the Church urges people to receive

Holy Communion every time they

attend Mass, where Holy Communion

is prepared? The theologians of the early ages tell us that when Christ

taught us to pray in the Lord's Prayer "Give us this day our daily

bread" He referred especially to this Bread of the Soul; and the early Christians did receive Holy Com-

munion as their daily bread from

If the Catholic religion had nothing

else to differentiate it from other religions than the Holy Eucharist,

there would be an infinite distance

Holy Eucharist that has drawn so

many clergymen from the Episcopal Church to the Catholic; it is the

Holy Encharist which seven hundred

Anglican ministers are now demand

ing the restoration of ; it is the Holy

Eucharist which gives religion all its warmth and its life. It is the Holy

Communion that has made the great

saints whom the Catholic Church honors, and whom God has deigned

THE VOICE IN THE

The recent utterances of our Holv

Father point clearly to the fact that

a divided world brings bitter sorrow

of men's passions for justice and charity. Unfortunately the welter

wish. Unmindful that the sower of the wind only reaps the whirlwind

to honor in a marvelous manner.

CHATS WITH YOUNG MEN

A CHRISTMAS VISION

On Christmas Eve 'mid all the joyous That in my plenteousness surrounded

I happened by some chance to turn mine eye Out through a window wreath that hung near by.

And as I glanced through it into the I seemed to see, lit by some holy light,

A childish face with wistful, smiling That thrilled me to my very finger-

tips. Two eager hands stretched forth

called, as in stress. To me to carry help to Helplessness, And in the sad eyes of that child I

In all its loveliness the Christmas Not a command, no everlasting must

Upon reluctance for its teaching thrust, But just a pleading hint to him who

That all who suffer are God's little And then the picture in the wreath

was gone, And in its place the Eastern Starbeams shonesame that nineteen centuries

Led on the Wisemen with their heavenly glow; And e'en as they I wandered through

And into lowly places carried gifts To cheer, and give release, and pay

suffer rue.

-John Kendbick Bangs

YOUR CHRISTMAS GIFT

There's something strange about our "getting old;" to say the least, it's something creepy! We hear a great deal about a respected and honored age, but none of us seem to

things we are so much alike, and to the middle, where the Sanctuary sin for the true love of Jesus. Happy that in many more, we are just a little different. Some are "old" at a minute or two; if you're sincere may you welcome the glorious morntwenty, while others are "young" at and simple enough, you'll find that sixty. And even if old age has no you are just as much of a favorite special attraction for us, the fact is, with God as St. Jerome was; He'll hurry or no hurry, we have a chance accept your sins with as much grace special attraction for us, the fact is, hurry or no hurry. we have a chance of experiencing some of its privileges and mercy as He did St. Jerome's, altogether too soon. No matter how young you are, you're always asked happy a mood as St. Jerome left the source of the control to this! Now, if you're not too critically inclined, you'll agree with some of these reflections and if you care to read a little longer, you may also agree with one or two ideas that are coming. Some people, although they are as old "as the hills " to be eternally young! You'll admit, too, that you can be "young" in three different ways: you may be young in looks and years, you may young in your way of doing things even at seventy, and you may be young in thought, or better say, young in spirits. The first kind of "young" is coveted by millions who are fond of exterior beauty; the recipes for this particular "young" are found by the thousands in the so-called "beauty ads" of countless magazines and papers. The second kind of "young" is a rather unde-sirable quality and is usually found in older women, and sometimes in older men who have lost the sense of propriety; these will dress and propriety; and powder as they did "" and powder as they did "They mind us of the flame" "They mind us of the flame" "They mind us of the flame" "They mind us of the steel-blue slame" "They "paint" and powder as they did when they were twenty. The "old" who are "young" because they are in their "second childhood" are not the blessed angels sang to earth to be blamed; these deserve all our love and sympathy without the slighest tings of bitterness. The "young" mentioned in the third place are those who may be wrinkled and gray, and even "ugly" in appearance, but they have kept the charm and beauty of a child's sim-

The envy we might feel for these fortunate men and women is very natural, and can be best overcome When daddy lights the tree. by imitating them when still young.
Sometime the one or the other

sometime the one or the other among us may have read the life of some saint, who, humanly speaking, struck us as being "crabby," but by far the greater majority of the blessed and happy lot, whom we call saints, were those who preserved the keynote of childlike simplicity all through life.

Perhaps, you'll also agree with the following: During these Christmas days, some of us seem to grow "young;" our souls spread their wings for a trip to Bethlehem. We feel a kind of home sickness for the

at Bathlehem. The nearness of Bethlehem's manger was a great source of inspiration not only for his happy and prayerful life, but for his learned studies as well. Very often, when in view of Bethlehem's crib, as he himself tells us, he would carry on a spiritual conversation with the Christchild. And

highest;' I'll strive even more to become poorer in Gethsemane, and on the cross." But the Saint went in its stead.

(intended for good children's stock long, and a potato or carrot replaced in its stead.

(intended for good children's stock long, and a potato or carrot replaced in its stead.

t as though you gave it to Me."
That I'll gladly do," said Jerome,
but, I must give you something for "but, I must give you something for yourself, my heart will break if I can't." In return for this the Christchild answered, "Well then, if chimney; but yet, he should not be your first and only thought at this your first and only thought at this law season. It is certainly not St. pangs of your conscience, and your season. It destainly not strong pangs of your conscience, and your strength of the many loving gifts, for you all know that if the dear Christ Jesus and you do with all these nesty kind presents, even Santa Claus, with things-?" And the Child answered,
"I'll take your sins upon My
shoulders, gladden your burdened
conscience, and cancel your eternal
damnation." Thereupon Jerome bedamnation." Thereupon Jerome began to cry, and answering he said,
"Oh, dearest Child, how deeply You
touched my heart; I thought you
would ask for something good, but
you seem to care only for what is
bad in me; take, then, what's mine,
and give me what's yours, and I'll
surely get to Heaven."

surely get to Heaven.'

This is the Christmas gift, the Lord wants and expects from you, too! Get rid of your sins by offering them to Him, who takes away the sin of the world. Of course, if you are entirely a stranger in the land of faith and simplicity you'll laugh at the "foolishness" of St. Jerome, and Unto my Lord through them that call it all religious nonsense. The done for the sake of the dear Christ suffer rue.

Unto my Lord through them that call it all religious nonsense. The world, too, agrees with you, because Child, and woven into a garland to such things are folly in the eyes of | bring to the crib upon Christmas the worldly wise. But, if you want morn. Yes, with such a gift you may to experience the real Christmas joy, indeed hasten to the waiting Child you'll have to get rid of the rubbieh that defiles your soul, then you'll understand the angelic song, Glory to God in the highest, and Peace on earth to men of Good Will! Forget pets for the honors that are usually heaped upon the "old."

your worldly wisdom for a while and follow St. Jerome; go into some church during these some some some statements of the sound with the sound statement of the sound with the sound statement of the sound statement of the sound with the sound statement of the so for you if the only reason for a privilege or two, lies in your seniority.

What a blessing it is, that in many there's nobody else in it; go up to the crib—if you happen to see one, and imagine you're St. Jarama talk "how 'old' are you?" Not even the infant in the cradle is an exception understand what the Peace is, which is given by God, to men of Good Will.-Lordman in Buffalo Echo.

OUR BOYS AND GIRLS

WHEN DADDY LIGHTS THE TREE We have our share of ups and downs Our cares like other folks;

The pocketbook is sometimes full, We're sometimes well nigh broke; But once a year, at Christmas time, Our hearth is bright to see; The baby's hand just touches heaven When Daddy lights the tree.

For weeks and weeks the little ones Have waited on this hour ; And mother, she has planned for it Since summer's sun and shower. With here a nickel, there a dime, Put by where none should see, A loving hoard against the night When Daddy lights the tree.

That rifted once the steel-blue sky

Above that far countres-We think they sing above our hearth When Daddy lights the tree. The weest kid in mother's arms

Laughs out and claps her hands, The rest of us on tiptoe wait; the grown-up brother stands Where he can reach the topmost

branch, Our Santa Claus to be,

We pray that little orphaned ones May have some share of bliss, Nor when the Yule tide fires burn Their bit of gladness miss; From our rich store we're fain to send Where'er such children be

present as from friend to friend When Daddy lights the tree. MARGARET E. SANGSTER

A CHAT ABOUT CHRISTMAS BY LOTTIE SHIPMAN

I would like to have a nice talk about Christmas—now that holy and beautiful season is once more so close at hand—with some dear little boys and girls. With most children, I (3) it lessens our evil inclinations; feeling is not-so much for Bethlehem as it is for the blissful spirit of child. like faith and simplicity. Not that we would despise the chance of paying a visit to Bethlehem; this is simply out of the question for most of us.

St. Jerome, a famous doctor of the Church, had the fortune of spending the last thirty-five years of his life at Bethlehem. The nearness of Bethlehem are manger was a great spirit being quite to the condition of the chance of the Church and the fortune of spending the last thirty-five years of his life at Bethlehem. The nearness of Bethlehem's manger was a great so that and girls. With most children, I think that Christmas is only symbolic of pleasure, the thought of Santa Claus' wonderful visit being quite enough to fill each little body with as much excitement as they can possibly the council of the Biblical support for the several contentions made by the Council of Trent.

We become as intimately associated with Christ as the food which we eat becomes united to us. St.

shiver for my salvation! How can I thump fast, and hurry me back to my warm bed, for fear the good saint child answered, "Dear Jerome, I don't want anything from you in the child answered that the child answered the control of the child answered that the child and the child answered that the child and the child answered that the child and the child answered that the child and the child a onid answered, "Dear Jerome, I dow—for I knew the penalty for being don't want anything from you; just keep on singing 'Glory to God in the highest;' I'll strive even more to the control of the pretty of the pret

become poorer in Germe.

on the cross." But the Saint went on "I must give You something, dear child; give You all my money."

"Don't heaven and earth belong the Mistletoe season, for God grant that all my young readers will have golden stores of Yule-tide pictures and I'll consider that all my young readers will have golden stores of Yule-tide pictures are than kind to holy season. It is certainly not St. Nicholas whom you should first thank all his power, could never brighten your Christmas morning. Then first go to the Holy Crib at Bethlehem, kneel with the adoring shepherds, and thank the Divine Child, your young hearts filled with love and gratitude. Then present Him with your little gifts, for surely you would not think of going to that lowly ger with empty hands, when the Holy Child lying there has filled yours so bountifully?

> But perhaps some little readers ill ask here "What have I got that will ask here is worthy of the dear Child Jesus?" Many, many, precious gifts, children -good resolutions, unpleasant duties cheerfully performed, little acts of kindness towards your playmates, the angry word carefully restrained, and a gentle one spoken instead. All this and be assured that no necklet of pearls or glittering diamonds could shine so pure and bright. But it is Forget must commence your precious garland, adding link by link each dayrubies of loving actions towards your parents, pearls of pity and aid to the poor and homeless orphan, sapphires of thoughtful acts for the many and clime. He can know no enemies friends around you, and priceless And so he cries out over the tumult diamonds of resolve to keep free from of men's passions for justice and children with such a garland! Well of cross purposes, the clamor of may you welcome the glorious morn- warring interests drowns out his ing of your Saviour's birth! Yes, place low at His feet your loving gift, and beg of your dear Mother Mary to hatreds are being sown, and death present it for you to her divine Son. and disaster can be the only crop. Oh, how gladly and sweetly shy she In a world, mainly Christian, at will do so, and Jesus will return it to least in profession, war gained a hold, you transformed into a common of you transformed into a crown of and peace is promising its continupriceless value—for all such gifts ance. Out of the hearts of men there given to the Heavenly Child, return is being driven all save the passion unto the loving giver a thousandfold. to control, to exploit and to plunder. Having done this, dear children, you The Kingdom of Christ on earth is cannot fail to enjoy Christmas morn-ing, and your young hearts can freely of paganism are being set up. The beat with joyous pleasure at the tempting glimpse of fairy looking treasures peeping from the many colored stockings. But yet I am quits certain that the recollection of your first Christmas offering will please you far more than casseau, or ornament-yes, and more also than even the most costly, or longed for toy hanging from the dark green branches of the pretty and glittering decked tree.

CHRISTMAS WISHES

With the coming of Christmas I've counted The wealth of my wishes for you, And behold! In the years they have mounted

Beyond price, these wishes for you. It's not gold but love that I'm bringing; Not jewels but great joy would I

give; And a heart that forever is singing, All the years that you yet have to

With the peace of eternal contentment; God's blessing for ever and aye—

Pray tell me what else could I give thee, This joyous and glad Christmas

THE BENEFITS TO THE SOUL

> OF A WORTHY HOLY COMMUNION

When the Holy Eucharist is received by a member of the Church, it is called Holy Communion, which, according to the Council of Trent, produces the following effects in the soul; (1) Is united us intimately

this is the substance of one of his toys piled high before him. This last talks: "O Jesus, how hard your bed must be; how You tremble and though fast, and hurry me back to my shiver for my relation."

toys piled high before him. This last life" even witbout receiving Holy war to bring men's mirds back to reason is there to believe that those God and the Gospel of His Son who are united frequently with their Lord by this intimate union will have "everlasting life" (Ib. 55?) In Him that out of all this turmoil this same verse Christ assures us:
"And I will raise him up on the Last there may come His own gracious purposes.—New World.

> quently, the body which, according to the Bible is the "temple of the Holy Ghost" when the soul is in " NO ROOM FOR HIM ' grace, will not be permitted to re-main ever separated from the soul BY 8. R. No room for Him when first He This body, sanctified by Holy Communion will be glorified as was Christ's own Body, and taken to

> And now is it not still the same? Are not our hearts as strangely Heaven to be rewarded with the soul cold for all eternity. How, then, can one be indifferent As Jewish hearts in days of old? to the invitation to frequent Holy Communion? Is it a wonder that

He seeks within our hearts to rest, And we make vain His loving quest; Our hearts so filled with self and Can scarce find room for Him within

Love is in all things a wonderful teacher. There is no school in which a papil gets on so fast as in that.—Old Curiosity Shop.

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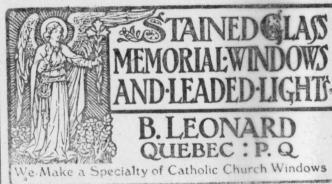
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