

**SPIRITUAL PEPPER AND
SALT FOR CATHOLICS
AND NON-CATHOLICS**

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Spiritual pepper and salt for Catholics and non-Catholics by Wm. Stang

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WM. STANG

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SALT FOR CATHOLICS
AND NON-CATHOLICS**

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PEPPER AND SALT

FOR

CATHOLICS AND NON-CATHOLICS.

BY THE

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PREFACE.

PEPPER and Salt are two indispensable articles on the dinner-table. From time immemorial they have been regarded as necessary condiments of food. Pepper has a hot, pungent, almost fiery taste. It stimulates and produces arterial action; it excites the languid stomach and corrects flatulence. Salt seasons food, acts as a tonic, and quickly passes into blood. A certain amount of it is necessary for health.

What the body receives in these condiments, I have attempted to offer to the soul of the dear reader in the following pages. With this little book I desire to put on your table spiritual pepper and salt,—truths that stimulate and preserve. Truth often tastes peppery and salty, but if properly taken, it cures the flatulent condition of mind and promotes a healthy activity of heart. Do not reject it on account of its pungent and bitter taste. Take it in small quantities, but take it regularly until it seasons your whole spiritual system and regulates your thoughts and affections. The Lord of life says: "Salt is good. . . Have salt in you,

and have peace among you" (St. Mark ix. 49).

It has been far from my mind to wound or hurt the feelings of our separated brethren. Nothing but the love of Christ and the ardent desire to serve the "other sheep" urge me to state the truth boldly and sincerely. The truth must be told, for the truth shall make us free. May the Spirit of Truth, who is also the Spirit of Charity, bring us all into the possession and enjoyment of perfect peace!

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