



EDUCATION.

Influence of Early Mental Cultivation Upon Health.

[By W. McK.]

To the Editor of THE POST and TRUE WITNESS:

Sir,—The influence which the exercise of the intellectual faculties has upon the health, growth and proper development of the body, is a subject of interesting inquiry to every rational being.

The peculiarly intellectual character of the present age, the high mental excitement which pervades all classes of society, and of which the child partakes in its very infancy, render it more important now than has ever been before for men to possess correct views on this subject.

Hence we find that by all classes of the community the culture of the mind is considered as the first and most important pursuit, especially for those in early life.

This prevalent eagerness for intellectual improvement, leads to a constant search after new modes of teaching by which the education of children may be promoted.

Many physicians of great experience are of the opinion that efforts to develop the minds of young children are very frequently injurious; and from instances of disease which they have witnessed in children they are forced to believe that the danger is not in the intellect, but in the system.

Of the nature or essence of mind we are ignorant. We believe it is distinct from matter. We do not know, however, that it manifests itself solely by the aid of material organs, and that a well-formed and healthy condition of these organs is an essential condition of mental action.

Very different views, I am aware, respecting the education of children prevail in this country. In many schools the importance of a sound body and a well developed organization to the production of correct and long-continued mental action has been overlooked.

It is to be hoped that these remarks may serve to awaken some attention to the study of human anatomy and physiology, on which all plans of education ought to be founded.

One thing in which we may all glory is our infirmities, in bearing each day the holy cross of our Lord and Saviour Jesus Christ.

mechanism of the steam-engine, is considered disgraceful by men who live and die totally ignorant of the far more curious and wonderful mechanism which their own bodies present.

The importance of physical education, or the perfect development of the organs of the body, appears in modern times to be nearly forgotten.

But, in commencing the inquiry as to the influence which the cultivation of the mind has upon the health of the body, it will be necessary first to ascertain what part or organ of the human system is called into action by mental labor.

Montreal, Dec. 22, 1887.

AWFUL HERETICAL DECEPTION!

To the Editor of THE POST and TRUE WITNESS:

Sir,—While preaching His gospel to the Jews, Jesus, seeing how comparatively small was the number who were willing to follow Him, said: "Many are called, but few are chosen."

When such feelings and opinions prevail extensively respecting the importance of cultivating the mental powers of young children, it would not be surprising if, to accomplish that which is thought to be so desirable an object, some injudicious, if not dangerous, methods should be adopted.

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BELLS OF THE ANGELUS.

Bells of the past, whose forgotten music still fills the wide expanse, Tintine the softer twilight of the present With the color of romance!

I hear you call and see the sun descending On rocks and waves and sand, And down the coast the mission voices blending Girdle the heathen land.

Within the circle of your incantation No blight or mildew falls; Nor fierce unrest, nor lust, nor lost ambition Passes those airy walls.

Borne on the swell of your long waves receding, I touch the farther past— I see the dying glow of Spanish glory, The sunset dream and last!

Before me rise the dome-shaped mission towers The white presidio, The swart commander in his leathern jerkin, The priest in stole of snow.

Once more I see Fort's cross uplifting Above the setting sun, And past the headland, northward, slowly drifting, The freighted galleon.

Oh, solemn bells! whose consecrated masses Recall the bells of old— Oh, sinking bells! that lulled with twilight music The spiritual fold.

Your voices break, then falter in the darkness— Break, falter, and are still; And veils and mystic like the host descending, The sun sinks from the hill.

BRET HARTE.

IRISH EMIGRATION.

The Project to Discourage it Considered by a Convention of the Irish Societies.

A convention of the various Irish Catholic societies of the city was held in St. Patrick's Hall last week to consider the question of Irish emigration.

Resolved, That we appeal to the liberty-loving people of England, Scotland and Wales for moral and material assistance, and we feel that the cause of Ireland is the cause of the British Empire.

Resolved, That we appeal also to the people of Irish birth and extraction, whose lot in life has been cast by an all-king Providence in this three-blessed land, to give to their suffering kindred moral and material assistance.

Resolved, That we, the members of the National Executive Committee of the I. N. L. of America, as Irish American citizens, do hereby recognize that when the people of any country are united in opposition to certain laws, the enforcement of these laws ceases to be justice and assumes the nature of tyranny.

Resolved, That we also extend to the Hon. William Ewart Gladstone and his colleagues, and to the British Democracy, our high appreciation of their endeavors to replace the policy of oppression and tyranny by one of justice, conciliation and mutual good feeling between the Irish and the British people.

Resolved, That we cannot conclude our session without expressing our appreciation of the labors of the Hon. Arthur O'Connor, M.P., and Sir Thomas Henry Gratian Esmond, M.P., in the cause of Ireland; and we hereby tender them our sincere thanks for the information and aid we have received from them while present during the session of the National Committee.

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RESOLUTIONS

Passed by the National Executive Committee of the Irish National League of America. In Session at St. Louis, Mo., 26th November, 1887.

Whereas, The sufferings of the people of Ireland are unparalleled in the history of nations, and to-day, in defiance of the advanced civilization of the age, England, while claiming to be the "ne plus ultra" of civilization, governs that oppressed people by military law, depriving them every right, privilege and protection afforded them by the common law, denying them the right of trial by jury, and the opportunity to take from the soil which bore them such food as is necessary to properly nourish and sustain their actual necessities.

Resolved, That we appeal to the liberty-loving people of England, Scotland and Wales for moral and material assistance, and we feel that the cause of Ireland is the cause of the British Empire.

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Resolved, That we, the members of the National Executive Committee of the I. N. L. of America, as Irish American citizens, do hereby recognize that when the people of any country are united in opposition to certain laws, the enforcement of these laws ceases to be justice and assumes the nature of tyranny.

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SUNDAY THOUGHTS.

The heroes of Dryden, like many other gentlemen, can never talk sense when ladies are in company.

We should confide in God, even to believing that if a vessel were wanting to us the sea itself would afford us a safe footing.

If the calculator bespatters and believes me, I will endeavour to convince him by life and manners, but not by being like himself.

Every one should make progress, acquire merit and practical virtue during his life; no reward can be gained by remaining inactive.

The brightest crowns that are worn in Heaven have been tried and smelted and polished and glorified through the furnace of tribulation.

A man should never be ashamed to own he has been in the wrong, which is but saying in other words that he is wiser to-day than he was yesterday.

The heart that triumphs over avarice frees itself from all occasions for unbecomable solitude; but the heart enslaved by avarice can never offer a pure prayer.

The speediest way to prove what is the state of your heart before God is to try to adjust yourself at once to all outward duties.

Happy is he who loves his brother absent as when present, and who does not say a word of him which charity would forbid him to say to his face.

God often forbids our soul to remain barren in darkness and torment, to awake in a holy solitude and make us advance in virtue.

The family does not make the individual noble, but the individual ennobles the family.

The most wonderful and beautiful things are oftenest done in the world by those who had no opportunities, while people whose hands were full of the means never arrived at any end.

There is blessed peace in looking for nothing but our daily task and our portion of Christ's cross between this day and the appointed time when we shall fall asleep in Him.

Many think themselves Christians who are not. For Christians are holy; these are unholy. Christians are lowly; these are proud.

Every man has within the depths of his heart a tribunal by which he begins to judge himself, awaiting the hour when the Supreme Arbitrator shall confirm the sentence.

We are born for a higher destiny than that of earth; there is a realm where the rainbow never fades, where the stars will be spread before us like islands that slumber on the ocean, and where the beings that pass before us like shadows will stay in our presence for ever.

All nations, all tribes, all peoples have called Mary blessed. The Church in her earliest liturgies took up the key-note, and continued to hymn her praises; to that praise all peoples, with heart and soul, have unceasingly echoed back a grand chorus of Amen.

No idea more depressing, more hopeless, more ludicrously miscalculated to evoke heroism, or to curb passion, can possibly be imagined than the human race as a whole as it shows itself to the eye of reason unaided by faith.

Life is short at best, and religion apart, who enjoys it most? He who sleeps at night, who rises betimes in the morning, eats his humble breakfast with a relish, comes to his substantial dinner with a good appetite and a healthy digestion, partakes of his frugal supper, and then retires to his humble couch to sleep and rest throughout the long night, is the real nabob after all.

Nothing makes a man so much in love with purity as purity. Many a man has been lifted out of debasing sins against which he has vainly struggled by coming to know and love a pure, sweet woman.

The spiritual life; what does that mean? It is worth thinking of in the first place, for many Christians have no distinct idea of it.

Where there is elevation of character there will be fastidiousness.

The habits of supernatural virtue, which make the soul's perfection, have to be acquired, and the acquiring of them is generally a work of time; it requires much effort and fidelity to the grace of God.

CARDINAL MANNING INTERVIEWED ON THE CONGRESS—AMERICA AND IRELAND.

(Correspondence of the Baltimore Sun.)

LONDON, Oct. 9.—I spent an hour with Cardinal Manning on Friday. We sat in his library, a large room, with shelving running round two sides, filled with rare and antique volumes.

The Cardinal evinced accurate knowledge of American affairs. He admires our form of government, but thinks its administration could be improved if we had fewer elections and longer terms of office.

He said it was most gratifying; that it was so much in comparative point of numbers as in material progress and influence.

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