From China St. Francis Xavier China Mission Seminary, which but a short time ago was but an ardent desire, has materialized, and has now with hopeful gait and steady stride, swung into line with the veteran missionary seminaries of the Catho-lic Church—its objective, the con-version of China.

resion of China.

The scholastic year is in full swing, and it is indeed a consoling and inspiring sight to see our students deeply and earnestly engaged in their ecclesiastical studies, in preparation for their life-work as missionaries in far-off China. Their classical, philosophical and theological training leaves nothing to be desired. They receive daily spiritdesired. They receive daily spiritual instruction from the Reverend Rector, and the study of Chinese is carried on by a Chinese professor, who himself is a candidate for the priesthood, and who has at his disposal the most untodate equip. posal the most up-to-date equip-ment for the teaching of this diffi-

cult language.

And on all this mental pabulum our young Seminarians seem to thrive, perhaps because there is added to it plenty of manly outdoor sport, cheery and comfortable indoor apartments, and the boy's proverbially generous allowance of wholesome food. We do not intend that these young volunteers for the China Mission shall go out from their Alma Mater with either mind or body undernourished, for since they have been generous enough to sacrifice all that life holds dear in the most selfless of all undertakings, we must see to it that before they leave us for a life of hardship, danger and exile, they are, in every

way, Fit. With wistful eyes we read of the wealth of expenditure lavishly bestowed on social functions, of the fabulous sums realized by big "drives" for civic and religious purposes. Compared with these our requirements are modest and insignificant, and yet we must put up a daily struggle to meet even our current expenses of food and fuel. We are far from pessimistic though, for our cause is surely God's cause, and our benefactors are behind us help to carry on the work so

Good friends, do not weary then of our importunity. Think of us when you have an alms to spare, or an intention to gain, and when you decide to draw up your will decide to draw up your will, and you will bring upon yourselves and those dear to you untold blessings from the beneficent hand of Him Who loves the "cheerful giver." You will entitle yourselves to a life-long share in the prayers of our priests and students, of our missionaries and the many converts they expect to make in the land of their

"And must I be giving again and again ?"
"Oh no," said the Angel; his glance pierced me through,
"Just give till the Master stops
giving to you."

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OBITUARY

MRS. JAMES O'CONNOR

Many friends regret to learn of

Many friends regret to learn of the death of Mrs. James O'Connor which took place at her home in Arnprior on Thursday, Nov. 6th.

Deceased was a lovable little lady; to know her was to esteem her; kind of heart, her generosity was known to a wide circle of acquaintances; she was a most exemplary wife and mother and her family, her home and her church, held attachments for her, beyond attachments for her, beyond and above all else.

Mrs. O'Connor was a native of Fitzroy Harbor, born there seventyone years ago, a daughter of the late Mr. and Mrs. Timothy Mc-Mahon. When she was married to the late James O Connor, she made me in the Pine Grove section of McNab, and there she continued to reside until about five years ago when the family took up residence in Arnprior. Here her husband died in February of last year. Mrs. O'Connor always enjoyed good health, in fact just previous to her death she appeared to be very well, but on Thursday shortly before the noon hour, she was suddenly seized

noon hour, she was suddenly seized with an affection of the heart, and she lived only a short time.

Surviving is a family of six, five daughters and one son, Mrs. J. C. Leeney of Pembroke, Mrs. Jessie Patterson, Mrs. Mayme and Elizabeth and Mr. Dan O'Connor, all at home; Miss Gertrude of Ottawa and Sister Stella Agnes of Cincinnati, Ohio, all of whom were here for the funeral. Sincere sympathy is extended to them in sympathy is extended to them in their irreparable loss.

The funeral on Saturday morning to the Catholic Church and cemetery was very largely attended. The pall-bearers were Messrs. D. J. Campbell, John Rafter, John P. Murphy, Patrick Cannon, J. P.

NEW BOOK

"Yearning for God." The Path to the Peace of the Soul. By Rev. Joseph J. Williams, S. J. Author of "Keep the Gate." Cloth. Net. \$1.75. Father Williams has a vigorous style that transforms spiritual sluggishness and indifference into enthusiastic ardor. This is true not merely of various pages or chapters, but of the book itself as a whole.

A through sleeper direct without content merely to suggest many change from Toronto to the S. S. fruitful lines of meditation. Opening the book at random, one is John on December 12th, is a convenion on December 12th, is a convenion of the content merely to suggest many professors collaborating, telling the full history of Reichenau. thought that will repay an hour's consideration. Father Williams draws liberally from scriptural sources and from church history,

soul to a more intimate union with

For sale at THE CATHOLIC RECORD, London, Ont.

THE CARTHUSIAN MONKS HAVE NO 'FLU, PNEUMONIA OR TUBERCULOSIS

The above fact shows what a vital thing is proper food. These monks living their simple life within monastery walls, in Surry, England, have been practically disease free

for many years, save such diseases as are incident to old age.

Not many months ago 'flu prostrated the entire district in which the monastery is situated, yet not a single case developed among these monks. The national health authorities investigated and attributed their immunity from disease to their simple diet of whole grains, milk, vegetables and fruits.

milk, vegetables and fruits.

Dr. Robt. G. Jackson of Toronto, Editor of the Dietetic Age of New York City, has long claimed that most of our diseases are due to the refinement or denaturing of our chief foodstuffs, the grains, aided by white sugar. He has invented Dr. Jackson's Roman Meal, a natural grain food made from whole wheat, whole rye, flaxin and bran, to compensate the deficiencies of white flour and refined "ghost of white flour and refined "ghost cereals." Plenty of Roman Meal, cereals." Plenty of Roman Meal, milk, vegetables and fruits will work wonders in the health of the Canadian people. Dr. Jackson was himself a wreck at 55, when he invented Roman Meal, but at the age of 65 his physique is better than that of 9 out of every 10 men regardless of age, thanks to the wonderful body-building properties of Roman Meal. Used persistently, it will do much for anyone. At grocers.

REICHENAU

1,200TH ANNIVERSARY OF THE BENEDICTINE ABBEY IN GERMANY OBSERVED By Rev. Dr. Wilhelm Baron von Capitain

One of the most interesting ceremonies in Germany in recent years will be held August 12-15, when the 1,200th anniversary of the former Benedictine abbey of Reichenau is

observed.

Three things join to make this ceremony a gripping thing: The hoary age of the former abbey, which was founded in the Sixth Century; the fact that literally for centuries the abbey itself has been nothing more than a memory and the relics of it nothing but dilapi-dated churches, yet the anniversary will be held with full ceremony; and the fact that Reichenau is one of only two ancient Bodensee monas-teries which have not yet been turned back to their old religious owners, after being forcibly seized.

The Anglo-Saxon bishop Pirmin, who lived about the year 724. founded the Benedictine monastery of Reichenau in the country of the Allemania, that ancient tribe which later gave its name to the whole of Germany. The land at that time was nearly all heathen, and it was the landvogt Sintlaz who was Bishop Pirmin's protector when he built the structure, that the country

might not lapse again into paganism and infidelity.

Bishop Pirmin accordingly chose the small island of Reichenau, in the Bodensee, to build his monastery. It was not long before it was famed throughout the world and the greatest of the Benedictine professors were teaching there.

It became as famous as Fulda, Corvey and St. Gallen. Kings and emperors dwelt there and 125 villages and many noblemen obeyed the abbot and gave the monastery their tithes. A monk of Rathenau, later Bishop of Verona, in 830 sent to Reichenau the body of Saint Mark the Apostle, which gave the monastery added fame. Noted professors such as Walafried Strabo, Notkor Balbulus and the Eckhardts came

But when the Huns descended But when the Huns descended, laying waste everything in their path, the Emperor Karl "der Djcke," who lived and died at Reichenau, although he opposed them valiantly was defeated. His tomb is at the monastery. Then began an era of decay, until, when Frederic of Wartenberg-Wildenstein became abbot, Reichenau had sunk into desolation. This was in 1427. into desolation. This was in 1427. The monks soon left the island, and there is nothing now to remind one of the once flourishing religious community and rich valley but a few churches and the ancient paintings on their walls.

But despite the desolation where the great monastery once was, the but of the book itself as a whole.

"Yearning for God" is a militant conception of our part here and in eternity. The author treats the struggle, both for one's own salvation and for the salvation of others, as a military campaign, demanding courage, loyalty and sacrifice, but with rich rewards for victory.

As he develops his theme, he is content merely to suggest many

Shea.—At Barnaby River, N. B., Nov. 10, 1924, Mr. John Shea, aged sixty years. May his soul rest in

Art, in the hands of the saint, ministers to virtue; in the hands of the sinner, to vice. The soul must have been liberated, the will elevated, its affections purified, by other than aesthetic influences before aesthetic culture can aid moral progress.—Brownson.



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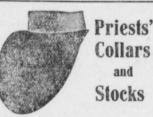
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