PASTORAL TO U. S. CATHOLICS

Norld's Woes Caused by Indifference to Christ's Principles, Letter Points Out —

The Health Officers of the various cities throughout Canada state that there is no danger of a general epidemic of Influenza. Nevertheless, there are constant outbreaks of the disease in many localities many localities. Signed by Cardinal.

peace and order on the basis of those same principles, when the violence of these tempestuous days shall have is educated intelligence. Devoid

A central control of the walk of the control of the

Always Danger of **Delicate** the 'Flu

Not an Epidemic this Year; but Hundreds of Cases Just the Same.

Eternal vigilance is the safeguard against the 'Flu, especially as spring Baltimore, Feb. 25—The first pastoral, against the Yfu, especially as spring approaches, with its slush and rain, its damp fogs and penetrating chill.

The most effective barrier against the ravages of influenza is a clean, healthy body. It is when the system is not in its best condition that one is apt to take cold, which in turn develops in the nation on last Sunday. Following is the text:

"We went into the war and ended it. In any material sense we had notning gain. We fought to make the world etter place for all mankind. In proming our purpose we held up our untry and its institutions as the hope of humanity. The pledges we gave nust be redeemed. As our Holy Father 'ope Benedict XV., declares, the Amrican people 'retaining a firm hold on he principles of reasonable liberty and of Christian civilization, are destined to have the chief role in the restoration of peace and order on the basis of those arms avinciples, when the violence of the principles with the toric state of influenza and preumonia.

As one physician expressed it, "The 'Humanity to take cold, which in turn develops into take cold, which in turn de approaches, with its slush and rain, its

The Well-Known Cod Liver It banishes weakness, makes you eat, sleep and feel well. Your money back if it fails -at leading drug stores —look for the Vinol sign on windows.

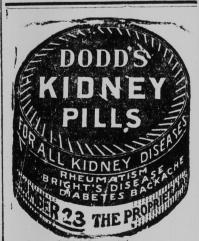
Nothing will build you up like

"Christianity requires that we accept two fundamental principles as the basis of our human relations. These are the principles of justice and charity. The application of these in private and public life is the first step toward the restoration of peace and order.

"Lightco obliges us to give every man in the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion. "Justice obliges us to give every man his due, just because he is a man, It prescribes respect for the rights of the individual, of society and of the state. It forbids slander either of a person, of It forbids slander either of a person, of a community or of a whole body, such as the church or the nation. It is intolerant of fraud and dishonesty by whomsoever committed, whether in private transactions or in dealing with the commonwealth. It demands that punishment be meted out with equal hand to all who violate law, irrespective of class, etation or influential position."

JUST FRIVOLITY?

Life Not One Grand Funeral March, Says Belasco, Who all who violate law, irrespective of class, etation or influential position."



O-PEN-TRATE SALVE

Opens the Pores and Penetrates

GROVE'S

A Remedy for Chest Colds, Head Colds, Spasmedic Croup, Sore Throat, Stiff Neck, Earache and kindred ailments. Apply freely to the skin just over the affected parts and rub it in.

ADDS 12 HOURS

Mothers Order Which Causes a Stir in Ottawa Printing Bureau Ottawa Printing Bureau.

> (Canadian Press.) Ottawa, Feb. 25-An order which caused consternation was issued yesterday afternoon at the printing bureau. It increases the working hours of some

week. All others in the bureau work about thirty-six hours weekly.

Some years ago the late Charles Parmelee, when king's printer, granted the clerks, etc., who form the bulk of the bureau's employes, a shorter day. This was in the nature of a promotion and also from the consideration that these men could do their work as well in the hours that other civil servants worked in Ottawa as in the longer trade union hours. At the present time printers in the bureau work the following hours: 8 a. m. to noon and 1 p. m. to 5.30 p. m. The Saturday hours at the bureau of printers are 7 a. m. to noon.

CAS INTHE STOMACH

Don't stay gray! Look young! Either prepare the recipe at home or get from any drug store a bottle of "Wyeth's Sage and Sulphur Compound," which is merely the old-time recipe improved by the addition of other ingredients. Thouse and Sulphur Compound, which is merely the old-time recipe improved by the addition of other ingredients. Thouse the hours that other civil servants worked in Ottawa as in the longer trade union hours. At the present time printers in the bureau work the following hours: 8 a. m. to noon and 1 p. m. to 5.30 p. m. The Saturday hours at the bureau of printers are 7 a. m. to noon.

CAS INTHE STOMACH

SERIOUS PLAYS OR JUST FRIVOLITY?

Likes to Relax.

(By David Belasco.) In every city there are theatres for tragedy, for farce, for melodrama, for reviews and for the frivolous drama-Persons who have traveled much in other lands will admit this. If a manager gives entertainments which cause the replic to length to be merry and to the people to laugh, to be merry and to go out of the theatres happy, instead of leaving them harried, cast into gloom, with a bad taste in their mouths, is he giving them only that which is frivo-

Why, if this is true, then life is one grand funeral march, and there must be no sunshine, but only bleak, cold and dreary days, and sadness and pain is the normal and appropriate order of the day. As for me, it seems that comedy and so-called frivolity are as necessary to humanity as dew or sunshine to flowers or as food is to man. A bit of frivolity and fun at the theatre is, I have observed, as important in prehave observed, as important in pre-serving the health and sanity of men and women as a dozen doctors would and women as a dozen doctors would be to one family.

Many of our boys went into battle and faced death singing some such sentimental or frivolous tune as "Mary's Blue Eyes," or other light ditty from Broadway and the white lights of Paris. It is the theatrical manager's duty at times to crowd the stage with as many pretty women and as much

duty at times to crowd the stage with as many pretty women and as much youth and light and charm as possible. Otherwise this would become the gloomiest old world that God ever created, and people would find themselves after days filled with difficulties and heartaches without places of amusement and entertainment to go to to forget their burdens. Tired in mind and body, such people enjoy a little light comedy and even a little farce is an aid to lighteneven a little farce is an aid to lighten-

Specialist to North Eastern Dispensatory,

"I am not ashamed to say that every
Friday night finds me at some musical says: "Let those who are weak, thin, remarks and as near the front as I can nervous, anaemic, or run-down, take a get, so as to get as much enjoyment as get, so as to get as much enjoyment as Take plain bitro-phosphate is the ad- a welcome transformation in the appear-

TO WEEK'S WORK SAGE TEA KEEPS YOUR HAIR DARK

It's Grandmother's recipe to bring back color, youthfulness and lustre—
Everybody is using it again.

increases the working hours of some hundreds of the employes twelve hours a week.

At present the printers in the hureau At present the printers in the hureau the face. When it fades, turns gray and the face work. Only At present the printers in the bureau work the regulation forty-eight hours a week. All others in the bureau work about thirty-six hours weekly.

Some years ago the late Chalce Particles of the printers in the bureau work. Some years ago the late Chalce Particles of the printers in the bureau work about thirty-six hours weekly.

The face, when it rades, turns gray and looks streaked, just a few applications of inc, more hands were put to work. Only in districts where weather conditions were unfavorable for agricultural operations. Don't stay gray! Look young! Either

WHOOPING COUGH SPASMODIC CROU INFLUENZA BRONCHITIS CATARRH

ASTHMA COLDS

Doctors Recommend Bon-Opto for the Eyes Physicians and eye specialists pre-scribe Bon-Opto as a safe home remedy in the treatment of eye troubles and to strengthen eyesight. Sold under money refund guarantee by all druggists.

(Bank of Commercial Circular) Labor returns indicate that all indus tries continue active. Many distributing establishments reduced the number of their employes after the turn of the year but in almost all industries, such a

Kingdom. Our ports have been congested and goods are awaiting shipmen but vigorous attempts are now being made to overcome these difficulties

Tightens Her Skin-Loses Her Wrinkles

"I want to tell you how easily I got rid of my wrinkles," writes Luella Marsh. "While in London a friend, much envied because of her youthful looks, gave me a formula for a home-made preparation which has the effect of instantly tightening the skin, thus smoothing out wrinkles

and furrows.

"The principal ingredient is powdered saxolite, which can be had at drug stores here. An ounce of saxolite is dissolved in a half pint witch hazel. After bathing my face in this but once the transformation was so marvelous I looked years younger. Even the deep crow's feet were affected, and the annoying creases about my neck. It seems difficult to believe anything could produce such results. Several to whom I recommended the regime have been similarly helped. the recipe have been similarly helped, one an elderly lady whose cheeks had become quite baggy."—Social Mirror.

Drop Military Titles. Edmonton, Alta., Feb. 25—If you are carrying a military title of any sort around with you, drop it and come back to civilian terms. That is the purport



"What this world needs today is more of a sense of humor." -Silent Partner.

"Tho it may rain cats and dogs" our raincoats will give you ample protec-

One of the largest selections we have ever had has just been opened. Early buyers will fare best.
\$15 to \$35

Gilmour's, 68 King St.





Capsicum For colds in

the chest or sore throat; for stiffness or rheumatism AVOID SUBSTITUTES Illustrated booklet

free on request ~ CHESEBROUGH MFG.CO. 1880 Chabot Ave. Montreal

that shows weakness, and suggests you need Hall's Wine. Take a short course of Hall's Wine and your whole system will be so

renourished and strengthened that not only will you escape these constant colds and chills, but you'll find yourself putting more life and go into everything you do, without any of that exhaustion that you felt before.

As a tonic for men and women whose nervous or physical strength has been depleted, Hall's Wine is unexcelled. It renews health and has marvellous restorative powers. Wherever there is weakness, whatever the cause, Hall's Wine most quickly restores your strength—indeed, your outlay is refunded if Hall's Wine fails.

Prepared from the prescription of a member of the Royal College of Surgeons, London, England, you may take Hall's Wine in perfect

The Supreme Tonic Restorative

GUARANTEE—Buy a bottle of Hall's Wine to-day. If, after taking half, you feel no real bonefit, return us the half-empty bottle, and we will at once refund your entire outlay. Sold by your Druggist—Extra large size bottle \$2.25 Proprietors: Stephen Smith & Co. Limited, Bow, London, England

Sole Canadian Agents, Frank L. Benedict & Co., 45 St. Alexander St., Montreal

THIN, NERVOUS PEOPLE NEED BITRO-PHOSPHATE

That It is and How It Increases Weight, Strength and Nerve Force In Two Weeks' Time In Many Instances

HOULD BE PRESCRIBED BY EVERY DOCTOR AND USED IN EVERY HOSPITAL Says Editor of "Phy sicians' Who's Who."

Take plain bitro-phosphate is the adcording of the proposed who lack vim, energy and the force, and there seems to be ample of of the efficacy of this preparation warrant the recommendation. Moreous the patients gained in weight 23 and 27 bounds, respectively, through the administration of this organic phosphate is made entirely of the organic phosphate compound referred to in the National Standard Dispensatory as being an excellent tonic and tervine and a preparation which has recently and any strong and well for the past twelve institute of the store are evilulty and angles by the soft curved are of health and beauty, there are evilulty thousands of men and women who really feel their excessive thinness. This increase in weight also carries the past twelve are solved the responsibility. This increase in weight and pate the past twelve are solved the past twelve are solved the past twelve with it a general improvement in the health. Nervousness, sleeplessness and lack of energy, which nearly always accompany excessive thinness, soon disaphate than is contained in modern ods. Physicians claim there is nothing at will supply this deficiency so well as a people who lack vim, energy and the increase in weight frequently being astonishing.

Clinical tests made in St. Catherine's bome astonishing results in the increase of the people on the stage. I listen with relish to their nonsense, and am mind and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphate compound referred to in the National Standard Dispensatory as being an excellent tonic and tervine and a preparation which has recently as being an excellent tonic and tervine and and a preparation which has recently as being and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphate; both the organic phosphate compound referred to in the National Standard Dispensatory as being an excellent tonic and ervine and a preparation which has recently accurate the organic phosphate and power of endurance."

Bitro-Phosphate

health.

Physicians claim there is nothing at will supply this deficiency so well as phosphate known among recognizing its merits by its are now r

Joseph D. Harrigan, Former Visiting Likes Bright Eyes and Nonsense.