

THE WEEK

NATIONAL VOLUNTEERS.

Captain Fitzgerald Lombard has written to Col. Gore resigning his command of the Kingstown Irish Volunteers and also all connection with the same.

At first he understood, he says, that the force to be raised by all shades of Nationalists, to be used in the case of eventualities—for instance, Sir B. Carson's army 'got from the hand,' and that a similar antidote was needed to balance and preserve the peace of Ireland and the British Empire.

The Irish Volunteers are now, in Capt. Lombard's opinion, in the gravest danger of becoming a party machine. A sin, there was a fearless force as regards officers—a ship without a rudder, and it was, therefore, a menace to the peace.

He suggests that with the Ulster Volunteers Irish Volunteers should become a territorial unit under the War Office.

CAUSE AND EFFECT.

Good Digestion Follows Right Food.

Good digestion and the attendant discomforts of a weak body are certain to follow continued use of improper food.

Those who are still young and robust are likely to overlook the fact that, as dropping water will run a stone away, so will the use of heavy, rich, fatty, rich foods finally cause loss of appetite and indigestion.

Fortunately many are thoughtful enough to look to themselves and note the principle of cause and effect in their daily food. A young woman writes:

Some time ago I had a lot of trouble from indigestion, caused by too rich food. I got so I was unable to digest scarcely anything, and medicines seemed useless.

A friend advised me to try Grape-Nuts food, and I tried it highly, and as a last resort, I tried it. I am thankful to say that Grape-Nuts not only cured me of my trouble, but built me up and strengthened my digestive organs so that I can eat anything I desire. But I stick to Grape-Nuts.

DEATH AT 110.

Daily Mail says—Mrs Rebecca Clark, an old woman of Wood Green, London, probably the King's oldest subject, passed away on Sunday afternoon, at the age of 110, in the presence of three of her children and four grandchildren.

UNIONIST AND LEINSTER BANK.

GOVERNMENT'S MAJORITY DOWN TO TWENTY-THREE.

A Press Association telegram, dated London, Tuesday, says:—The decline of the Government's majority to the low figure of 23 on this evening's division in the House of Commons on the official Opposition amendment to the closure motion on the Finance Bill was in the main due to Liberal abstentions. The Government had the support of the Labour Party, who, however, mustered only 23 members out of a total strength of 37. Nationalists to the number of 63, also somewhat short for their average for an important division, went into the Lobby with the Government, but six O'Brienites voted with the Opposition.

One Liberal (Mr D. M. Mason) voted against the Government. Among the Liberals who abstained were Mr Holt, Mr Sherwell, and Mr Roch.

Some of the Liberal absentees have generally taken an independent line when closure motions have been under discussion, and object in particular to closure on financial proposals. In this instance, however, their numbers were certainly reinforced by others who cannot be relied upon to give unswerving support to this year's Budget.

Unionists were much gratified, and were anxious to point out that the division was in no sense a snap, having been arranged for at a particular hour and whipped for both parties.

FATAL RAILWAY ACCIDENT NEAR NEWPALLAS.

The body of Timothy O'Brien, aged about 30, was discovered on the G. S. and W. Railway on Thursday morning by the officials in charge of the goods train which left Limerick for Waterford. The fireman of the engine is stated to have first observed the body, which was subsequently removed to New Pallas, shortly after one a.m. on Thursday. It was also stated that the deceased young man, whose people reside near New Pallas, was on a visit on Wednesday to his uncle, a clergyman, who has come home from America for a brief stay with his relatives, and that the deceased was making a short cut home by the railway when he was struck by a passing engine and killed on the permanent way, at a point something like a mile at the Limerick side of New Pallas Station. The Limerick Constabulary were apprised of the fatality, and an examination of an engine tender afforded evidence of its having come in contact with the young man's body, which was more or less severely injured.

DEATH OF A KING'S CO. R.M.

Very sincere regret was felt in Birr on Tuesday when the death of Mr R. L. Browne, R.M., became known. The deceased gentleman, who was very popular, had been ill for a few days only. He was appointed one of the Resident Magistrates for King's County in 1894, and had

Smoke

Cigs