

THE TRUE WITNESS AND CATHOLIC CHRONICLE

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EPISCOPAL APPROBATION.

If the English-speaking Catholics of Montreal and of this Province consulted their best interests, they would soon make of the 'True Witness' one of the most prosperous and powerful Catholic papers in this country.

NOTES OF THE WEEK.

WHAT DOES IT MEAN?—It has often been remarked, by writers who are not of our faith, that the Catholic Church is too exacting even to the minute details of insignificant words.

ant when used as it has been in the report above mentioned. We do not refer to this slip in any unfriendly or critical spirit, but simply to show how exact a writer must be when he is dealing with any subject affecting Catholicity—and none but Catholics can be sufficiently exact.

DEADLY INTOXICANTS.—As a rule we do not like to spread abroad evil news, nor do we care to refer to the dead in terms other than those of strictest charity.

Recently we read of a certain event that was reported in one of our local journals, as having taken place at "the Church of the Ten Sacraments," in this city.

There is the lesson; and yet many, every night, will stagger home, abuse their families, make a veritable hell of the domestic circle, and defy God by their audacity and persistence in the indulgence of a cursed passion.

She teaches a doctrine, that no other church in Christendom teaches. She teaches that the life of the soul depends upon the sanctifying graces from God.

might say that it was a "happy release;" but there is the terrible hereafter—the judgment, the eternal punishment, the justice of God.

THE LESSONS OF THE NEWS

A QUEBECER HONORED.—Mr. Felix Carbray, of Quebec, was elected vice-president of the American Irish Historical Association, at a recent meeting held in New York.

KNIGHTS OF COLUMBUS.—More than five hundred Knights of Columbus and their ladies attended the performance of Robert Emmet at the Fourteenth street Theatre, New York, last week.

BRAVE NUNS.—This incident recorded in a Catholic American exchange, should impress our directors of our public institutions with the importance of exercising the greatest vigilance.

Loyola Club Remembers the Poor
Article 2 of the constitutions of the Loyola Literary Club, founded Oct. 4th, 1900, by Reverend E. J. Devine, S.J., reads as follows:—

A Priest's Bravery At a Fire.
Last week in a factory fire in New York two firemen lost their lives and Rev. W. St. E. Smith again earned distinction by his bravery.

Chaplain Smith was thrown on his face, with debris all around him, and back of him were firemen John Conway and James McAvoy, a driver for Chief Coleman.

In the clearing of the smoke and dust of the falling walls Fireman Chaplain Smith and Fireman McAvoy struggled to their feet.

Fireman Chaplain Smith fell over an object on the floor. It was a white hat—Fire Chief Coleman's. Then the chaplain and his companions heard a groan.

The rescuers themselves were growing faint, but they never faltered. They staggered toward the street and fell unconscious just as a second rescuing party entered, and all were carried to the street.—Exchange.

In addition to these two entertainments, the young ladies were able to supply a poor family with coal and to provide warm clothing, stockings, flannels, etc., in several deserving cases brought to the notice of the Club by the energetic hospital committee, which has done much good work this season.

It is gratifying to see our young Catholic girls so thoroughly imbued with the spirit of the Church, which has always been the advocate of learning and charity.

Honors for Dr. Luke Callaghan

There are rumors in circulation, as we go to press, that Rev. Dr. Luke Callaghan, of St. Patrick's Church, this city, will enter the high and honored sphere of the hierarchy of this Dominion.

The late lamented Father James Callaghan, during his association with the mother Irish parish, had the distinguished privilege of having his name mentioned in a similar manner.

A New Form of School Entertainment

In its department, "In and around Scotland," the "Catholic Times," Liverpool, Eng., says:—

An entertainment of a rare character was submitted by the picked pupils of St. Patrick's Schools, Edinburgh, to a crowded and appreciative audience in the St. Mary street hall on Monday evening of Christmas week.

The scenes were in the following order: Presentation of the Blessed Virgin in the Temple, the Espousals of the Blessed Virgin to St. Joseph, the Annunciation, the Visitation, the Kings at the Courts of Herod, the Shepherds Watching their Flocks, the Angels Appearing to Them, the Shepherds at the Crib, the Adoration of the Kings, the Presentation of Our Lord in the Temple, the Holy Family, the Finding in the Temple, the Workshop at Nazareth, After the Crucifixion, and the Glory of the Blessed Virgin.

The dresses of all who took part in the pious performance were of historical design, in keeping with the beginning of the Christian era.

At the close of the proceedings Archbishop Smith briefly spoke, eulogising the performance in a well deserved manner, and concluded by moving a vote of thanks to Father Gray and Dr. Bennett for their able efforts in the production of this excellent entertainment.

Hon. Edward Blake Returns to London



HON. EDWARD BLAKE.

The Liverpool "Catholic Times," in referring to the return of Hon. Edward Blake to London, says:—"Mr. Edward Blake, M.P., whose health broke down so seriously toward the close of the last session of Parliament that he had to throw up the brief he held for the Canadian Government, in connection with the Alaskan Boundary Question, has returned to his London residence.

NOTES FROM QUEBEC.

PARISH FINANCES.—The old Irish parish of St. Patrick's is making praiseworthy progress in material concerns in addition to its grand record of spiritual work.

In a recent issue of the "Daily Telegraph," one of the secular newspapers of the Ancient Capital, the following editorial reference was made to the annual financial statement, which was read to the parishioners on Sunday last:—

"The annual statement of the trustees of this church, which was laid before the congregation recently, was most satisfactory. Our Irish Catholic fellow-citizens are certainly to be congratulated on the admirable way in which their finances as a congregation are managed. They have the proud satisfaction of knowing that their church is now not only one of the finest in Quebec, but one of the freest from debt and that the balance which they strike yearly is always on the right side of the ledger.

CONFIDENCE IN GOD.—It would be well for the laity in our parishes to ponder over the following sentiment expressed by His Holiness the Pope in his address to the Cardinals in Rome, at Christmas, "I am prepared," said His Holiness, for whatever Providence might send, trusting to the promises made by the Savior to His Church.

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CHARITY'S THREE PATRONS.

By "CRUX."

HERE are three great patrons of charity amongst the Saints in Heaven. On earth they were three remarkable leaders in the army of the Church Militant...

they are frequent, and very fervent while they last. St. Bernard: That may be. But you, Vincent, never sought to grab and grub in money in season and out of season...

THE DREAM.—The scene is laid in St. Vincent's Home, Liverpool, in Father Berry's room. He, the director of the Home, is seated in his arm-chair; the hour is late and he is very tired... THE DIALOGUE.—Father Berry fell asleep, as he pronounced these words. I will now give the details of "One Who Does Believe In It."

St. Vincent: Aye, aye, Brother Bernard, I did all that to the best of my poor powers from 1600 until 1665, the years of my life on earth. But I did beg—nay, no man more so. No miser rated the value of money as I did, because...

Religious Profession At St. Laurent

(By An Old Subscriber.)

On Monday, January 4th, the imposing and touching ceremony of entry upon different stages of a religious life was held at the Convent of the Holy Cross, St. Laurent, P. Q., when a large number of ladies, whose names in the world and those adopted on making their vows or accepting the Holy Habit, we give below.

MORALS IN SCHOOLS.

By a Regular Contributor.

In a recent issue of one of the large New York dailies we find discussed the question: "Shall the Schools Teach Morals?" In the first place the asking of such a question seems to us to be tantamount to a confession that morals are not inculcated in the public schools. All along we have known this to be the case; we have seen too often the contrast between the public school and the Catholic school, on this score, equally have we noted the different results of the two systems.

MR. DEVLIN IN PHILADELPHIA.

A banquet was given recently in Dooner's Hotel, Philadelphia, Pa., in honor of Mr. Charles R. Devlin, Irish Nationalist member of the British Parliament for Galway city, by the Philadelphia Central Council of the United Irish League of America. There was a large attendance, and Mr. Devlin received an enthusiastic welcome.

On Friday evening Stanley Hall, the Bionnie Academy gave literary entertainment real credit to the pupils. During the presentation of the classie High School, Mrs. ers, the late principitution, is carrying Binkbonnie, which is ous, and centrally s brook street. Most olic High School be the late principal, ers occupies an env a thoroughly compe youth, and his prese ers are men of re The performance of was a revelation for friends of the pup one did so well th ous to particularize.

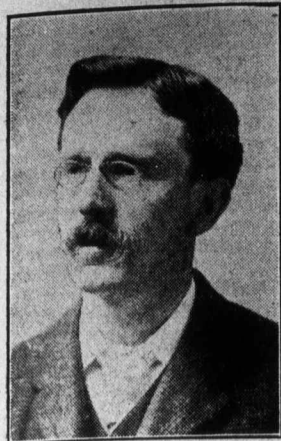


MR. A. J. HALE

The proceedings w monologue most effective Professor A. B. Fel cution at the Acad lowed the comedy, in three acts, wi cast: Tom Barlow, a fr Harding, G. Anders Jack Harding, J nephen, B. Wall. Joshua Harding, J Wall. Sir Roher Carton Smith. Jacques, a servan Gaston Carton, S A. Kilkerry. M. Pouget, a stu F. David. M. Dinoff, a profes E. Cardinal. Fred Harding, J R. Lynch.

PHILADELPHIA.

Blinkbonnie Academy Pupils Stage Drama



MR. A. J. HALES SANDERS.

On Friday evening last, at the Stanley Hall, the pupils of Blinkbonnie Academy gave a dramatic and literary entertainment, which was a real credit to the Academy and its pupils.

The proceedings were opened by a monologue most effectively rendered by Professor A. B. Fell, teacher of elocution at the Academy.

Tom Barlow, a friend of Joshua Harding, G. Anderson.

Jack Harding, Joshua Harding's nephew, B. Wall.

Joshua Harding, Jack's uncle, W. Wall.

Sir Rober Carton, of Carton, C. Smith.

Jaques, a servant, E. Lambert.

Gaston Carton, Sir Roger's son, A. Kilkery.

M. Pouget, a student of English, F. David.

M. Dinoff, a professor of English, E. Cardinal.

Fred. Harding, Joshua's brother, R. Lynch.

The programme also included musical selections, and a number of young friends of the school gave a beautiful representation entitled "Tomatational Minuet."

FAITHFUL OF VENICE

RECEIVED BY POPE PIUS.

William E. Curtis, in the Chicago "Record-Herald," gives a very graphic personal narrative of the picturesque occasion on which the Pope received his old friends from Venice.

Mr. Curtis speaks of the reception as one of the most impressive and interesting spectacles of his life.

"Long before the hour appointed for the Pope to appear," he says, "the pilgrims were conducted into the Museo Lapidaria, or Hall of Inscriptions, as it is called in English, one of the great corridors of the Vatican, 2,131 feet in length. It received its name from the tablets and tombstones imbedded in its walls.

"The Maple Leaf," Miss Vera McCloy, Master Josie O'Hagan. "The Emerald Isle," Miss Irene O'Connell, Master Harold Fox.

Mr. Justice Curran presided, and at the close of the performance, in thanking the audience for the large attendance, he took occasion to speak words of encouragement to Principal Hales Sanders and his efficient staff.

His Lordship then requested Rev. Father McKenna to say a few words. The reception given to the rev. gentleman was most enthusiastic. He said he had been spending a few days as the guest of the gentlemen of the Seminary of St. Sulpice.

In concluding an eloquent address, he said his heart would always be with the good and generous people amongst whom he had labored for a short time, and he would remember the men and women who were zealous in the cause of education and in every worthy enterprise.

there is nothing like it anywhere else, and along the base on either side are rows of fine old sarcophagi taken from the catacombs and the Necropolis that stretched along on either side of the Appian Way for several miles.

"Probably 3,000 people were arranged in two lines against the wall. They were mostly of the working class, although some were fashionably dressed. There were many priests, monks and students among them, and several delegations from organizations of the local churches of Venice—charitable and literary societies—which brought their banner and other objects to be blessed.

ed by the guards receiving the adoration of the people. "There was perfect order. Swiss guards were stationed at intervals along the line to keep the people in their places, and they scolded a good deal at those who became impatient and were running back and forth.

"Pretty soon we could see a group of glistening spears over the heads of the crowd which told us that His Holiness was coming our way. He moved very slowly. Mgr. Della Chiesa, his major domo, came first, with half a dozen chamberlains and gentlemen-in-waiting, who cleared the way and pushed the crowd back into line, and was followed by three of the Swiss guards clad in the extraordinarily fantastic uniform which is said to have been designed by Michael Angelo.

"Several Bishops were with him in gorgeous purple robes, but nobody saw them. Every eye was fixed upon the benevolent face of the successor of St. Petet. Every knee bent as he approached, and every lip touched a big red stone set with pearls in his ring. It was too large and lusterless for a ruby, so we thought it might be a cornelian.

"The Pope was dressed in his usual robes of white, with a big gold chain twice around his neck, from which a cross, at least six inches long and four inches across the arms, studded with giant emeralds, was suspended. He would make an imposing figure anywhere, and in that hall under the circumstances and with the surroundings the gentle dignity with which he received the wishes of his former flock was very impressive.

Notes From Rome

A LAME EXCUSE.—On the 16th December last, His Eminence Cardinal Agostino Richelmy, Archbishop of Turin, laid the foundation stone of the Church attached to the institute of the Immaculate Conception, that was founded, in 1854, the year of the definition of the dogma, by Dr. Philip Girioli.

work means an important embellishment of that beautiful city. Among the guests invited to the function was the Mayor of Turin, Senator Frola. That gentleman sent a polite note excusing himself from attending on account of illness. He also excused the absence of his Council, who were "engaged in an afternoon sitting."

AN OLD MINISTER.—One after another the men of the nineteenth century are passing away. Of those who held positions of importance in the affairs of the various governments during the last half of the century now gone there are scarcely any left to relate the story of the important events in which they had taken part.

CONVERSIONS IN ROME.—On the sixteenth and on the eighteenth of last month two remarkable personages were received into the Catholic Church. The baptisms and other ceremonies of reception took place in Rome, and the Holy Father, Pius X. gave an audience to each of the converts, accompanied with his Apostolic Benediction.

Premium TO Subscribers.

We offer as a premium to each Subscriber a neatly bound copy of the Golden Jubilee Book, who will send the names and cash for 5 new Subscribers to the True Witness

This is a splendid opportunity to obtain a most interesting chronicle of the work of Irish Catholics Priests and laymen in Montreal during the past Fifty years.

A SCIENTIST'S VIEW OF OUR FOOD.

Five dollars for a single glass of water. That is the price people pay every day of their lives for the liquid without which there could be no life. It is free and in abundance, yet this exorbitant price is paid daily, and not a single murmur of protest is heard.

"While recognizing the importance of water as a condition of life," said Mr. T. W. Smith, a chemist, "people seldom realize what quantities of it exist in their daily food, or what exorbitant prices they have to pay for it in the ordinary course of purchases at the grocery store or the market.

"Foods which contain only a small percentage of water are usually unfit for human consumption until they have been cooked. This simply means that the culinary art, reduced to its simplest terms, consists in innumerable devices for adding water to food in an attractive manner.

"Bread is a capital case in point. Dry wheaten flour contains, as a rule, about 12 per cent of water, and wheaten flour would be voted anything but a satisfactory article of diet by the majority. Bread, on the other hand, is the acknowledged staff of life. In this, its changed form, the flour has received an addition of water until the percentage has risen to from 45 to 50.

"At the same time it is occasionally possible—after adding water to food in the cooking process—to finally evaporate it with excellent results. This we do in the case of biscuits, which seldom contain more than 8 per cent. of water when they come from the oven. From these facts it becomes evident that nature does not really cheat us when she makes us pay a premium on water when we think we are buying food.

"Speaking broadly, all dry food is indigestible food, and thus water is seen to play a part in our dietary far more important than is at first evident. Chemical change under an absolutely dry condition is impossible. And with equal certainty, if the stomach is deprived of the water necessary to the digestion of any particular food, it fails in its work, and we have to visit a doctor.

"Ordinary food materials, such as meats, fish, eggs, potatoes, wheat, etc., consist of:

"Refuse—as the bones of meats and fish, the shells of shellfish, skin of potatoes, bran of wheat, etc.

"Edible portion—as the flesh of meats and fish, the whites and yolks of eggs, wheat flour, etc. This edible portion consists of water (usually incorporated in the tissue and not visible as such), and nutritive ingredients, or nutrients.

"The principal kinds of nutritive ingredients are fats, protein, carbohydrate and ash or mineral matters. The water and refuse of various foods and the salt of salt meats are called non-nutrients. In comparing the values of different food materials they are left out of account.

"The ideal method of the analysis of food materials would involve quantitative determinations of the amounts of each of several kinds or groups of nitrogenous compounds. This, however, is seldom attempted. The common practice is to multiply the percentage of nitrogen by the factor 6.25, and take the product as representing the total nitrogenous

substance. For many materials, animal and vegetable, this factor would be nearly correct for the proteins, which contain an average not far from 16 per cent. of nitrogen, although the nitrogen contents of the individual proteins is quite varied.

"The variations in the nitrogens of the non-proteins are wider, and they contain on the average more than 16 per cent. of nitrogen. It is evident, therefore, that the computation of the total nitrogenous substance is in this way by no means correct. In the flesh of meats and fish which contain very little carbohydrates the nitrogenous substance is frequently estimated by the difference, that is, by subtracting the other extract and the ash from the total waterfree substance.

"It is impossible to determine the amount of water in any given substance without careful analysis, for appearances are more than usually deceptive in this particular branch of chemical study. This is well shown in the case of fruit. For, while the hard, dense-fleshed apple contains from 80 to 82 per cent. of water, and the comparatively solid looking strawberry 90 per cent., the proverbially luscious grape yields only 80 per cent. of fluid when subjected to the analytical process.

"The turnip, for example, contains water to the amount of nearly 90 per cent., while very nearly the same proportion goes to the making of a cabbage. But it is a still greater surprise to learn that cucumbers and vegetable marrows are only 5 per cent. removed from water itself—nineteen-twentieths of their substance being water, suspended, as it were, in a frail network of solid matter. This brings to light the extraordinary fact that a cucumber—an object with which a fairly effective blow might be dealt—has from 7 to 9 per cent. more water in its composition than the milk which we purchase by the pint and drink out of a glass.

"In the fatty parts of food hydrogen and oxygen do not exist in the chemical proportions necessary for the formation of water. Therefore it may be taken as the general rule that the more fat or oily the meat the less water it contains. This fact—the diminution of water as fat increases—is well exemplified in the case of poultry. The flesh of pigeons contains 75 per cent. of water, that of fowls and ducks about 70 per cent., while a fat goose will have little more than 38 per cent. of water in its composition.

"Take, for instance, the butcher's bill, which is generally the most serious item of the weekly domestic expenditure. It is a trifle disconcerting to be told that when the thrifty housewife buys the best beef at 24 cents per pound, she is expending no less than 18 cents of that sum on water. Yet such is the case—vouched for by the highest analytical authority—uncooked beef or mutton containing 75 per cent., or three-fourths of its whole bulk of water.

"Other kinds of meat are less fluid in their nature. Lamb, for example, contains only 64 per cent. of water. Pork has still less, the amount being variously estimated at from 50 to 60 per cent. Of the whole, however, the humble citizen who buys bacon for his Sunday dinner gets the greatest amount of solid satisfaction for his money, dried bacon seldom containing more than 22 per cent. of water.

"The flesh of different parts of fish varies considerably in the quantity of water it contains, the figures ranging between 40 and 80 per cent. Most of the kinds commonly seen on the fishmonger's slab approximate to the higher rate. Thus the flesh of eels contains 75 per cent. of water, that of salmon and other red-fleshed varieties about 77 per cent., while white flesh, such as sole, cod or turbot, reach 1 per cent. higher still.

"Milk must be regarded as the type of a complete food. Yet new milk, fresh from the cow, contains between 86 and 88 per cent. of water. This fact is exceedingly significant of the importance which nature attaches to water as a diluent of her food substances. But that certain so-called solid foods contain more water than the same weight of milk seems a paradoxical statement scarcely to be credited, yet such is the case.—Indianapolis Sentinel.

SALES. Various stocks and opportunities come of the year. Underwear. Apparel. Prices. Footwear. Sale means an... HINTS TO YOUNG WOMEN.

OUR CURBSTONE OBSERVER ON PEDANTRY.

LITTLE learning is a dangerous thing, is an old, and a true saying. It is not only dangerous, but very annoying, when its possessor is determined to fling it perpetually at your head.

A LATIN BORE.—Last week, as I rambled slowly along my curbstone, I met a gentleman whose face and form are very familiar on Bleury and St. James streets.

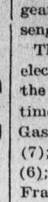
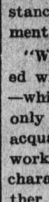
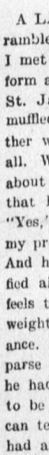
THE QUEBEC ALMANAC (By a Regular Contributor.)

For some time I have been silent; no matter why. For several months I contrived "Old Time Reminiscences" to these columns; then I came with "Old Letters"; now I am to the fore with "Old Canadian Publications."

THE man who endeavors to scrape an acquaintance without the usual introduction who should be carefully guarded against. "Men are respectable only when they respect," once wrote Emerson, and the man who speaks to a girl in a public place, with the evident desire of forcing his companionship upon her, is showing no respect for her.

THE MONTREAL SEMINARY.

Priests of Montreal district on the Island: Ign. Leclerc, St. Laurent; Dumouchelle, Ste. Genevieve; Duranseau, Lachine; Fortin, Pointe Claire and Ste. Anne; Durocher, Pointe aux Trembles and Longue Pointe; Huot, Sault au Recollet; Boissonault, Riviere des Prairies; Toupin (afterwards of St. Patrick's), Isle Perrot. On Isle Jesus—Mich. Brunet, St. Martin's; Belair, Ste. Rose; Begin, St. Vincent de Paul. On the North Shore—Rev. Louis Lamotte, Benthier; Seraud, curate; Francois Marcoux, St. Cuthbert; Keller, Ste. Elizabeth; Bezeau, Lavaltrie and Lamoraie; Bellenger, St. Paul; Martin, St. Sulpice; Amiot, Repentigny; Roy, St. Pierre du Portage; Ringuet, curate; Parc, St. Jacques; Raizenne, St. Roch; Perinault, St. Esprit; L. Parent, St. Henri de Maskouche; Ant. Lamotte, Lachenaie; St. Germain, Terrebonne; Grenier, Ste. Anne des Plaines; Ducharme, Blainville; Felix St. Benoit; Gatien, St. Edouard; Archambault, Verdun; Delabroquerie, Rigaud; Mauseau, Soudange; Leduc, Nouvelle Longueville, South Shore—Rev. N. Dufresne, Missionary at St. Regis; Bourgois (afterwards Bishop), Chateaugay; Clement, Beauharnois; Jos. Marcoux, Sault St. Louis; Pigeon, St. Philippe; Brouillet, curate; Chevreuil, St. Constant; Frs. Demers, St. Luc; Paquin, Blainville; Boucher, Prairie de la Madeleine; Chabaille, Longueville; Tabeau (preconized Bishop, but died before consecration), Boucherville; Deguisse, Verennes; Chauvin, curate; Kimbert, Verches; Aubry, Contrecoeur.



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