

climbs the step of the stairs; it is a brother who hastens to come and press the hand of this dear patient. What sweet intimacy reigns amongst them! He inclines himself on his bed and kindly pours into this sick soul the balm of friendship and consolation he brings forth; and this brother, in the effusion of a sweet conversation, will unveil with confidence the needs and privation perhaps of his family, which a generous and discreet hand will afterwards alleviate. Ah! the poor many; it is a secret to know how to give it, and there is only Christian charity which is able to do this, for it is based on a superior motive. And then, when death has brought mourning into the family of one of ours, we go and surround his family with our regrets and his corpse with our respectful homage. After spreading on his grave the alms of our prayers, we deposit into the hands of his weeping widow and his children a sum which enables them to go through the worst days.

This is, My Lord, in a few words, the work of our branch. You will find represented in our midst the various classes which form the society. The forming into groups of the members of this large social body, their drawing nearer by the most intimate bonds and exchange of ideas and good relations which follow, cannot but produce happy results. It is in cementing that way this union for good that a spirit of concord can penetrate everywhere and unite in one sheaf the olive forces of Catholics, *uncti potentes*. This power which we desire does not constitute a threat to any one. To all we offer cordially a fraternal hand, without any distinction of race or religion; to all we wish that true happiness we are seeking for ourselves. The foundation of our association rests on love and respect for all the citizens of this country, and we would like to see those sentiments radiating all around us, penetrating the multitudes, re-establishing harmony in all and that no one could be able to disturb it. We breathe in our society an atmosphere full of peace and charity; but that peace to be lasting must rest on justice. It is only on that condition that both can unite, as says so well the psalmist: *Justitia et pax occultant*.

Strong in our rights, ready to defend them without weakness or hatred, by all legitimate means granted to us by the constitution of the country, we offer our little influence and humble efforts to help you, My Lord, to keep intact the trust which was intrusted to you.

Please, My Lord, accept our respectful homage for your person, and bless our work, the members of this branch, and their families.

F. CHENIER, Pres. Branch 230.

His Grace replied in substance as follows:

Mr. President, Gentlemen:

Nothing could be more agreeable to me than your fine address.

You have shown that you understand what it is to be Catholic. You understand it and you know how to express it. Yes, to be Catholic means to be submissive to the representative of God amongst us, to His Bishop, to remain united to Him, and to follow His teachings; and do not think that you lower yourselves in so doing, for everybody obeys; there are no exceptions, and there cannot be. It is of the very essence of our nature to obey; it is greater, nobler, to obey God than men! What difference between the members of your society and that of secret societies. Both obey, but whilst

the latter finds himself compelled to accomplish, against his conscience, works of falsehood and death, secretly, the former produces in broad day-light all that his intelligence and his heart shows him to be, noble and elevating works of truth and life. This is the difference between the members of Catholic societies and those of societies condemned by the Church; the former build the truth, while the latter sap its foundation. There is another point which gives me the greatest pleasure. You say that the hour has come to act. You are right; matters are now to a point that to be effaced is to fly away. What do I say? not to combat for us is to combat against us. To day it is no longer allowed to wait, it is no longer allowed to ask for time to reflect and meditate. We have a principle before us and it must be answered yes or no, if we are Catholic, and gentlemen, I can be proud of my flock of Manitoba: all have stood up like one man to protest against injustice, to claim our rights, violated and outraged. I say all, for one Judas does not number.

And it is this that has given me strength during my voyage. I did not fear to speak, for I knew I was supported by all my flock. I could be categorical in my affirmation. I could be without fear at Quebec, at Montreal, at Ottawa and Toronto, because when I spoke, it was not I who spoke, it was one creed, it was one entire people who were speaking through me. It is again that which gives me strength here. If you were not in accord with me, I would have probably succumbed long ago, we are so weak when we are alone. Let us remain united around the cross, united in the same faith, in the same hope, and the triumph is ours.

After His Grace had spoken, His Honor Brother Justice Prudhomme thanked His Grace in the name of all the brothers, and in a very eloquent manner extolled the charity which reigned amongst all the members of the society.

Brother Cyr, Chief Ranger of the Catholic Foresters, and member of the C. M. B. A., present at the meeting, assured His Grace, in a few appropriate remarks, of the sentiments of filial submission and affection of the Catholic Foresters of St. Bonifacio.

"We also, My Lord, concluded Brother Cyr, are determined to combat with you, under your direction, for our most sacred rights."

Great applause followed the address of each speaker. The order of business was continued, and motions of thanks passed to His Grace and the zealous organizers of this splendid demonstration, one of the finest, indeed, of which the records of Branch 230 of St. Bonifacio will keep.

Interesting Meeting of Branch 98.

The members of Branch 98, Levis, Que., met in regular meeting on the 26th June, in their hall, Rev. Father C. E. Carrier, Superior of the College of Levis, in the chair. Rev. Father Anselme Deziel, curate of Beauport, was admitted a member of the branch. The ceremony for the admission of the new member was performed, and addresses were delivered by Rev. Father C. E. Carrier and Brother I. N. Belloc.

The name of Deziel in the list of the members of this flourishing branch will recall sweet and dear souvenir to all the brother members of the Catholic Mutual Benefit Association of Canada

in Quebec Province, as the speakers of the evening remarked so well.

The admission of Rev. Father Deziel cannot fail to be the beginning of a new area of progress for the association, for there is no doubt that the example of Father Deziel will be followed by many other members of the clergy, and that the parishioners, encouraged by the example of their pastors, will be more anxious to become members of our association, which presents so great advantages during life, through good fraternal relations she offers to members as well as after death the comfort she brings to the widow and orphans.

HOT WEATHER HEALTH.

Use Soft Water and Live to be a Hundred—Don't Pool Too Much With Ice Water—Serious Diseases Caused by What You Drink.

By J. Morrow, M. D. in the Illustrated Buffalo Express.

Water forms one of the most important constituents of the globe. As a liquid ranging between the temperatures of 32 degrees and 212 degrees it covers more than three fourths of the earth's surface. It is absolutely essential to the constitution of both animal and vegetable organisms. For instance, it constitutes about 70 per cent of animal tissues. Our bodies are largely composed of water; indeed, it is its presence that the physical properties of the skin, muscles and other tissues are mainly due. Muscular fiber itself contains about 67 per cent of water. It is indispensable to the chemical action which is continually going on in our bodies and to the healthy performance of the functions of the various organs and tissues. It is therefore of the utmost importance that the water used for drinking and domestic purposes should be free from all deleterious substances.

The water supplied by many of our cities and towns as well as that used for springs and wells in many rural districts, is unfit for domestic use. Such water may be clear, cold and sparkling and pleasant to the taste and yet be charged with the most subtle poisons. Impure water is undoubtedly a more prolific cause of disease than bad food, since the latter can be more readily detected by the taste and smell, but not so always with the former. As found in nature, water is almost always more or less contaminated with foreign substances, which render it unfit for chemical but not always for domestic purposes. Rain water, or that distilled in nature's great laboratory, is the purest.

Lake water, especially that found in slaty and gravitic districts, is generally ranked among the purest forms of natural water. The waters of the Great Lakes on our northern boundary are tolerably pure, their chief impurity being carbonate of lime, held in solution by the carbonic acid which they contain.

River water, or that usually supplied to cities and towns, is subject to great variation in its quality. It is simply rain water holding in solution substances derived from the atmosphere and soil through which it has percolated or flowed. Such water is generally alkaline from the presence of carbonate of lime. Good potable river water should be neutral, that is, neither acid nor alkaline, colorless, tasteless and completely free from odor—properties which, however, it seldom possesses.

Iron is found in river water, but more frequently in the water of springs and wells. If present in moderate quantity it can readily be detected by its ferruginous taste and also by a solution of tannin or tannic acid which strikes a black discoloration. Such water is unfit for making tea, the tannin of the tea combining with the iron to form common black ink. Water containing carbonate or sulphate of lime, carbonate of magnesia or iron is called hard and will not dissolve soap. On this property is founded the process of determining the hardness or the softness of water by means of the soap test. Spring and well water differ only from river water by their containing more solid matter, generally carbonate of lime. The water of most wells, and especially those near dwellings and in towns and cities, contains a considerable amount of organic matter derived from the surface soil immediately surrounding the well, and in many cases is utterly unfit for domestic use, being often loaded with germs capable of producing typhoid fever and other zymotic diseases.

Distilled water is that which has been freed from all impurities by distillation, that is by evaporating ordinary water and collecting and condensing the steam, being careful, however, to reject the first and last

steam that passes off, as this would be liable to carry over any gaseous or other impurities which it might contain.

The presence of a very minute portion of chloride of sodium (common salt) and carbonate of lime (chalk, limestone) in potable water is not always injurious to health, but the constant use of water highly charged with the latter salt is decidedly so. It has generally been supposed that if lime were not freely taken into our system daily by the use of calcareous water, our bones would not receive the proper amount of mineral matter for their normal development. This is to some extent true, but the carbonate is not the only salt of lime required for this purpose. It is the phosphate which we get from the cereals (wheat, oats, barley, etc.) and other food, and which is required not only to give solidity and rigidity to the bony structures of the body but also to build up the brain and nerves. This salt contains nearly 50 per cent of lime or rather of the metal calcium, which is abundantly sufficient for these purposes.

Water containing an excess of either the carbonate or sulphate of lime, is capable of producing conditions of the system incompatible with good health conditions which no treatment can remove. *Fragilitas ossium*, or brittleness of the bones, occurs frequently in middle aged and old persons, and is due entirely to an excess of carbonate of lime. The bones become abnormally brittle and break from the slightest causes. Such fractures occur most frequently in the long bones as the femur or thigh bone and are very slow to unite because there is an excess of mineral and a deficiency of animal matter in the bone tissues.

Calcareous degeneration of the arteries of the lower extremities and of other parts of the body is also due to a deposit in more or less abundance of the salts of lime. The smaller arteries of the feet and legs not infrequently become ossified or rather calcified, thereby interfering with the healthy circulation of the blood in those parts, and give rise, especially in persons of advanced age, to the most serious consequences. Senile gangrene is attributable in almost all cases to an obstruction of the circulation from calcareous deposits in the distributing arteries of the lower extremities. The small arteries of the brain are also subject to calcareous degeneration, become brittle and in certain cases burst and give rise to hemorrhage, causing apoplexy and paralysis. Nor is this all. The partial obstruction of the circulation in the small arteries of the brain, due to calcification, is supposed in many cases to give rise to non-inflammatory softening of the brain, by directly diminishing the amount of blood necessary for its healthy nutrition. Calcareous deposits may also occur in the large arteries and in the heart. In the latter situation they produce serious valvular disease not amenable to any treatment known to medical science.

Premature old age is the result of these conditions. The skin becomes dry, harsh, wrinkled and anemic; the hair falls out or turns gray and all other indications of old age are vastly accelerated.

Certain diseases of the kidneys and some forms of urinary calculi can be traced to the same cause. The so-called mulberry calculus, consisting of oxalate of lime, is as hard as a rock, and can only be removed by a dangerous surgical operation. Albuminuria, or Bright's disease of the kidney, is another affection which may to a slight extent, at least, be aggravated by the use of hard water. This disease, which appears to be on the increase, is doubtless due in the majority of cases to the excessive use of ice water, large draughts of which give the system a shock which reacts on the heart or kidneys, thereby favoring the development of serious organic disease of those organs, of which Bright's disease may be set down as one. Ice water is deficient in oxygen, and therefore does not possess the stimulating property of water containing a normal amount of that gas. This oxygen is taken into our system and serves the same purpose as that taken in by the lungs, viz., the removal of the excess of carbonaceous matter in the form of carbon dioxide.

From all these considerations it is quite evident that calcareous water is not to be recommended for drinking and domestic purposes. When used for a long time it is capable of producing very serious affections as well as the hastening of senility or premature old age. By the continuous use of soft water, the skin preserves its softness, suppleness and rosy tint to the last; the hair receives its proper amount of nourishment for its normal growth; the bones do not become abnormally brittle; the small arteries of the brain and lower extremities preserve their caliber, elasticity and function unimpaired to the extreme old age, and calcareous deposits on the valves of the heart, in the thyroid gland and other organs would no doubt become exceedingly rare, if not entirely unknown. Everyone then who desires to maintain all the various organs and tissues of his