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WEDNESDAY, JUNE 16, 1900

FOOD ADULTERATION.

This is an age of adulteration -- therefore an age of decadence in many respects. In no sphere are the effects of adulteration more easily recognized than in that of drink. We often here it remarked that men cannot now stand strong liquor as their fathers and grandfathers could. The general statistics of the world today show a fearful death rate, at a comparatively early period in life, consequent upon the use of strong, or intoxicating liquors. It is said that in olden times such was not the case. Then men drank and lived to a ripe old age, conserving their vitality and spirit up to the very close of life. There is much truth in this. Our grandfathers drank pure liquor; unadulterated whiskey, home-brewed ale; but we discover that the vast bulk of the intoxicants sold in our public places are decoctions of chemical ingredients that constitute poisons of a deadly class.

In a recent number of the "Evening Post," Professor J. D. Quackenbush, of Columbia University, has an elaborate article on this subject. It will be of use to many of our readers to know of the dangers they incur, especially in connection with the canned goods so much in vogue. The writer says:--
"Hence the great mass of adulterants are seldom in any other respect injurious than that they interfere with the processes of digestion and assimilation, or diminish the nutritive value of foodstuffs. Some, however, are positively prejudicial to health; as the arsenic in wall-papers and wearing apparel, the poisonous pigments like chrome yellow that give color to confectionery, the copper used for the greening of pickles and canned peas, the tin dissolved off cans by the acid of grapes, the lead mixed with low-priced snuff, which induces severe attacks of lead palsy, and the salicylic acid employed as a preservative in catsup, fruit syrups, and 50 per cent. of all canned goods manufactured in the United States."
Canned goods are the staple food of the vast majority of our citizens, and the warnings that they frequently receive in the deaths of people poisoned by fruit, vegetables, and meats.

"One of the most glaring and reprehensible cases of adulteration, and one which especially calls for repressive legislation, is the addition of preservatives to canned goods, jellies and jams, cider and cheap clarets, milk, unfermented grape juice, etc. The preservatives in common use are salicylic, benzoic, and boric acids, the sulphites, the fluorides, and borax. It is true that the occasional use of these substances in small quantities is not injurious to health, but their continuous use in small quantities is. Borax and boric acid in repeated doses liquefy the blood and act as poisons. Benzoic acid induces gastric catarrh. Salicylic acid is an irritant poison. Plants watered with a solution of it wither. In large doses it produces vomiting, delirium, acute nephritis."

The enormous amount of beer and ale that is used, especially in bottles, cannot be believed until the statistics from an official source are given. How comes it that beer today is more injurious and poisonous than in older times? Just read the professor's statement--the same applies to milk:--
"It is easier and cheaper to adulterate with salicylic acid than to be clean. Many brewers save the expense of washing their bottles by adding salicylic acid to the beer. Think of what you may be drinking with your beer! Think of the various poisons and unwholesome solutions that may be kept in emptied beer bottles before they are returned to the breweries. I have known bottled beer to be mixed generously with spirits of turpentine. I have seen black roaches poured from a bottle with the porter. Manufacturers who will empty bottles without properly cleansing them are taking risks out of harmony with a Christian regard for human life. The chances are that brewers who adulterate with salicylic acid, boric acid, or the fluorides, are supplying the saloons with a drink which, if not so treated, would have become decomposed and putrid long before it was offered for sale."
"So it is with milk. Unscrupulous milk dealers skim off a part of the cream, and the next day sell as new milk this partially skimmed milk, appropriately treated with boric acid

INDIGESTION, resulting from weakness of the stomach, is relieved by Hood's Sarsaparilla. The great stomachic and tonic for **DYSPEPSIA**.

to increase its keeping quality, and robbed of its tell-tale bluish tint by the addition of carotin and caramel. Do you want such milk for your babes--such stale milk, such masked milk? The use of boric acid, seven grains to the pint, to prevent the changes milk undergoes in hot weather, is an every-day cause of summer diarrhoea. Antiseptics in milk arrest the souring--which is Nature's danger signal. Stop souring, and you cut away the red flag of peril, at the same time that you reduce the nutritive value of this most important food."

Continuing, he makes this sweeping statement:--
"Now in regard to the dangers of canned foods, 65 per cent. of which are found to be in some way adulterated. The most important sophistication is the addition of the preservative salicylic acid, the poisonous nature of which has already been discussed. Of the effects of this drug on the human system, the canners are presumably ignorant. Its administration should always be under the control of medical men, and not left to the discretion of unscrupulous manufacturers, who know nothing about the action of medicine, and care nothing. Fancy a doctor prescribing some article of food or drink for a convalescent with delicate digestive organs, and innocently administering with the nourishment this wholesale destroyer of digestion."

With one more quotation we will close, hoping that this article may be useful in preventing many of our readers from running the risks that they have frequently incurred in the past. The professor says:--
"Special danger is to be apprehended from the use of canned asparagus, whose acid (aspartic) corrodes and blackens the sides of the can, thus forming a tin salt. A single can has been found to contain a half gramme of tin. Traces of tin have also been detected in canned tomatoes, and the sulphuric acid which is sometimes mixed with canned corn to bleach it attacks and dissolves the tin walls of the can. When the reader is reminded that one hundred million cans of corn are put up annually in the United States, and that a large fraction of this corn is first bleached with sulphuric acid and then tanned with salicylic acid, he may perhaps form an estimate of the amount of injury done to the public by the sale of such adulterated corn as pure. * * *
"That true food, coffee, is subject to sophistications whose name is legion--chicory, caramel, and roasted grains of all kinds, dandelion, turnip seeds, peas, pea-hulls, beans, Venetian red, brick-dust, straw, sticks, clay, and bake-house sweepings. Beware of "prepared" coffees, as they are likely to contain over 50 per cent. of rye and peas. One specimen examined by the Board of Health contained no coffee whatever! Ground coffee is naturally most exposed to falsification; and yet a coffee bean has been put upon the market composed of a wheat mash colored coured oxide of iron. Tea is adulterated with spent tea leaves, and with rose, willow, elm, and poplar leaves, with Prussian blue, gypsum, and sand; chocolate (or coffee-paste flavored with vanilla), with starch; and the cocoa butter with other fats which melt at a higher temperature than 33 degrees F. Cream of tartar is adulterated with alum, sulphate of lime, and carmin; baking powders, with alum--allspices with wheat, nut shells, corn, rice, and sawdust. Cloves have been examined that were 70 per cent. dirt and nutshells; and cayenne pepper that was 90 per cent. cocoonut shells and corn. Butter is oleomargarine (not injurious to health, but simply a fraud if sold as butter). Cheese is a mass of foreign fats. Lard has become beef tallow and cottonseed oil. Glucose masquerades as honey and maple syrup. Jelly is a dubious compound of glucose, coloring stuffs, and mineral acids."

CATHOLIC MISSIONS IN FRANCE.
In spite of the veto recently put forth by the French Government on the subject of missions preached in France by members of religious Orders, a mission of this kind was begun the other day at Origny-en-Thierache, in the diocese of Soissons, says a correspondent to English exchange. As soon as the fact came to the knowledge of the Prefect of the Department the Bishop of Soissons received intimation that he was expected to put a stop at once to the religious exercises in question. The Bishop in his reply said: "I am under the necessity, Monsieur le Prefect, of telling you once more that I will not forbid missions in my diocese. To do so would be to act in opposition to my conscience. The civil power must take upon itself the responsibility of such a step. In short, instead of trying to stop these missions would it not be better for us to work in common at raising the moral and intellectual standard of the people of our Department? By so doing we should deserve well not only of the Church, but of our country." While war is being waged on members of religious Orders as preachers of missions, diocesan missionaries escape the clutches of the law. Three of these, including the well-known Abbe Lenfant of Paris, have just been giving with immense success a mission at Mondon. Preaching from the old parish church of Francois Rabelais, they have converted more than one hardened sinner and given an impetus to Christian practice throughout the Commune.

MASSACRE IN CHINA.

The outrages reported from China about the middle of last month appear to have been even of a more shocking character than the telegraphic despatches suggested, says the Liverpool "Catholic Times." The particulars of the persecution which have been communicated to the "Missions Catholiques" by the Vicar-Apostolic of Tché-Kian are harrowing. The Catholics, lost fourteen churches, which were pillaged and burnt, and 1,400 families were robbed of all they possessed. One youth was horribly mutilated, and yet not

killed outright, his assailants desiring that his agony should be prolonged. A man who was too ill to be able to seek safety in flight was taken from his bed and buried alive. A catechist was beaten until the skin was torn from nearly all his body, and then his head was struck off. These horrible cruelties were perpetrated by the secret society known as the "Boxers." Their leader, it is stated, was really encouraged by the Chinese authorities until he rose in revolt against them. Then he and a brother of his were beheaded, but it was made known that the punishment was inflicted, not on account of the brutal attacks upon the Christians, but because this leader had rebelled against the Mandarins. His followers, of course, treated the declaration as a guarantee of impunity for additional outrages, and the brigandage and slaughter became more frightful. The representatives of the Powers have now made an energetic collective demand for the suppression of the "Boxers," and it is to be hoped they will see the work of suppression is effectually done. For Christians China has in some parts been turned into another Armenia.

Later reports from the same source say the news from China has been more and more alarming. The "Boxers" received powerful support, and the conspiracy spread rapidly. The insurgents routed a body of the Chinese troops sent against them, burnt the railway station at Lako-Chiao, and destroyed the southern section of the Luban railway. They incited the people of all the northern provinces to rise against the foreigners, and their efforts met with success. Countless hordes of desperate men joined their ranks, and edicts forbidding the society were treated as so much waste paper. Pillaging and burning went on continually. The Belgians engaged in constructing the Luban railway line were fiercely attacked, and in the course of various conflicts a number of lives are reported to have been lost. How far the missionaries have suffered during the latest development of the insurrectionary movement has not yet been ascertained. It would appear that several of them were cut off at Paotingfu; what their fate has been has not so far been ascertained. Russia, having twenty thousand troops at Port Arthur, has been adopting vigorous measures, and the result, no doubt, will be the appropriation of a further slice of China. So that the "Boxers" are only helping to plant him more firmly in the country.

THE SITUATION IN SOUTH AFRICA.

In face of the most recent military development in South Africa, it is impossible for the most ardent amongst the friends and defenders of Boer independence not to recognize that the day can scarcely be far distant when it will become necessary for England to decide what her policy will be in relation to the new Colonies which will be added to her Empire. A very interesting article bearing on this question, and throwing a considerable degree of light on the present situation at the Cape, has just been contributed to the "Pall Mall Gazette" by the Princess Catherine Radziwill. The writer of the article has only recently returned to London from South Africa, and appears to have made a very complete and accurate study of the condition of things which prevails amongst the various races and sections of opinion represented in that country. It would appear, from the tone of the Princess Radziwill's article, that there exists at the Cape a certain minority of the population who, not unlike the Ascendancy faction in this country, are much more English than the English themselves, and anxious to secure, by the profession of intense loyalty towards England, license to plant their heels on the necks of the majority of their fellow-countrymen, and to deprive them of their just share of civil rights. We do not know if the Princess Radziwill has perused the history of this country or understands the state of affairs which has, for long, existed within its shores. If she had done so, she could scarcely have held up a more useful warning light than that with which she now illuminates the darkest recesses of the South African maze. Nothing can be more certain than that, if England desires to involve herself in a sea of practically unending troubles, she will commit herself in Africa to the same policy which her rulers, unfortunately in relation to Ireland, unless the Princess Radziwill is entirely mistaken, there exists in South Africa a faction as intolerant and as greedy for power as any which ever monopolized authority and State emolument in this country.

At present it is the fashion to style the people to whom we refer as Jingoists. In Ireland we would probably call them Orangemen, Ascendancy men, or the Castle folk. The title by which they are designated scarcely matters very much, because the spirit by which they are animated is precisely the same, both in Africa and in this country. The members of the faction which just now, maintained as it is by British bayonets, is dominant at the Cape, in its thirst for personal aggrandizement would readily sacrifice the rights and liberties of the entire community in the midst of which it exists, if only it could secure a monopoly of power and profit. On the subject of the situation at the Cape, Princess Radziwill writes as follows:--"I am a staunch Imperialist by conviction, and I think Imperialism must be the principle which every man in South

Africa ought to support and defend. Its triumph will mean freedom and prosperity for the country; it will give it peace and the respect of the world, which, whatever the Continental Press may say, bows down before those the English flag protects. But while South Africa must never forget that she is a part of the Empire, and feel proud of it, yet she must struggle against a certain application of Imperialism which might tend to crush her aspirations to self-government (only in the Parliamentary sense, of course), and in order to be able to do so she must not let the present artificial race hatred disunite her, as it might do, if common sense did not prevail and get the upper hand of Jingoism." It would be well for Ireland if we had a Princess Radziwill, who had the ear of our own Ascendancy faction and rulers, who would preach to such folk similar principles to those expressed in the words just quoted. There can be but little doubt, for instance, that the worst foes of the consolidation of English power in this kingdom have been those who have made its existence synonymous with the deprivation of the Catholic Celt of every right which is his by the decrees of Nature.

As to the future of South Africa, the Princess Radziwill has a great deal to say which is full of interest and instruction. She writes as follows:--"Poor South Africa! I said it once, and I repeat it again, poor country! It seems as if the Almighty had specially designed it for the black man, and sent a curse over the white one who invaded it. She has treasures in her bosom, wealth is hidden everywhere in her forests, her rivers, and her soil, and yet of how many reputations she has been the slave! Let us hope that the present trial will be her last one, and that this crisis will only be the beginning of a new life for her. She has all the elements necessary to become a great country, even men who are devoted to her, and who will work for her prosperity. She has now at last the prospect of a good government, and the hope of being able to develop herself in peace and prosperity. All who wish her well must hope that she will be able to free herself from the curse of Jingoism, and to grasp the fact that all her future lies in the common sense of her inhabitants. As I said, I feel sure race hatred must disappear by the mere fact of the common interests which, whatever they may do, will always bind the English and the Dutch in South Africa. A firm Government, a settlement on strict Imperial lines, respecting the rights and privileges of each individual, without difference of race or creed, is sure to bring back that calm which succeeds every storm, and that peace which every Afrikaner, as well as every Englishman, will greet with joy, and which, let us all hope, is not so far distant from us." Time, and time alone, can decide whether the most prudent system of Government which may be adopted in South Africa can ever wholly appease the animosities which must necessarily have been created between the Dutch and English colonists by the present unhappy war. There can, however, be but little doubt that the only way in which England can guard against the creation of a new Ireland--discontented and disloyal, like the old one we inhabit--is by the adoption of methods absolutely different from those which have been applied in the case of our own people, and which have made them the enemies of England wherever, the whole world over, they are to be found!

ABOUT ELEVATORS.—The modern skyscrapers in New York are responsible for a new disease. Physicians call it "elevator heart," says the "World." It is confined to elevator conductors. Several men who follow this occupation have died recently of heart failure, and medical men declare that it was sudden ascent and descent all day long which affected the heart.
"The faster the elevator goes the greater the danger."
The air in the bottom of the shaft in a high building is heavier and more dense than at the top and the rapid change from one to the other has a tendency to produce a bad result. People not accustomed to riding in lifts which shoot from the top to the bottom of skyscrapers with lightning speed frequently experience a queer sensation as if their hearts had gone down into their boots.
The fastest elevator ever run in New York was in the Western Union Building. It shot upward at the rate of 1,500 feet per minute. This amounts to one mile in three minutes and a fraction.
Passenger elevators, however, do not always travel at top speed. They average about 400 feet a minute. But even shooting up and dropping down every day at the rate of a mile in a dozen minutes will eventually, physicians say, bring on heart trouble.
At present more than 5,000 eleva-

tors are used daily in this city. The position of the men who run these cars has several disadvantages. It is trying work physically. The muscles of the arms and back suffer most. Operators usually stop the car by pulling the rope with the right arm and the muscles in that arm soon become abnormally developed. The work is also trying on the eyes on account of constant peering through the grated doors as the car flies past.

People with weak heart often suffer intensely from riding in an elevator. A trip in it will give some persons a case of genuine seasickness. Neither William Cullen Bryant nor Jay Gould would ride in an elevator when it could be avoided. They would walk up many flights of stairs rather than trust themselves to these shooting cars.

WANT TO KEEP YOUR NEURAL-GIA?

Of course, you don't; so you should take Scott's Emulsion. It is a fact, this remedy cures it; and it cures nervousness, nerve debility and insomnia also.

A DEAF AND DUMB POET.—Just outside the beautiful village of Eaton Rapids, resides Apollon S. Long, one of the most remarkable men in Michigan, says an American journal. Besides being deaf and dumb, Long is a helpless cripple. For 15 years he has been confined to a wheel chair, and the last three years to his bed. Mr. Long lost his hearing in childhood. He was educated at the State school for the deaf, in Flint. Soon after leaving school, he was stricken with paralysis, which left his lower limbs in a helpless state.

Although a great sufferer at times, Mr. Long is a model of patience, and takes as much interest in affairs of the world as any well man. He is a great reader, and well informed on all subjects. He is a regular contributor to several newspapers, and often produces verse.
At present, he is giving much attention to the South African war, and recently contributed a poem to his school paper which shows plainly where his sympathies are.

A REMARKABLE GRADUATE.—Among the high school graduates of Adrian, Mich., this year, is Miss May Constant, who is 21 years old, 37 inches tall, and weighs 41 pounds. "Little May," as she is called by the people of Adrian, was a normal child until 3 years of age, when she suffered a severe illness, which seems to have destroyed her physical growth, though not injuring her mentally, as her mind has developed with her years.

Look not back upon the past, its sorrows, its cares, its failures, and its sin, with that paralyzing regret that darkens the eye to the new and glorious possibilities of the future. Accept the past as a finality that no years of agonised sorrow can change, but see in the future, the revelation of the true way in which to walk. See rising from the disolence the resurrection of the law you may obey--the new light of higher wisdom. Know that the life without regret is the life without gain.



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Tuesday, the 3rd day of July next.
The Transfer Books will be closed from the 15th to the 30th June next, both days inclusive. By order of the Board,
H. Y. BARBEAU,
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Montreal, 31 May, 1900.

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