

Pains

THOUSANDS of people suffer the agonizing pains of rheumatism, believing them to be inevitable. Yet, the truth is that rheumatism is generally caused simply by the failure of the kidneys to remove impurities from the system.

TRINITY.

In the list of human societies and organizations, that have in the past tried to improve the morals of our people in Trinity, and thus to make them better citizens, the palm—in my opinion—goes to old Harmony Division, Sons of Temperance.

It was to make an effort to stem this blighting tide, that a few of our citizens applied for a charter from the Grand Division at St. John's, and handed together under the name of Harmony Division, Dr. Robert White, Ebenezer Stoneham, Samuel Didiham, William Crocker, and others, who were the charter members, were good men and true; and they gave freely of their time, and talents, and money, to keep up the weekly meetings of the Division, and to influence those (to whom drink was a temptation) to take the pledge, and to keep it, at least for a while.

There was much to discourage the best of men who engaged in moral uplift in those days; but there was no looking back by such men, as I have referred to, and they died as they lived, consistent advocates of a cause—for their interest in which they had no need to apologize, but which they had many reasons to be proud of, for the assistance it had rendered to many a man, young and old to live a sober life.

I still look back with pride and pleasure to its private and public meetings, and I shall never be ashamed to admit of my membership, and the share it had in moulding my life and character. Nor were the good influences of its members confined to its own organization; for as other societies came into existence, several of the men who had been trained in the principles of Harmony Division, became prominent members of those societies; and thus with a larger scope in them for their influence, they became a power for good, over a class of young men from adjoining settlements, who could not be induced to join a distinctive temperance society. Those young men, however, clamoured for the degree advanced.

"They WORK while you sleep"



You are constipated, bilious, and what you need is one or two Cascarets to-night sure for your liver and bowels. Then you will wake up wondering what became of your dizziness, sick headache, bad cold, or upset, gassy stomach. No gripping—no inconvenience. Children love Cascarets too. 10, 25, 50 cents.

ments which those societies offered, but they found themselves face to face with new moral requirements. At first, those young men resented the introduction of a temperance requirement, which was to be shown in their daily life, if they wished to secure such advancements. This requirement, however, (embodied in the principles of the order) and made effective largely by the influence of the members from Harmony Division, had to be recognized and complied with, and eternity alone will reveal all the good that was quietly done to those men in that way, and in those times.

With the extension of the temperance sentiment in the district of Trinity, sufficient to carry local option; and with the passing of many of the older members, Harmony Division went out of commission. Through its influence the fine Hall on the hill side, was planned, begun, and built, and was known as the Temperance Hall. The Orange Society then took over a half share of ownership; and a few years after, when Harmony Division surrendered its charter, its half share, too, and good will was handed over to Royal Albert Lodge, by the Grand Division. Thank God there is no need to-day in the Orange Lodge for a few members with temperance sentiments to assume the sole responsibility of sobriety; for all its members to-day are more or less alive to the necessity of it, if they would be true to themselves, and to the moral principles of the order. There is no need to-day of the old Bye-Law of the Trinity Benefit Club, that imposed a fine on the member who came to a club meeting drunk. Such a thing does not occur now-a-days, and it is hard for us to realize that such a thing ever did occur. Yet it did. The baptismal vows, and the teaching of the Church "to keep my body in temperance, soberness and chastity." The grace of God sought and obtained in the Church's Sacramental system; the human helps of temperance pledges and temperance societies—these have had their good effects, and we are wiser and better to-day collectively and individually, because of them. This, of course, is only morality. And whilst morality alone is a poor substitute for Christianity—there can be no Christianity worthy of the name, without such morality. I often get letters from individuals thanking me for remarks and references made by me in my weekly items. I shall be more than glad to hear—either through the press or by private letter—from any one who still has cause to remember Harmony Division, and can certify to the good effects with which I have credited it.

Amongst the many good things that Trinity is noted for, is the number of Winter holidays, unknown in other parts of the Island. In addition to Christmas Day, and New Year's Day, there are St. Stephen's Day, the Epiphany, the Festival of the Purification, and Ash Wednesday. All those days have, of course, always been holy days of the Church year—each with its special spiritual lesson, and with its call to duty in church; but the fact of their being public holidays is the result of local conditions.

St. Stephen's Day (Dec. 26th) is the annual parade day of the Orange Society, and as the majority of business men, or their clerks belong to the Society, the shops are closed to enable them to join in the procession, and to go to church. The Festival of the Epiphany, (Jan. 6th) is the one day of the year when the Society of United Fishermen parade, and make their corporate church attendance. Here again, either the shopkeeper, or their assistants belong to it; and wishing to join in the parade, again the shops are closed, which means a general holiday. The Festival of the Purification (Feb. 2nd) is the meeting day of the "Old Bellies" the Trinity Benefit Club—and as nearly every man in the town belongs to it, and will be fined if he does not attend—the result is a general closing from labor, and a careful attention to refreshment of mind and body—in other words, a general holiday.

Ash Wednesday, the first day of Lent, as a holiday, had its origin from a different cause. It dates back to the days of Rev. William Ballock. When he was ready for church on his first Ash Wednesday in the town, he noticed that all the business places of the town were open; so, putting on his surplice he visited every shop and office, and politely asked the owner to close for the day, and to

come to church. They all did so, and hence Ash Wednesday is still a holiday in Trinity. None of those days is officially listed as a Bank Holiday. The local Bank Manager, however, quickly caught on to the fact, that nobody ever came for business on any of those days, so he sensibly follows the public leading; and adorns his window with the card "Bank Holiday today," enjoys the public festivities, and the easy chair of the Hotel, and smiles as he thinks of those poor fellows in other parts of the country who are working hard at "filthy lucre." Who would not live in Trinity all the winter!

One of the interesting and interesting guests at Garland Hotel last week, was Mr. Edward G. Carberry, of St. John's. He came to Trinity to do some technical repairs to an electric light plant, and was in town over Sunday. Mr. Carberry is a descendant in the fourth generation of the Carberrys who came from the old land, and settled at Burgoyne's Cove, and Ragged Rock Cove, near Trinity. His father—Richard Carberry—was born in Ragged Rock Cove in 1848, and his baptism is recorded in the Church Register. He left there when he was a boy, and lived for the rest of his life in St. John's. His first wife was Phoebe Morris, of Trinity, a sister of Mr. Joseph Morris.

Mr. Carberry was born and brought up in St. John's. After leaving school he worked as an boy on the Reid and Railway trains. His greatest attraction, however, was mechanical and electrical work, of which he got his first practical knowledge at Reid's mechanical department. At 24 years of age he went to Montreal and took a course in practical electrical work, at which he spent nine years, and then returned to Newfoundland, where he worked for a while again at Reid's. He is now, and has been for two years in the employ of Bowring Bros. installing and repairing the DeLoe Electric Light Plant in several parts of the Island.

This was Mr. Carberry's first visit to Trinity, though naturally he has always been deeply interested in it, as it has been associated with his people on both sides of the family. Carberry's grandfather and his brothers once owned a large portion of the valuable slate quarries of Britannia. They, however, sold their shares to the present owners. Though no one has lived in Ragged Rock Cove for many years past, it still belongs to the Carberry family. Mr. Carberry returned to St. John's with a deepened interest in Trinity, and he has taken with him a sheaf of copies of the baptismal and marriage certificates of the old people, as found in the well-kept records of St. Paul's Church, from which certificates and other helps, he has been enabled to gain valuable information respecting the name, origin, and doings of the Carberry family during the last one hundred and fifty years. Come again Sir.

Those of St. Paul's congregation, Trinity, of sixty years ago, when old St. Paul's was lighted by candle power, will remember the fine brass candle holders, fitted with the pretty ground glass globes and shades. They gave way to the kerosene lamps, and when the old church was taken down, together with several other things, the candle holders and shades disappeared. One, however, has been found, polished, fitted, and placed on the wall of the vestry, to remind us of the lighting outfit of a generation ago. Together with this reminder of candle light; the four long-handled boxes that were used to collect the offerings at the same period, have been found, painted, and placed beside the candle holder. These boxes are 6 inches square, and 3 inches deep, with a handle 36 inches long. They are samples of what were used everywhere at that time; but it is highly probable that the great majority of the original boxes have entirely disappeared. These, however, will go down to posterity; whilst no doubt, the people of sixty years to come will place a kerosene lamp beside the candle holder, and goodness knows what else beside the collecting boxes as corresponding curiosities, and evidences of the funny old fashioned ways we lighted our churches, and collected the offerings during service time.

A Fraser Engine (Marine) offered

for sale by auction at the Grant, Palmer Garage on Feb. 24th, was purchased by Mr. Arch Rowe for \$45.00.

Four men from Champneys, who were seen bird shooting last week, all fired at the same time, at a flock of ducks, and killed eighty-four.

The old Government Wharf has disappeared at last. All the sound material has been secured, and will be useful in the construction of the new wharf in early spring.

W.J.L. Trinity, March 5, 1921.

Says They Are the Best on the Market.

STEPHEN McLEAN'S TRIBUTE TO DODD'S KIDNEY PILLS.

Nova Scotian Who Has Tried Dodd's Kidney Pills and Found Them Good Recommends Them to All Who Suffer From Kidney Ills.

Whitney Pier, Sydney, N.S., March 5. (Special.)— "Indeed I did find Dodd's Kidney Pills beneficial, so I recommend them as the best on the market."

This whole-hearted tribute comes from the lips of Mr. Stephen McLean, who resides at 1424 Victoria Road, this city. He is just one more of the thousands of Canadians who have tried Dodd's Kidney Pills for their kidney ills and found them good.

"Any sufferers who want to recuperate their original health I would recommend them to use Dodd's Kidney Pills," Mr. McLean states further. "There is no disease so common in Canada as kidney disease. The kidneys are the scavengers of the body. Their work is to strain all the impurities out of the blood. It is easy to see how neglecting them may be the cause of serious illness. Rheumatism, dropsy, urinary troubles, diabetes and heart disease are some of the penalties that follow neglecting the call of sick kidneys."

Ask your neighbors if Dodd's Kidney Pills are not the remedy sick kidneys are crying for.

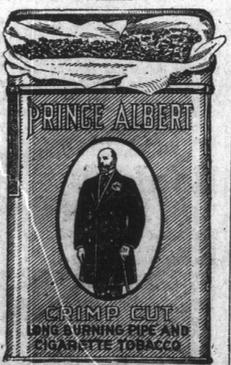
A Bank of Newfoundland

Editor Evening Telegram

Dear Sir—After my so long abstinence I am going to break my letter-writing fast, crave your indulgence, and ask you to permit me to occupy a little space in your paper. I want to write about a bank. Not a baby's bank where you can get the money out with the blade of a knife or a hair pin but a big bank in which real live people put money and draw cheques when they want to get it out. That is the class of bank I want to write about. I have, from time to time, read in the Daily News, and elsewhere about the people of this country not having sufficient confidence in our business men, and other financial leaders to invest or deposit their money in a local bank for fear it would be manipulated, as the money in our other banks was manipulated, with the result of the Bank Crash and all the misery that that disaster entailed. Well that argument down and it simply means this, that in this country of nearly two hundred and fifty thousand people we have not a sufficient number of men or women honest enough to run a bank, to be entrusted with the handling of other people's money. Such a statement is, in my opinion a malicious libel on our men and women. The same paper extols the Canadian Banks, of which we have four established here, and as they are run by Canadians it

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Prince Albert Tobacco.



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Pneumonia and Colds exhaust more of the nerve tissue of the body than weeks of hard work. After them take

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THE NEW REMEDY FOR Nervous Exhaustion which contains Lecithin (concentrated from eggs), the form of phosphates required for nerve repair.

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FRESH FROZEN CODFISH, SALMON, CAPLIN, COD TONGUES, SMELTS, HADDOCK, TURBOT, SMOKED CODFISH, HADDOCK, KIPPERS, Etc.

—ALSO— TINNED SALMON, COD TONGUES, LOBSTERS, SARDINES.

We positively guarantee the quality of above, which is prepared so that every fish retains its full fresh flavor. Modern methods and scrupulous care ensures you getting "the best there is in fish."

For Prices, 'Phone

JOB'S STORES, Ltd.

For the emigration from our shores of our young men and women. I am not sufficiently instructed to give the figures in connection with such an institution as a bank but my friend, the Honourable John Anderson, has them at his fingers ends and could show to a cent what the establishment of a bank in this country. I am, in this letter, only attempting to answer the argument that this country has not enough honest men and women in it to form the directorate of a bank which would command the confidence of the people. I say we have and could name off hand a dozen men and women with whom the people would trust their last dollar. I would invest (if at the time I had any money) in such a bank and I would deposit (with the same proviso) my money in such a bank. We ought to have The Bank of Newfoundland established here. It is a reflection on our clergymen, our business men and ourselves that we have to have Canadians to run our finances. If the Canadians have good banking laws let us copy them and improve on them where they are defective. Newfoundlanders are equal if not the superiors of any men or women anywhere if they get the chance and opportunity. Let us give them the opportunity. The Banks of Newfoundland are famous the world over. Let the Bank of Newfoundland be equally as famous.

Yours sincerely,

GEO. W. B. ATRE.

March 4th, 1921.

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It is unnecessary. We have the lives of hundreds of our townsmen and will save yours, come to us in time. Our "Phlegm" and "Croup" Cough Mixture don't fail to give immediate and permanent relief. Use one bottle you will give up the hack. A cough if not stopped in the stage often leads to consumption. Have two kinds of Cough Mixture. PHROATONE which is especially recommended for children and persons. Price 25c; Postage 10c. "CREOSOTE COUGH CURE" is recommended for Lung and deep-seated coughs. Price Postage 10c. extra.

DR. F. STAFFORD & SON, Wholesale & Retail CHEMISTS and DRUGGISTS, St. John's, Newfoundland.

Brick's Tasteless makes eat. For sale at STAFFORD Price \$1.20; postage 20c. extra.

"REG'LAR FELLERS"

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Advertisement for Bayer Tablets, mentioning 'Unless you are not getting Aspirin' and 'You must say'.

Advertisement for Sid by R, mentioning 'MY times of who are tally fond'.

Advertisement for Beautiful as Jewels, mentioning 'I never been able to'.

Advertisement for a woman's dress, mentioning 'W for fr'.

Advertisement for Lux Dainty Fabrics, mentioning 'The flake crea'.