### CHATS WITH YOUNG MEN

IF I WERE A BOSS

If I were a boss I would like to say: You did a good job here yester-

I'd look for a man, or a girl, or boy, Whose heart would leap with a thrill of joy At a word of praise, and I'd pass it

out Where the crowd could hear as I walked about.

If I were the boss I would like to The fellow whose work is the proper

And I'd go to him and I'd pat his back And I'd say: "That was perfectly splendid, Jack!"

Now a bit of praise isn't much to

But it's dear to the hearts of all

of worth,
And a kindly word when the work

is fair Is welcomed and wanted every-

If I were a boss, I am sure I should Say a kindly word whenever could;

For the man who has given his best Wants a little more than his weekly

He likes to know, with the setting That his boss is pleased with the work he's done.

-EDGAR A. GUEST SILENCE

They who can be silent when they tempted to say something cutting or reproving possess a strong sword of defence against things to which others yield in a way that means their defeat. It is a great thing to have such perfect control of the tongue that one will not allow it to lead one into talking when one should keep still. A very serene old man once told me that he felt that he had kept a great deal of anger out of the world simply by not "answering back." He ex-plained this by adding:

You see, if you never answer back an angry person his wrath will die out lots quicker than if you answer back in his own kind. Keeping still yourself is one of the best ways in the world to keep mad from getting madder and madder.

Nothing is more useless than in trying to argue with an angry per-son. Serene silence on our part will surely lessen the angry words

"GO ON"

When the great French astronomer Arago was a young man, and was working in a bookbindery, he became so discouraged and despondent about his future that he was about ready to give up and quit his job, when he saw something printed on the paper used in binding the book before the cover was put on. This aroused his curiosity, and this was what he read: "Go on, sir, go on! The difficulties you meet will resolve themselves as you advance.

petual spur to his ambition through his whole career. Arago resolved then and there that he would never became one of the world's great astronomers, and he

made good.

The great majority of people in the failure army would probably have succeeded if they had only kept on, had only pushed ahead, if they had not become discouraged and given up, if they had not lost and doing the best you can, will do. Tais is what makes success possible. -The Casket.

### HEARING DAILY MASS

From early morning until night men rush to and fro intent on the acquisition of earthly treasure. the cold and heat, in the rain and sunshine, there is ever the unending stream of life ebbing and flowing in the city streets. Comparatively few of the thousands ever think of the time when this busy activity must cease forever, when the silver cord of life will break asunder and man slip quietly away from the scene of his earthly strife.

In the hurry and flurry of ambitious cares, comparatively few find time to turn aside from the glittering pavement to seek in some consecrated temple the consolation and refreshment that the tired soul craves. So easily it may be obtained that often men forget about it. And yet, in the early morning hour there is One waiting, listening for the footsteps, "wearing away the stops of His house." What better panacea for the ills

of individuals and nations than the Treasure contained in the Adorable gradually spread throughout the diminish man's reverence for the Sacrifice offered daily on our altars? Time and again the Sovereign Pontiffs have directed the attention of the faithful to this inexhaustible Source of blessings, urging them to partake as often as possible of this Fount of all good.

Fortugal and Latin America, Pope the faithful to this inexhaustible sendict XV., a few years ago, granted the priests of the entire world permission to say three lievers, who question the immortality of the soul and the resurrection of the body.

Many circumstances conspire to rob us of this treasure of hearing Mass daily. There are those, however, who find it possible to set aside at least a few days of the week, apart from the days of obligation, on which to refresh and rejuvenate the parched and dusty fault of the souls of the so

Past the door where the Saviour waits patiently rushed the heedless waits patiently rushed the heedless throng. "They pass and repass," says Canon Sheehan in one of his beautiful books: "Thy creatures, made by Thy hand, and yet to return to Thee! They are bent on business, on pleasure, on sin. To them Thou are afar off, a dread chimera on Sinai or Calvary! They do not realize that Thou art here, within sound of their voice and reach of And whenever to me a good thing sound of their voice and reach of their hand. Verily Thou art a I'd ask to be told the toiler's name, Hidden God, and the world does not him and I'd not his local Thou!"

The Holy Mass is a Sacrifice, the greatest of all sacrifices. For a little inconvenience, it offers treasures so vast that it is impossible to enumerate them all. There is no more sure pledge of felicity here and hereafter than devotion to this who live;
And there's never a man on this good old earth
But is glad to be told that he's been and neresiter than devotion to the great Mystery of the Altar wherein God stoops to man and man lifts himself up to God.—The Pilot.

### OUR BOYS AND GIRLS

THE SOULS IN PURGATORY Help, Lord, the souls which Thou hast made,

The souls to Thee so dear, In prison for the debt unpaid Of sins committed here.

These holy souls, they suffer on, Resign'd in heart and will, Until Thy high behest is done. And justice has its fill.

For daily falls, for pardon'd crime, They joy to undergo
The shadow of Thy cross subfime, The remnant of Thy woe.

Help, Lord, the souls which Thou hast made, The souls to Thee so dear, In prison for the debt unpaid Of sins committed here.

Oh, by their patience of delay, Their hope amid their pain, Their sacred zeal to burn away Disfigurement and stain; Oh, by their fire of love, not less In keenness than the flame; Oh, by their very helplessness, Oh, by Thy own great Name; Good Jesu, help! sweet Jesu, aid The souls to Thee most dear, In prison for the debt unpaid

-CARDINAL NEWMAN ALL SAINTS AND ALL SOULS Autumn has come into the land

Of sins committed here.

again and with it the Feasts of All Saints and All Souls. All Saints is a feast of the highest rank, and giving place to no other feast. It was instituted to honor all the saints, known or unknown, and the saints, known or unknown, and according to Urban IV., to supply any deficiencies in the faithfuls' celebration of saints' feasts during the year. In the early days the Christians were accustomed to solemnize the anniversary of a martyr's death at the place of the martyrdom. In the fourth century, neighboring diocese began to interchange feasts, to transfer relics, to divide them, and to join in a common feast. However, in time the number of martyrs became so great, divide them, and the mon feast. However, in time the number of martyrs became so great, that a separate day could not be assigned to each. But the Church assigned to each. But the Church lives of their former progenitors resuming in them a new life. Such the colly transmigration of souls the only transmigration of souls to the only transmigration. These words kept ringing in his ears and made such an indelible image assigned to each. But the Church feeling that every martyr should be pression upon the young mathematician's mind that he was spurred to tician's mind that he was spurred to for all. At first this day was that can be verified, such is the tecost. In the eighth century, Pope Gregory III. fixed the anniversary of All Saints for November 15, 1992 the result of the Saints for November 15, 1992 the Result of the Saints for November 15, 1992 the Result of the Saints for November 15, 1992 the Result of the Saints for November 15, 1992 the Result of the Saints for November 15, 1992 the Result of the Saints for November 15, 1992 the Result of the Result of

On All Saints the Church opens to our view the gates of heaven, in order to show us the great number of her children who there enjoy the and given up, if they had not lost their grip on themselves. It is astonishing what keeping on when you can see no light ahead, refusing to give up, sticking and hanging order to show us the great number of her children who there enjoy the

day dates back to the tenth century. Already in the sixth century, how-ever, it was customary in Benedic-tine Monasteries to hold a commemoration of the deceased members at prived Whitsuntide. In Spain there was others. such a day on Saturday before Sexagesima or before Pentecost. In Germany there existed a honored custom of praying for the dead on October 1st. This was accepted and sanctioned by the Charles and sanctioned by the Charles and sanctioned by the cremated after having been warned St. Odilo of Cluny, in the eleventh century, ordered the com-memoration of all the faithful de-parted to be held annually in the monasteries of his congregations. Thence it spread among other congregations of the Benedictines and among the Carthusians. Of the dioceses, Liege was the first to adopt it is the content of the content of

Following the custom in Spain, dead, goes counter to the ancient traditional usage of the Church,

faculties to allow the celebra-tion of one Requiem Mass, which may be either a Low Mass or Missa Cantanta, for the souls of the

faithful departed, on Sunday.

When the Church exhorts us to remember our dead, she tells us at the same time how that remem-brance may be of profit to their souls. She places upon our lips her indulgenced prayers, and gives us the privilege of applying their satisfac-tory merits to the departed. She grants to all the inestimable favor of remembering those who have gone before at God's altar, and she has, one might say, in virtue of her God-given power, extended to the faithful a kind of jurisdiction over Purgatory, and made it their privilege to exercise a certain influence with the merciful God for the poor suffering souls.

With characteristic charity and tender regard for her children, she follows them beyond the grave and never ceases to pray for them until they have come to the very presence of God. There is none of her prayers which has a more familiar sound than "Eternal rest grant unto them, O Lord, and may perpetual light shine upon them."—The Echo.

### TAKE CARE OF BABY

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### THE HISTORY OF CREMATION

stores.

Bertrand L. Conway, C. S. P., in Catholic World

The decree of the Holy Office, May 16, 1886, which forbade cre-mation to Catholics, declared that the modern defenders of cremation were "either men of doubtful-faith, or men who belonged to the Masonic sect." There is ample warrant for this charge. Reviews like the Rivista della Massoneria (June 1, 1871,) the Monde Maconnique (September, 1876,) and La Chaine d'Union (1878)—all French and Italian organs of Freemasonry -strongly advocated cremation. The Freemason Ghisleri, in the Almanacco dei Liberi Muratori for 1881, says: "Catholics have good reason to oppose cremation; this purification of the dead by means of fire would shake to its foundations Catholic predominance, based on the terror with which it has sur-rounded death." Another Free-mason, Gorini, in his La Purifica-

of All Saints for November 1st.

Later Gregory VI. extended the celebration to the entire world.

Office issued a second decree, depriving of Christian burial any Catholic who of his own free will

rich, the poor, and so great is their number that they cannot be counted. To us the day brings a consoling thought: After the trials and vicissitudes of life we, too may shore their joy and having carried out excitation. Care must be taken, however, to avoid scandal by announcing the facts in the case in the local press. No scandal is given if the parishioners are aware that the cremation is too, may share their joy and happi- being carried out against the will of ness in heaven.

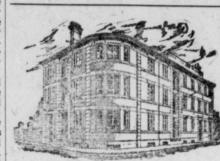
After the Church has celebrated is not allowed to accompany the with great solemnity the feast of All Saints, she bids us to remember the souls of the departed languishing in ecclesiastical fashion; nor is he souls of the departed languishing in Purgatory. The observance of the over the ashes "as if the body were present." The burial of the ashes in a consecrated grave is allowed, because the deceased cannot be prived of this right by the fault of

> On July 27, 1892, the Holy Office issued a third decree, which for-bade the last sacraments to Catholics, even if not Masons, who insisted upon having their bodies of the condemnation. It also for-bade priests to say Mass publicly — private Masses are allowed—for the

> repose of the souls of such persons.
> These three decrees of the Holy Office make clear the reasons of the Church's ban upon cremation.

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Nerve Food, however, I am real well now, I shall always keep a box of the Nerve Food in the house, and recommend them to my friends; they are a wonderful medicine.' (Mr. J. W. Vince, Druggist, of

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WHY WE SHOULD BATHE INTERNALLY A Permanent Relief for Constipation

UCH has been said and volumes have been written de essential thing of all, that of giving scribing at length the many their bodies their proper care. kinds of baths civilized man has that few people seem to realize the this, and it will do it for people of tremendous part that internal bathall ages and in all conditions of ing plays in the acquiring and health and disease. maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that no one of them would be correct. To avoid If you were to ask a dozen people of them would be correct. To avoid any misconception as to what poisonous excretions of the body, constitutes an internal bath, let it and health would be the inevitable be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness, an average post-mortem, the sights they would see and the things they would learn declining fears, practise internal would prove of such lasting benefit, bathing and begin today. and impress them so profoundly, that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an would doubtless prove be. There is, then, only one other way to get-this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this longsought-for health-producing neces

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also they have almost no conception of how a little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," auto-infection," and a multitude of other terms, is not only curable, but preventable, through the consistent ractice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of today is only fifty per cent, efficient." Reduced to simple English this means that most men are trying to do a man's portion of work on half a man's power. This applies

That it is impossible to continue to do this indefinitely must be have served its purpose. app>rent to all. Nature never will want to do now is intended the delicate human organ ism to be operated on a hundred per cent overload. A machine could and your writing for this book will not stand this and not break down, give you that information. Do not and the body certainly cannot do put off doing this, send for the more than a machine. There is entirely too much unnecessary and in your mind. avoidable sickness in the world. "Procrasting

thing else necessary for the attain- is such a simple thing to be well?

By R. W. Beal

Would you believe that five or ten indulged in from time to time. Every minutes of time devoted to systempossible resource of the human mind atic internal bathing can make you has been brought into play to fashion healthy and maintain your physical new methods of bathing, but strange efficiency indefinitely? Granting that as it may seem, the most important such a simple procedure as this as well as the most beneficial of all will do what is claimed for it, is better the "internal Path" the baths, the "Internal Bath," has been it not worth while to learn more given little thought. The reason about that which will accomplish for this is probably due to the fact this end? Internal Bathing will do

People don't seem to realize, absorption into the blood of the

result If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your head keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an Internal Bath is, WHY people should take them, and the WAY to take them.

These and countless questions re answered in a booklet enare answered in a booklet entitled "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," written by Doctor Charles Tyrrell, the inventor of the 'J. B. L. Cascade," whose life-long study and research along this line make him the pre-eminent authority on this subject. Not only did internal bathing save and pro-long Dr. Tyrrell's own life, but the lives of multitudes of individuals have been equally spared and prolonged. No other book has ever been written containing such a vast amount of practical information to business man, the worker and the housewife. All that is necessary to secure this book is to write to Tyrrell's Hygienic Institute, 452 Tyr-rell Bidg., 163 College St., Toronto, and mention having read this article in The CATHOLIC RECORD and same will be immediately mailed to you free of all cost or obligation.

Perhaps you realize now, more than ever, the truth of statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, will want to do now is to avail yourself of the opportunity for learning more about book now, while the matter is fresh

'Procrastination is the thief of How many people can you mane, time." A thief is one who steals including yourself, who are physically vigorous, healthy and strong? tion to cheat you out of your opportunity to get this valuable A thief is one who steals The number is appallingly small. opportunity to get this valuable It is not a complex matter to information, which is free for the keep in condition, but it takes a asking. If you would be natural, little time, and in these strenuous be healthy. It is unnatural to be days people have time to do every-sick. Why be unnatural, when it