stood at attention. Promptly at midnight the sliding doors which concealed the altar, were opened, and accompanied by piano and cello, Madame Schumann-Heink sang "The Rosary." The music for the Mass was furnished by a soldier choir, and during the offertory Mme. Schumann-Heink sang Gounod's "Ave Maria." After the consecration she sang Bizet's "Agnus Dei," and at the Communion, this famous singer, accompanied by her two sons, one in the uniform of the United States Navy, her daughter-in-law, fifteen nurses from the base hospital and three hundred soldiers approached the altar and received Holy Communion from the hands of the celebrant. During the distribution of Communion the soldier choir sang "Adeste Fideles."

A short sermon was preached at the conclusion of the Mass by Father Keating and the beautiful services were brought to a close when Madame Schumann-Heink sang "The Star Spangled Banner."

WORK APPROVED BY GENERAL

The next day, Benno Brink, Knights of Columbus general secretary at Camp Kearney, received the following letter from Major General Strong: "I wish to express my personal thanks and appreciation for all that you and your assistants of your splendid organization have done at this holiday season for the pleasure and comfort of the men who have necessarily been obliged to remain in camp. On all sides I hear that the Christmas spirit has been splendid, and it is due to your own and other like efforts, that such is the case." In his own handwriting the general added the following postscript to his letter: "It was a pleasure to be with you Christmas night. It helped us in every way."

RECORDS AND MUSIC WANTED

While the Knights of Columbus buildings in the various camps are already supplied with gramophones and player pianos, it will be of great assistance to those in charge of this work and will also add to the enjoyment of the soldiers if the people will contribute gramophone records and music rolls for eighty-eight note player pianos. It must be remembered that the supply of records and music rolls is somewhat limited in every camp and the soldiers are weary of hearing the same music over and over again. If the records will cooperate by sending the records and music with which they have finished, the soldiers will soon have an almost limitless repertoire. Those records and music rolls should be sent to the camp in which the donor is most interested, preferably, of course, the one in which the troops of his State are mobilized. They should be addressed to General Secretary, Knights of Columbus Recreation Building.

MEN FORGET BARRIERS OF RACE AND CREED IN WAR SERVICE

The Chicago Evening Post tells the story of a beautiful incident which took place at a British hospital. A German prisoner lay dying of his wounds in a British base hospital. He was Lutheran by faith and a Protestant army chaplain sought to speak the words of religious consolation that would make his passing easier. But the chaplain did not know the tongue of Germany, and the wounded foe could not understand English. Near by a French chaplain, a Catholic priest, was ministering to one of his own creed. He came from the lost provinces and spoke the language of

the enemy as well as his own. Softly he turned to the bedside of the dying prisoner, and kneeling beside it, translated into his tongue the words of comfort spoken by his Protestant colleague. Such is the spirit at the front. Creedal barriers no longer separate men to whom service has become the supreme ideal.

INVOKE AID OF JOAN FOR U. S.

France, Jan. 8.—In the simple little church of the village where Joan of Arc was born, France's plain people to-day kneel in earnest prayer for the souls of Americans who have died for France.

Scores of wooden shod peasants—they were women, children, old men, pious and even a few fur-coated aristocrats who came to kneel beside the simple fold, united in prayer as France is united in war for right.

It was at the village of Domremy. The worshippers knelt in the snow, their heads bowed reverently as they made the sign of the cross and petitioned Joan of Arc, the saintly defender of France in bygone years, once more to pray for "les soldats Americains mort pour France," (American soldiers who have died for France.)

In every church in the "American zone" of France special Masses were said to-day for the repose of the souls of the dead heroes. It was a spontaneous outpouring of France's own people, her people of the soil, the backbone of the Republic. In their own tongue they whispered haltingly the well remembered but strangely hard to pronounce names of Privates Enright, Hay and Gresham—now sleeping beneath the snow blanket of Lorraine battlefield—America's first soldiers killed in action.

Not were prayers forgotten for those Americans slain at Cambrai, or for those to whom came death through illness.

But it was at Domremy, birthplace of Joan of Arc—in the very church itself where she was baptized—that was the most impressive of all services was held. The rich and the poor, fighting man and priest, knelt before the banneted doorway in the snow. There they could peer through and within the crumbled portals see the Stars and Stripes and the beloved French tricolor entwined above the simple altar.

After this consecration of the spirit and the invocation to Saint Joan of Arc herself, most of the worshippers visited Joan of Arc's home, a decaying little stone house surrounded by pines, to-day richly festooned in the snow.

The village Mayor himself conducted visiting French officials and American correspondents to the centre of a small stone bridge spanning the Meuse, now barely trickling between ice-filled banks. From there he pointed to a spot on a distant hill where Joan of Arc had her divine vision.

A PLEASING CHANGE

MINISTER'S GOOD ADVICE TO A. P. A.'S

"Please do not send me any more anti-Catholic papers; for I abominate all such un-Christian publications, and I do not wish or intend to become 'particeps criminis' in the reception of them or in having anything whatsoever to do with them. . . . The Catholic Church as I have often written before, is the ancient spiritual mother of us all; and she is, nevertheless, the Church of God, and the bride of Christ. Mark my words and take timely warning that as who fight against the Catholic Church are now and will be found fighting against God. And who dare

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OBITUARY

BECAME CATHOLIC THROUGH SERMON

After an illness of about six weeks the subject of this sketch, Mr. E. G. Morris of Westcott St., Peterboro, passed away on January 1st, 1918. Mr. Morris until a few years ago was a favorably known resident of London, and while listening to a sermon by Father McHugh during a Mission some years ago he became interested in the Church and afterwards became a Catholic. The funeral took place Friday morning, Father O'Brien of Sacred Heart Church sang High Mass. The CATHOLIC RECORD has been a visitor every week to Mr. Morris' home and in calling last week Mrs. Morris informed the writer that many enjoyable evenings were spent with it.—Communicated.

THE TABLET FUND

Toronto, Jan. 14, 1918. Editor CATHOLIC RECORD: I thank you for giving space to the Appeal for the Tablet Fund for the Relief of the Belgians. So far I have received because of this appeal. . . .

GOLDEN WEDDING

On Monday, January 7th, Mr. and Mrs. Edward Barrett, old and respected residents of Gait, Ontario, celebrated the Golden Anniversary of their wedding, surrounded by their children and grandchildren from New York, Syracuse and Buffalo. At nine o'clock that morning Mass was offered at St. Patrick's Church where the happy couple had been married fifty years ago by Rev. Father Dowling, now Bishop of Hamilton. There was scarcely a dry eye in the congregation as the bridegroom of fifty years' standing led his one-time bride, now totally blind, to the Holy Table, where, together with all the members of the family party they offered up their Holy Communion in thanksgiving for the many golden blessings showered upon them during their wedded life. Mass was followed by Benediction of the Blessed Sacrament after which the choir sang the "Te Deum." It was the first occasion on which a Golden Wedding anniversary was ever celebrated in the parish and the pastor, Rev. Father Doyle, had the children of St. Mary's Separate School, on the Board of which Mr. Barrett served for many years as trustee, attend the Mass in a body.

DIED

FOLEY.—At the residence of his sister, Mrs. Thomas Stringer, Ottawa, Ont., on January 19, Joseph W. Foley, aged fifty two years, fortified by the last Sacraments of the Church. May his soul rest in peace.

McFADDEN.—At the residence of her daughter, Mrs. Harry Overend, Princess street, Peterboro, Margaret, relict of the late Martin McFadden. May her soul rest in peace.

FRASER.—At Fraser's Point, Glenora, Ont., on December 25, 1917, Mary McIntosh, widow of the late Evan Fraser, aged seventy-eight years. May her soul rest in peace.

SHIELDS.—On Jan. 18, 1918, at 150 Woodward Ave., Sault Ste Marie, Ont., Annie Hart, beloved wife of D. J. Shields and eldest daughter of Mr. and Mrs. P. Hart of the Windsor Hotel, Ottawa. May her soul rest in peace.

TEACHERS WANTED

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WHY ARE SO MANY PHYSICALLY UNFIT?

MOST CAUSES TRACED TO ONE SOURCE

BY WILLIAM A. GRIFFITHS, PHM. B.

Did you ever stop to think why so few of our men recently examined for military service have been able to qualify in Class A, which means "In good physical condition"? The fact is, much less than one-half of our young men are placed in this class. The large percentage of men physically disqualified by the examining boards does not reflect creditable on the health and average physical condition of our Canadian people. This should engage the serious attention of every man or woman and cause them to look into the condition of their individual health, as there never was a time when healthy, strong, robust men and women could make themselves so useful to their country and homes as at present. The Government demands efficient men and women for its overseas service, and in no less degree should these same results be looked for in the men and women engaged in the regular home and business pursuits of every-day life.

Health is undoubtedly our greatest national asset and at this most trying time in the history of the world, should be our first consideration. Efficiency was never more needed in all vocations than at the present time.

Your physician will tell you that practically every form of physical deficiency can be originally traced to one source, and that accumulated waste in the colon, or large intestine. This accumulation acts as a gradual poison to the system, and is known in the medical profession as Auto-intoxication, and its over-accumulation results from imperfect elimination or constipation.

The great disadvantage is that nature does not warn us that our system is gradually being poisoned by this accumulated waste matter—unless some physical trouble sets in. Constipation, Biliousness, Intestinal Indigestion, Headaches, Nervousness, Sleeplessness, Rheumatism, Skin Eruptions, Impure Blood, Kidney Trouble, High Blood Pressure, Hardening of the Arteries, Appendicitis, and many other serious disorders are traced to this one source, which could all have been avoided had the Colon been kept in a clean and healthy condition.

This gradual poisoning of the system sometimes goes on for years without making itself felt until all power of resistance is overthrown and then some form of disease is readily contracted.

Our present mode of living is, I believe, largely accountable for most ill-health. We eat too much, work sitting most of the time, do not take sufficient of the right kind of out-

door exercise, and in other ways do not heed the demands of nature. There is only one way to assist Nature and keep the system at all times free from any possible accumulation of poisonous matter, and that is not by the use of drugs of any kind, but in a more pleasant and natural way. Bathing Internally. By the means of purified warm water the Colon (or large intestine) can be kept clean and free from any accumulated waste, as Nature demands it should be for perfect health.

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