

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, yellow, and can not get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel, like you felt before your blood, nerves and muscles became loaded with the body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant. Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.

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GOES BEYOND HIS DEPTH

Hon. Rodolphe Lemieux has not enhanced his reputation by the charges he made in the House last week to the effect that the Liberal papers of Canada were bought by the Union Government party prior to the last general election. Not only is the statement a malicious falsehood, so far as we know, but it was a falsehood uttered by Mr. Lemieux within the walls of Parliament where he is protected. He fails to specify the papers or to repeat his charges outside the House so that he could be made to prove what he said. No more striking example of cowardice has been given for sometime by anyone who aspires to public life.

It may seem to Mr. Lemieux and to others of his temperament that the Liberal papers of the country did unite all at once on a policy which resulted in the abandonment of the late Sir Wilfrid Laurier's policy which was, it will be recalled, opposed to compulsory military service. They took this step with regret and only as a result of conviction, we are confident, for the Editor of this paper was present in Toronto at the conference when the whole political situation was canvassed. The entire three hours were taken up over the question hinging on what should and could be done to get conscription enforced. That the editors present may have erred in their calculations as to what would be accomplished by compulsion, that they may have made a mistake in believing the situation on the western front was decidedly critical and that they may have created an unwise and dangerous precedent by arranging to consolidate as a Press to accomplish a given cause, all of these may be alleged but granting for the moment what we are not prepared to concede, that all of these steps were mistakes they still were made in good faith in the best interests of Canada and the Empire.

If Hon. Mr. Lemieux and others of a similar mood who pass remarks and suggestions that are beyond the reach of the law, were fair enough to look up dates and facts, they would find that the Liberal Press of Ontario decided upon its policy before Union Government was in any way formed. It was in July or August when the editors met in Toronto and, of their own accord, without any coercion or influence from outside, decided the critical condition at the front demanded that unusual methods should be followed.

The volunteer system of raising men, which had been followed and had produced excellent results, had at last spent itself, and everyone agreed that statistics showed this to be true. The editors reviewed all phases of the whole situation as they

saw it and concluded they would support conscription, much as they disliked it, as foreign to Canadian sentiment and institutions. They then took the ground as a natural consequence, that if compulsory military service were to be enforced some sort of Union Government would have to be formed. At the time of the meeting of editors in Toronto, no such government or party existed. The opinions of practically all of us remember, were against the leadership of Sir Robert Borden and yet no other man appeared in view who was regarded as strong enough to head a Government.

When in the fall, therefore, a Union Party was formed ready to back up the programme for compulsory military service it was to be expected that the Liberal papers which had asked for these things would not turn upside down when they were brought about. The Editor of the London Advertiser, we may tell Mr. Lemieux since he singles out that paper for eulogy, was present and appeared to be in accord with his fellow Editors. It was afterwards that the business management of The Advertiser is said to have decided it would be a good circulation stroke to keep the sympathy and support of the farmers who were opposed to conscription.

That the advertising sent through by the Government to newspapers "bought" them or "sweetened" them is utter folly, we are certain. The Journal, among others, received this advertising just as it received and published all other kinds of advertising, but the volume sent from the Government was not enough to "buy" or "sweeten" anybody. If such an argument as this were sound newspapers would be bought and sold several times a year for lots of contracts are placed with papers for infinitely more than the Government used.

Mr. Lemieux is evidently quite aware he can prove nothing and that even his logic is weak or he would have honor and courage enough to make his charges outside of the House where the papers could ask him to substantiate his sinister remarks. That he hides behind privilege is an evidence that he must have a yellow streak in him. He should henceforth be treated with contempt by the papers he maligns.

We hope the day will never come when the Press of Canada will not be free to advocate any policy which it thinks best to meet a contingency.

HIGH ASSESSMENT TAX

With an assessment now of about fifteen and a half millions and one of the highest in the province, what possible wisdom can there be in advocating an increase? We take it for granted that most assessors add on each year, without force of outside opinion, anything they thing property should bear but to be encouraged and advised to keep on raising a city's taxation year after year is unnecessary and unwelcome. It would not be so bad if the tax rate went down, but it does not work that way. As soon as there is an increase in the assessment and thereby an increase in the revenue of the corporation, some public body sets out to spend it and generally succeeds. Leave the assessor alone is our policy. He knows enough to make any increases he thinks fit.

The City Council will meet in regular session at the City Hall tonight and from all indications it should prove a lively meeting. The Schools question will in all probability be brought up for discussion and with one or two other important questions on the order paper, everything points to some lively debate when the City Fathers get going.

The Council of the Board of Trade will meet at the Standard Hall tomorrow evening for the purpose of discussing the school situation. The members of the City Council and one representative from the Public School Board and one from the Collegiate Institute Board have been invited to attend.

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IN the mud of France and Flanders, and the dreary desolation of war stood a series of little huts where soldiers from the front line trenches used to come. Sometimes it was a dug-out, sometimes it was a shed, sometimes it was the cellar of a ruined house, sometimes it was a section of a chateau or a barn, sometimes perhaps it was a regular "hut". But always the Red Triangle over the door was the sign of welcome—the sign of hospitality and good cheer, the sign of the soldiers' club. And they called it "the Good Old 'Y'."

Help Y.M.C.A. Maintain Red Triangle Clubs

Canada Needs "Y" Service During Demobilization

IN eleven of the principal cities of Canada from coast to coast the Young Men's Christian Association is now operating in separate and distinct buildings Red Triangle Clubs for returned soldiers. In other cities similar accommodation is provided in the regular Y.M.C.A. buildings. These clubs are simply large, well managed hotels where transient soldiers are furnished bed and board at nominal rates, and the conveniences of a headquarters and social

meeting place while staying over on business connected with the adjustment of their military accounts or their civil re-establishment after their discharge from the army.

Red Triangle Clubs are self-sustaining in part, but in the main they are financed from the Red Triangle Fund. The work is increasing as demobilization proceeds. Three Red Triangle Clubs were in operation last year. This year eleven such clubs are in existence, and in addition similar service is being rendered soldiers in the regular Y.M.C.A. buildings of other cities. To carry out this greatly needed work during the present year, a considerable portion of the Red Triangle Fund is being devoted, and your support is asked in earnest conviction that this service to our soldiers is as deserved as it is appreciated.

Red Triangle Campaign
Nation-Wide Appeal
\$1,100,000 May 5th to 9th

RED Triangle Clubs for soldiers were inaugurated in Canada in April, 1917. A committee of prominent business men in each locality undertakes business supervision, trained managers and book-keepers are placed in charge by the Y.M.C.A., usually men with a long experience in railway Y.M.C.A.'s, or similar work. The Clubs are staffed and managed like good moderate priced hotels with the exception that in the restaurants (or dining rooms) ladies' committees furnish voluntary workers as waitresses. All other help is paid.

The rates charged to soldiers making use of the Red Triangle Clubs vary according to locality, but the service in every case is given at prices much below cost. The result is heavy monthly deficits at each Red Triangle Club—deficits that can be met only by funds subscribed by the public in the Red Triangle Campaign.

Red Triangle Clubs provide:

A social rendezvous for soldiers held over by personal business and at their own expense in the big cities.

Hotel and restaurant accommodation to returned men at below cost.

Free check rooms for soldiers' dunnage bags and parcels.

Reading and writing rooms and free stationery.

A "Mother's Corner," where buttons are sewn on, socks darned, and little jobs of sewing and mending are done for soldiers free of charge.

Commodious shower baths with hot and cold water.

Billiard rooms and other games such as checkers and chess.

Information about trains, telegraph facilities, and free motor bus to and from railway stations for soldiers and their baggage.

An Adjustment Bureau, where soldiers' claims for back pay, war service gratuities, etc., are taken up with the proper authorities and arranged for the returned men.

A Social Service Bureau where men are assisted to find employment.

First Aid facilities for men whose injuries may require immediate attention.

Safety deposit conveniences for money and valuables.

Regular musical and entertainment programmes contributed by Y.M.C.A. workers and voluntary talent; religious services on Sunday afternoons.

For Red Triangle Clubs and service to soldiers in local Y.M.C.A.'s, Military Hospitals, Camps, etc. the National Council is apportioning the sum of \$472,069 in the budget for 1919, and to meet this appropriation a portion of the Red Triangle Campaign objective will be devoted. A sum of \$22,000 is also apportioned for possible new Red Triangle Clubs to be opened during the year.

For Soldiers' Wives and Little Ones

For the wives and children overseas, dependent upon Canadian soldiers, a sum of \$175,000 from the Red Triangle Fund will be set aside to cover the work of the Dominion Council of the Young Women's Christian Association.

Young Women's Christian Association Secretaries accompany the soldiers' families on all the steamers coming to Canada. At St. John and Quebec and similarly at Halifax in co-operation with the Citizens' Committee there, soldiers' dependents are welcomed and cared for. Money is provided in cases of need to those lacking sufficient funds to complete their journey. At the railway stations throughout Canada similar service is rendered by local Y.W.C.A. workers.

For the sake of the soldiers' wives and dependents coming to Canada, be generous when you make your contribution.

For Canadian Womanhood

The Dominion Council of the Young Women's Christian Association has also the responsibility of superintending and promoting Y.W.C.A. work for Canadian Women and Girls, which is growing more widely necessary each year. Everywhere the Y.W.C.A. is called upon for help, and your contribution to the Red Triangle Fund will make response the more nearly complete.

Help the "Y" complete its work for soldiers. Help extend "Y" service to Canadian boys. Help bring the Red Triangle to the Army of Industry and to Rural Canadian Life.

National Council, Young Men's Christian Associations of Canada

The Red Triangle Campaign is under the distinguished patronage of His Excellency, the Duke of Devonshire, K.G., G.C.M.G., G.C.V.O., P.C.

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