

Are You Poisoning Yourself?

THE bowels must move freely every day, to insure good health. If they do not, the waste is absorbed by the system and produces a self blood poisoning. Poor digestion, lack of bile in the intestines, or weak muscular contraction of the bowels, may cause Constipation. Abbey's Effervescent

Salt will always cure it. Abbey's Salt renews stomach digestion—increases the flow of bile—and restores the natural downward action of the intestines.

Abbey's Salt will stir up the liver, sweeten the stomach, regulate the bowels, and thus purify the blood.

Good in all seasons for all people.

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Effervescent
Salt
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Echoes and Remarks.

What interest are you taking in the Lenten sermons?

Some Catholic editors ought to remember that they are not the Church teaching, but members of the Church taught.

What a scandal to see upstarts without a grain of decent philosophy or theology, lecture Bishops in so-called Catholic organs. Laymen directing the clergy!

We read the other day that a man had been on his way home "to see his ancient friends." Who are they? Moses, Elias, Constant Reader, and Old Subscriber?

Much of the legislation in European countries began with nonsensical attacks on the Bishops, in papers that were known as Catholic. Schism prepares the way for impiety.

The True Witness would go out of business before its pages should be made over to the ridiculous concoctions for the purpose of dictating to Church authority. Then, our readers would not stand for that kind of religion.

Our readers will confer a favor upon us, if they will encourage those advertisers, professional and business men, etc., who encourage us. Tell the good gentlemen you saw it in the True Witness. Our more ardent friends and supporters can work wonders for us.

The Lamp, that is, the organ of the converted Father Paul, necessarily deals with Anglican issues. But kindly see if it blackguards its former friends! A Chiniquy, the moment he turns, gets to work on the rapscall. When a Protestant enters the Church, he learns that the Eighth Commandment still exists.

Those funny people who claim that the Church of Christ is invisible, admit that they know their brethren; that their curling club, the Freemasons, and all other societies are visible, and must be. How weak those sects are, for they are even afraid of their own shadow! What logic and argument they use!

"Quarry the granite rock with razors, or moor the vessel with a thread of silk; then may you hope with such keen and delicate instruments, as human reason and human knowledge, to contend against those giants, the passion and pride of man!" Striking words, indeed of Newman.

Our sincere thanks to "Columba," of the Catholic Record, for his kind words of praise. We deeply value and cherish the tribute of a scholar and a gentleman. "Columba" takes off his hat to us, calls us a "Valiant Knight of the Pen," wishes "more power to our elbow." His very strong paper has in him a very strong contributor.

Where is the sense of calling our Protestant friends by the name of "separated brethren?" Surely to goodness they are not ashamed of their chosen title. By calling them "separated brethren," we act and speak as if we believed them ashamed to be known for what they really are. There is nothing like straight forwardness: it beats all the sugar-coating in the world.

In New York charity applicants have increased 80 per cent in five years. That is the natural result of our ideals of civilization—the Anglo-Saxon. Looking at the tall buildings and being run over by automobiles are not very nourishing exercise. The worst civilization in the world has ever known is that of to-day, with all the money in a

few pockets, slums, White Slavery, etc., etc. It is a wonder the preachers are not ashamed to speak of it.

Thirty young women, some of them prominent in Norwich society circles, preached short sermons at the big evangelistic campaign meeting at Norwich, N.Y., on Sunday night. Each stepped to the front of the platform, took her text, and preached for three minutes. The sermons were heard by a congregation of 2000 persons, mostly young men. Of course. The happening may develop into a favorite pastime.

A reverend gentleman, who had been pastor of a Presbyterian church in this city, lately left Montreal in disgust. Notwithstanding the many conversions he made, he could not bring his people to church on Sunday. We believe he is a good man, the whole fault lies with the "conversion" system. It is something like Methodist "salvation," the kind that has a mortgage on God's judgment, and gives a man Heaven before he is dead.

In spite of people who can see no good in the United States or in the American constitution, we believe, with Father Hecker, that "the American people, of all others, if once Catholic, can give a new, noble and glorious realization to Christianity." If the United States is ever Catholic, it will be thanks to men with the same kind of blood as those had who re-established the Church in England and in Scotland.

At the last meeting of our men of the "Colony," Sam Blake was elected president; Castro 1st v.-p., with Mother Eddy and Zelaya, respectively, 2nd and 3rd v.-p's. Sam Hughes was beaten for the secretaryship by Reverend Clot; while Rev. Atlas was named treasurer. Fairbanks was appointed door-keeper, in order to help him out each time he "takes them." Evangelist King is chaplain. They will march on July 12.

If Inspector O'Keefe continues to work the way he has been working—and he surely shall—then the citizens of Montreal shall have to give him a public testimonial of their satisfaction and gratitude. The Inspector has done more for public morals in two or three months than had been done for years. Let us get the kindly protectors of vice out of office entirely.

We hope our English-speaking Catholic readers will remember that among the gentlemen who are interested in the books to be used in our schools, are cheap Freemasons and two-penny atheists. Are you going to be led by the adorners of the goat? Are cheap Freemasons going to rule you and your schools? Do we want Combes and Clemenceau? For God's sake, let us say No!

That was, indeed, a very successful "Official Carnival Souvenir" our friends of the Canadian Pictorial issued a short while ago. It was clean, clever, and captivating. Typical of Canada in winter, it tells strangers the truth about us in an engaging way. The people responsible for the Canadian Pictorial do not believe in either vulgarity or sin.

We notice that our editorials are being reproduced to a good extent in our Catholic exchanges. We are encouraged to think they are, because of the men responsible for the exchanges. But could two or three of our friends not manage to tell their readers whence the copies were taken? There is no need of being ashamed of printing the name of the "True Witness," which is now in its sixtieth year.

The notorious Dr. Abbot was wont to come forward as the advocate diabolus, when others would canonize Newman. Abbott said that the great Oratorian's "imagination dominated his reason"; and it has always been the propensity and practice of shallow minds to measure genius and talent, sense and judgment, after their own standards and belongings. This is an old, old truth!

The pious editor of a non-Catholic weekly does not like some of our editorials, he admits we are honest, however, but "utterly reactionary". The poor man himself has no idea of rhythm. He says he intends to take up some doctrinal issues with us. He is thoroughly welcome. He will furnish us matter, with themes for editorial. Friends and acquaintances are respectfully invited to attend his funeral without further notice.

Down in the Maritime Provinces, a Baptist minister of the Gospel (?) occupied the chair at a lecture given by a lady who is an expounder of anti-Christian Socialism. The Reverend Doctor (not medical) had to disagree, as he said with her conclusions, and yet he admitted he was pleased to have acted as chairman! So, then, he might assist at immoral plays a hundred times a year, and all he should have to do would be to declare himself against "the conclusions." What sense, ye gods of the Marsh!

The whiskey manufacturers are practically all millionaires. How many men have done away with strong drink because of the price? A quarter's worth of meat will make a good meal for four (ordinary), persons. One man will drink twenty-five cents' worth of distilled poison, without losing his eye; and the other members of his family get nothing for that quarter spent, unless the wife is kicked or scolded, because she does not hold down her household expenses. In England, the civilization argument, along money lines, gives certain religions a chance to boast of their adherents' wealth.

Again we say Father Holland considers those his best friends who contribute to St. Joseph's Home. It is noble work. You ought to see how pleasantly the good priest can smile, when he receives a little gift towards the work he is doing in the interests of poor orphans. Any letter mailed to Father Holland, in care of this office, will be sure to reach him. It is no easy task for him to make both ends meet; and it is a blessed and saving charity to help the poor little child without home or mother. Every little helps.

In his big heart, Father Holland keeps a warm corner for every kind helper.

The "Isle of Saints." The English not content with having impoverished the Irish and their country, want to steal even our title of fame and glory from us. England the Isle of Saints? What, in the name of goodness, do they mean? We heard it said last autumn, and we serenely smiled, with a smile a cynic would have envied. It was only an outburst of splenic fever, however, on the part of the good man. They ought to be ashamed to use the expression, for Ireland became the "Isle of Saints" all the more, thanks to the martyrs of the Reformation, the ones Cromwell made, and those who suffered in Penal Days. Ireland never sold her birthright, her nationhood, for a mess of pottage.

THE CAUSE OF IRISH DISTURBANCES.

Boston's leading Catholic paper, the Sacred Heart Review, has what follows to say, concerning Irish Disturbances:

"Some months ago there were certain disturbances in Portadown, Ireland, a town which is an Orange stronghold. These disturbances consisted of assaults by Protestants and Catholics each upon the other. As the Protestants are in the majority, and as the militant ones among them really struck the first blows, the Catholics very naturally blamed them for causing the trouble. A certain Canon Hobson, however, preached a sermon in which he said: 'The cause chiefly, if not wholly, lies with the person or persons who suggested that on last Sunday the Nationalists should walk in procession to the railway station. It is well for all to know, and for the Dublin Castle authorities to know this. We want to live at peace with the Nationalists, and we wish them well in all legitimate matters; but in this town of about 12,000 inhabitants the vast majority are Unionists. We are an essentially Protestant community, and if a small section of the people determine or are urged to walk in procession through the town, whether with or without colors, it is well for the Castle authorities to know that in such a case there will be trouble.'"

Other Protestants taking part in the controversy tried to justify the violence used against the Nationalist processionists by imitating that a Protestant procession marching to music in a part of Ireland where Catholics are in the majority would meet with a rather warm welcome, whereupon the Rev. J. B. Ardill, Protestant rector of Sligo, wrote to the Irish Times:

In the correspondence relative to the Portadown disturbances references have been made to what would probably happen in the South or West of Ireland if an Orange or Protestant band were to march and play through the streets of a distinctively Roman Catholic town. May I say that here in Sligo there are about 2,000 Protestants and about 4,000 Roman Catholics? In the Sligo Protestant Hall there is a brass band which belongs to the Y.M.C.A. The bandmen wear a uniform of black and gold, somewhat like that of a regiment of Hussars. This band plays through the town whenever it is going anywhere, without hindrance. On last Christmas morning it played from the Protestant Hall to my church and back again. On the previous Christmas, it played to St. John's Church, on the other side of the town. When going on excursions, by boat or otherwise, it usually plays to and from the Protestant Hall. It has met the Roman Catholic band at the Town Hall in competition for a musical prize. It is not an Orange band, but it is distinctly Protestant. It plays hymn tunes, such as "Onward, Christian Soldiers," through the streets, but it does not play party tunes, nor does it march on July 12. These circumstances may not be exactly parallel to those of Portadown, but they are closely related, and, therefore, I give them, without expressing any opinions.

The fact is that Irish Catholics, where they are in the majority, are always friendly and well-disposed toward their Protestant fellow-countrymen. It is where the deplorable spirit of anti-Catholic bigotry creeps in that the regrettable disturbances such as occurred at Portadown, take place. The fatuous insistence by the Orangemen of Ireland on the victory of King William over King James at "the Boyne's ill-fated River," as Tom Moore so well called it, makes all the trouble.

We might add that much of the trouble in Ireland is due to the busybody presence of such people as Canon Hobson. Then, you see, the Orangemen, given their nature and makeup, are such strange individuals that their presence in a country like Ireland is something like bats in the sea. When English rulers wished to visit Ireland with a plague or scourge, they caused the ancestors of those Orangemen to occupy the north of the country. They have fulfilled, through their history, the expectations of our foes. You could spoil any country by bringing the Black Plague into it.

A COURAGEOUS STAND.

M. Jacques Prou, member of the French Chamber of Deputies, is no half-Catholic. The speech he delivered in the French House, some days since, was thrilling in the extreme. If men now ruled France, they could not, no matter what their religion, have refused to surrender under the fiery storm of M. Prou's logic. But pearls, of course, were not made for swine.

After having carefully sifted the would-be doctrines of France's crazy infidels, on questions pertaining to the teaching of morals, M. Prou closed with the following peroration, which we translate from the French as published in "L'Univers":

"You have your principles. Stick to them if they give you peace of conscience. But we represent a doctrine that places the fountain-head of duty on a higher plane; we place it near God. God is not unknown, as far as we are concerned. He is in the human mind, and human reason it is that imposes the idea of God upon us. That is why we are face to face with a conflict that is irresistible. As long as one could hope to see possible conciliation, in the school, thanks to equivocation, neutrality was able to establish itself. But to-day things are no longer what they were. You are positivists, you are materialists; for you there is no God, but reason only and knowledge. But we are not going to suffer the yoke of your narrow knowledge, and reduce our conscience to doctrines which are only secondary in our estimation. 'You shall not yield, you say; we will never yield either. You may multiply your votes, your laws, we shall never give up our ideas! There is the conflict!'

"But here is the solution:

"If the government feels itself unable to have the primary manuals respected; to teach the spiritualistic doctrine every line of them contains, I can see but one solution: let the State give up teaching; or, at least, let freedom of teaching be established on such bases that our schools may stand at the side of its schools, our enjoying from the State the same gratuities that yours do. 'The other day one of our colleagues said: 'We sail in the vast currents of the modern spirit, and you, yes, you are poor shipwrecked creatures; you are struggling in the throes of approaching agony.' Since, then, your lot is cast in those vast currents, why are you afraid to compete with us?'

"We are robbed of all we had; you have closed 25,000 free schools; you have separated State and Church; one thing alone is left us: faith in a religion which we shall

Owing to our publishing a very elaborate Eucharistic Congress Number, a special staff being presently at work upon it, we will not issue a SPECIAL St. Patrick's Day Number. But, our regular issue will be very interesting and brimful of original articles, bright sketches, attractive Irish stories, poetry and wit. It will be ready on Wednesday, March 16th, and may be obtained at 5c. per copy.

NOTICE is hereby given that the Beauharnois Light, Heat & Power Company will at the next session of the Legislature of the Province of Quebec, apply for an act amending its charter 2 Edward VII, chapter 72, as follows to wit: by (a) increasing its authorized capital stock and borrowing power; (b) extending the territory in which it may exercise its powers; (c) authorizing the enlargement and extension of the feeder mentioned in section nine of its charter and its continuation to one or more new junction points with the Saint Louis River or its replacement in whole or in part by a new feeder, and if found necessary the changing of the course of a part of the said river; (d) increasing the company's powers of expropriation; (e) authorizing the company to engage in all manufacturing and other businesses using electric power, and to acquire shares and securities of other companies; (f) removing or modifying restrictions now existing on the exercise of its powers, especially those requiring, in certain cases the consent of municipal or other corporations; (g) changing conditions under which stock and bonds may be issued; (h) authorizing the company to sell and supply for municipal or other purposes water taken from Lake Saint Francis, and to do all that may be necessary to that end and authorizing municipalities to make arrangements with the company to take water from it.

By FLEET, FALCONER, OUGHTRED, FHELAN, WILLIAMS & BOVEY, Its Attorneys.
Montreal, 22nd February, 1910.

never give up. And you have all, would you be afraid to engage in warfare with ones in agony? 'There is the challenge I offer you. You have reduced us to utter nakedness; you have an imposing majority; you hold the reins of the government, yours the administration and the budget; and you dare not meet us in the field of liberty. Fashion your own schools, we shall fashion ours, and we shall place the country between you and ourselves. 'We shall offer you the spectacle of our agony's latest throes; and, then, with doctrine against doctrine, our ideas against yours, you shall be perfectly free, and so shall we. France will then choose one of the two.

"Do you accept? I appeal to liberty as against you. 'Indeed, liberty of teaching is the only solution. It may not be the one marked out in this hour, but it shall be the solution of justice, of liberty, of religious and social peace. 'You shall not make us yield; you may pile law upon law, oppression may be added to oppression, but we shall keep our stand.

"You shall find us in the fight for liberty of conscience, for the peace of France, and for her honor and glory, too! For it is, indeed, a sorry spectacle to see a majority abuse of its power to oppress conscience. Your obligatory school has become the commandment of free thought. We will not accept it. We want peace in freedom, or war to the end."

Now, there are the words of a brave man. How mean the stunted simians on the benches of the Extreme Left must have felt! France has brave hearts still, but not sufficient of them. And to think that, here in Montreal, we have those who want to impose Combes and Clemenceau on a free people. Before we submit to such legislation we shall die as our forefathers did, under the axe of Beelzebub and his earth-agents.

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The TRUE WITNESS is printed and published at 516 Leguachetown Street West, Montreal, Can., by G. F. Macdonald.

THE BEST FLOUR

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Save the Bags for Premiums.



SEALED TENDERS addressed to the undersigned, and endorsed "Tender for Gaspé Basin Landing Pier," will be received at this office until 5:00 P.M., on Friday, March 18, 1910, for the construction of a Landing Pier with approach in Gaspé Basin, in the County of Gaspé, Que. Plans, specification and form of contract may be seen at the offices of J. G. Sing, Esq., District Engineer, Confederation Life Building, Toronto, A. R. Décarie, Esq., District Engineer, Post Office, Quebec, J. L. Michaud, Esq., District Engineer, Merchants Bank Building, St. James St., Montreal, on application to the Postmaster at Gaspé, Que., and at the Department of Public Works, Ottawa.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures, with their occupations, and places of residence. In the case of firms, the actual signature, the nature of the occupation and place of residence of each member of the firm must be given.

An accepted cheque on a chartered bank, payable to the order of the Honorable the Minister of Public Works, for twenty-five thousand dollars (\$25,000.00) must accompany each tender. The cheque will be forfeited if the party tendering declines the contract or fails to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order,
NAPOLEON TESSIER,
Secretary,
Department of Public Works,
Ottawa, February 18, 1910.
Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

NOTICE is hereby given that "The Art Association of Montreal" will apply to the Legislature of the Province of Quebec, at its next session for:

(a) The passing of an act to remove doubts which have arisen as to its powers to alienate property bequeathed to it under the will of the late Beniah Gibb;

(b) For the passing of an act to amend the Act under which said "Art Association of Montreal" was incorporated (83 Victoria, chapter 18) so as to extend its powers enabling it to acquire, hold and alienate real estate.
FLEET, FALCONER, OUGHTRED, FHELAN, WILLIAMS & BOVEY,
Attorneys for "The Art Association of Montreal."
Montreal, 22nd February, 1910.