

of the kindly feelings ever existing between Rev. Father Van Heertum and his flock, and expressed the very best wishes of the congregation for the Rev. Father's future welfare. The Rev. gentleman responded, thanking the congregation for this last token of good will and affection and assured them that he would carry to his new home happy recollections of his four years' sojourn in Regina. Rev. Father Suffa then addressed those present and we feel satisfied that all were impressed while listening to his address with the sincerity, the zeal, the loving anxiety for the welfare of the flock now under his care, and especially for the children. To Rev. Father Van Heertum he paid a glowing tribute, and trusted the same happy relations would ever exist between the teachers and pupils of Gratton School, and their new Parish Priest. Rev. Father Kim also made a few remarks, expressing his pleasure in being present on that occasion, as well as his satisfaction in once more making Regina his home. The children then one by one bade adieu to Father Van Heertum and heartily joined in Auld Lang Syne.

Rev. Father Van Heertum was indeed a most popular Parish Priest. Regina has always been blessed with priests who were deservedly popular with non-Catholics as well as our own congregation and while we "Speed the parting" yet with the best of good will, with confidence and with promises of hearty co-operation "do we welcome" our coming pastors. Ours is indeed a glorious religion, our pastors work, not for their earthly gain, nor for the approbation of man, but for our eternal salvation. So that even while we feel sorry to part with one who had grown dear to us and assure him that our earnest prayers and very best wishes will ever follow him, we know full well that those who come after will zealously work and faithfully help us to Heaven. Welcome, then thrice welcome to our new Parish Priest and his most worthy assistant!!

Our congregation is at present so large, and the seating capacity of the Church so inadequate, that High Mass is sung every Sunday at 9.30, and a German sermon is preached, while at 11 o'clock there is a High Mass and English sermon. Rev. Father Kasper celebrated Mass and preached his first sermon to a Regina congregation today. He took as his text the parable of the Laborers, and his discourse showed study and research, his hearers easily, willingly followed his most interesting sermon, wherein he clearly proved that the salvation of our immortal souls should be the only object of our life. Rev. Father Kasper is a very pleasing speaker and his first sermon was a most practical one.

Very cold weather now, and from present indications we cannot well hope that the predictions of a fine winter will likely be realized.

We must not fail to congratulate the choir, nor forget the painstaking organist. Rev. Father Kasper is an excellent musician, and under his guidance the choir are progressing most favorably. Let the good work go on.

Major Montgomery, one of Regina's pioneers, died last week and was buried on Saturday. Miss Laylem who has made her home with the deceased for many years, has the sympathy of her numerous friends, in her bereavement.

GENA MacFARLANE.

Home Column.

WHAT YOUR STRIVING DOES FOR OTHERS.

If all the end of this continuous striving
Were simply to attain,
How poor would seem the planning
and contriving,
The endless urging and the hurried driving
Of body, heart and brain!

But ever in the wake of true achieving
There shines this glowing trail;
Some other soul will be spurred on, conceiving
New strength and hope, in its own power believing
Because thou did'st not fail

Not thine alone the glory—nor the sorrow,

If thou dost miss the goal;
Undreamed of lives, in many a far tomorrow,
From thee their weakness or their force shall borrow;
On, on ambitions soul!

—Ella Wheeler Wilcox.

UNDISCIPLINED EMOTION.

Emotion is necessary—as necessary as steam to the engine; but if it were subject to the same rigid control, we should not so often run off the track. Many women are not ashamed to confess that they are ruled by feeling. I can't help worrying. I can't help getting angry. I can't help being afraid. These are common utterances and not one of them are true. Substitute "won't" for "can't" in each sentence, and the statements may be relied upon. For instance: A bundle of nerves went for a drive with a friend. All went pleasantly until the horse shied with some violence and began "acting up." Instantly the bundle clutched her friend's arm and screamed. He, being rather dazed at the necessity of having to control two scared creatures, nevertheless checked his own fears and said with sharp sternness to the woman, "Stop!" and to the horse "Go on!" Both obeyed. There was shame and hurt pride in the heart of one of them, but she was forever cured of the clutching and screaming habit. She discovered that after all she could help it. Self-control is practically as limitless as we choose to make it, and the weak will, like the weak muscle, is strengthened by exercise. We never know our own power until those who are stronger than ourselves command us, or those who are weaker than we are appeal to us. In fighting our own disease, as in fighting our own poverty, or our own ignorance, we must endure hardness like good soldiers and waste no time in hysterical fancies as to what we think we can't do.

It is impossible to define the exact extent to which the mind affects the body. Faith, imagination, hope and joy are all wonder workers in the delicate physical frame. The spiritual sunshine that surrounds those who habitually look on the bright side of things, the serenity that belongs to the contented mind, the constant pleasure of loving and being loved—these have a distinct therapeutic value difficult to overestimate.

When evening brings a headache or a feeling of excessive weariness, it is well to look back over the mental geography of the day and consider the emotions that brought about this regrettable result. At 5 you awoke with a sad feeling. Not that there was anything to be sad about, but its a little habit of yours to be sad when you first wake. At 6 you were vexed because the fire did not burn as it should. At 7 you were anxious because it was beginning to rain, and Teddy had gone to market without his rubber coat. At 8 you were annoyed with Polly for chipping that china plate. At 9 you were cast down because your rubbers had sprung a leak and you hate to spend the money to buy a new pair. At 10 you were on "pins and needles" because a neighbor ran in and took up your time, when she might have known you were so busy you didn't know which way to turn. At 11 the smell of burned beans penetrated to the attic where you were renovating a mattress, and much agitation was the result. At 12 you could scarcely keep the tears back on account of a heartless allusion to the beans. At 1 the mud was tracked on the clean floor; at 2 the baby bothered you; at 3 a letter came with bad news for you to worry about; at 4 you suddenly discovered that your twelve year old daughter was growing dreadfully round-shouldered and abominably pert. At 5 your head began to ache in good earnest.

Twelve hours of unhappy emotions, all hurtful to health. It is said that Socrates kept a serene mind even when he was about to drink the fatal draught. But then, Socrates never kept house.

Never make fun of old age; no matter how decrepit, or unfortunate, or evil it may be. God's hand rests lovingly upon the aged head.

Never be cruel. You have no right to hurt even a fly needlessly. Cruelty is the trait of a bully; kindness the mark of a gentleman.

THE BUILDERS.

By Longfellow.

All are architects of fate.
Working in these walls of time;
Some with massive deeds and great,
Some with ornaments of rhyme.

Nothing useless is, or low;
Each thing in its place is best;
And what seems but idle show
Strengthens and supports the rest.

For the structure that we raise,
Time is with materials filled;
Our todays and yesterdays
Are the blocks with which we build.

Truly shape and fashion these;
Leave no yawning gaps between;
Think not, because no man sees,
Such things will remain unseen.

In the elder days of art,
Builders wrought with greatest care
Each minute and unseen part:
For the God sees everywhere.

Let us do our work as well,
Both the unseen and the seen;
Make the house where God may dwell,
Beautiful, entire and clean.

Else our lives are incomplete,
Standing in these walls of time
Broken stairways, where the feet
Stumble as they seek to climb.

Build today, then strong and sure,
With a firm and ample base;
And ascending and secure
Shall tomorrow find its place.

Thus alone can we attain
To those turrets, where the eye
Sees the world as one vast plain,
And one boundless reach of sky.

HARD TO TELL, WHICH IS WHICH.

From the Boston Pilot.

In the same issue of the Churchman, we find an interesting sketch of Benjamin W. Wells, of the dedication of the Convent of St. Mary, at Peekskill, N. Y. This is the Mother house of a Convent of Anglican Nuns, the Sisters of St. Mary, but reading the ceremony of the blessing of the Convent by a Bishop wearing cope and mitre and attended by thirty-three "priests," the consecration of altars with chrism and holy water, the chanting of Latin hymns, including "O Gloriosa Virginum," the "celebration of the Eucharist" after the manner of a solemn High Mass, the sermon on the monastic life, and finally the prayers for the dead in the Convent cemetery, it is hard to realize the description as of a religious event outside the Catholic Church. There is a picture of the Convent altar surmounted by a statue of the Blessed Mother holding the Divine Child. The beginning of such Sisterhoods in England date back to 1845. The Sisters of St. Mary were founded in New York in 1865, and their formal recognition by Bishop Horatio Potter is said to be the first instance of the kind since the Protestant Reformation. The Community now numbers two hundred sisters and novices divided over five dioceses. They have schools as well as charitable institutions. How the Churchman would denounce—and rightfully—the Catholic Irish blood, who, moved by racial prejudice, would insinuate that treason or any other evil thing were taught in the schools of these Sisters!

The presentation of a gold chalice and paten with Latin inscription by parishioners of the Church of the Advent (Protestant Episcopal), Boston, to a Curate leaving to take charge of a parish, has a familiar ring to Catholics, accompanied as it was by gifts of books and altar linen from "St. Vincent's Guild" and friends in the congregation. The Church of the Advent is very "high" indeed, and has graduated two of its founders, the late Dr. Salter, and the late Theodore Metcalf, into the Catholic Church.

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