

THE VALUE OF MEDITATION.

Perhaps no exercise recommended by the Church more effectively conduces to the maintenance of religious fervor and faith than meditation, a practice too often now-a-days, more honored in the breach than the observance.

The truths of religion belong to the supernatural order and need to be studied with the utmost earnestness and assiduity in order that we may free them from the web of darkness and doubt which unaided reason is constantly striving to weave around them.

Truists of the spiritual order can be apprehended only by our spiritual faculties, and unless these are trained by constant practice, strengthened by exercise on their proper subjects, and cultivated by means of delicate perceptions, they grow rusty and feeble and finally become powerless through disuse.

But it is not by any means necessary to possess a knowledge of the abstruse subtleties of that theory in order to put it in practice. The humblest person who follows the simple instructions laid down in the prayerbook for meditation may, after a while, unwittingly go through the process as perfectly as the most accomplished disciple of the schools.

which meditation supplies, and we begin to understand why it was that the invisible things of the world appeared so profoundly real to a Thomas a Kempis and how paltry the concerns of this life were in his sight.

THE CHRISTIAN TEACHER'S HEALTH AND RECREATION.

To the teachers of day schools, who insist on giving also evening classes; to the teachers who seek for "paying work" during their vacation, we commend these wise words, from the address given by the Rev. M. J. Conside, Inspector of the parochial schools of Archdiocese of New York, at the Teachers' Institute, held at their mother house, Madison Avenue, for the benefit of the Sisters of Mercy.

These, then, are the physical signs of a vocation to the teaching profession: first, a sound, bodily constitution; second, freedom from all obvious deformities; and, third, the natural control of the organs of speech; that is, of tongue, throat, lips and lungs.

Before proceeding to the consideration of these mental and moral qualifications, it were wise, I think, to say a word or two about the duty both of the teacher and the candidate to do all that lies in him or her for the preservation of health, the perfecting of the vocal organs, and the prolonging of a very useful earthly life.

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The scholarship which made Balmes famous, even as a very young man, was the result of his fondness for deep and protracted meditation. It was his custom to wrap himself in his cloak and with closed eyes remain plunged in thought for hours.

dist, to much heat, too much talk, too much temptation to abbreviate the hours of necessary rest. Our religious teachers are the wisest of all, and generally they endure the longest, and achieve the best results. Obedient to their rules, they hold edifying converse with one another for an hour or so after the evening meal, then they unite in vocal prayer to the great Creator, and after reading some pages of the holy book or of the work of some great servant of the Master, they retire at an early hour.

PREPARATION FOR THE CONVENTION.

(From the Dublin Freeman, July 21.) The hold which the great Convention of the Irish Race has taken upon the imagination and enthusiasm of our people is amply testified to by the reports of the preparatory meetings and resolutions in every part of the country.

Farther Sherman's Story. Father Tom Sherman recently gave a mission at Franklin, Ill., which was most successful. About a week before Father Sherman came, Franklin was visited by a specimen of the "converted-priest" type, who delivered the usual kind of disgusting and indecent lecture, and defied any Catholic priest to answer him.

Life is made up of little things. He who travels over a continent must go step by step. He who writes a book must do it, word by word; he who learns a science must master fact by fact, and principle. The happiness of life is made up of little courtesies, little kindnesses, pleasant words, loving smiles, and good deeds.

AT THE GRAVE OF LOUISE LA TEAU.

Rev. William Walsh, in Donahoe's. It is nearly seventeen years since I last visited Bois D'Haine, Belgium. To see Louise Lateau, the stigmatized ecstatic, was then the object of my visit. I was not entirely a Thomas, but I wished to see the wonders of which I had heard and read, in connection with this simple peasant girl.

I visited the grave yesterday. It is in the cemetery attached to the parish church of Bois D'Haine, under the stained glass window back of the epistle side of the main altar. It is the family burial ground, and beneath a cross fixed to the church wall.

Everything is as those preserved, in the sacristy in which it was when the ecstasies were in it. The door is kept locked and nothing is changed. I recognized the bed and sacred pictures, everything except the Communion table, which was not there.

Notwithstanding that the Church authorities have made no pronouncement calculated to encourage, in any way, the reverencing of Louise Lateau as a most favored child of God, we can well glean from facts here narrated that they regarded her life and death in a manner worthy of the "just made perfect." The revelations which may have been made through her are most likely recorded and the minute-book on the subject, as kept by the late copy, M. Niels, who died in June, 1890, is understood, carefully preserved in the archives of the diocese of Tournai.

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