

# The QUIET HOUR

"TAKE UP YOUR CROSS."  
 (Hugh McGuire in the Sunday World)  
 When we are sad and downcast  
 And hope seems far away,  
 When life's sky is o'er clouded  
 And there's not a single ray  
 Of life amidst our darkness,  
 And when sorrow fills our cup,  
 Remember then Gethsemane  
 And to our Lord look up.

What are our sorrows when compared  
 To His agony and sweat?  
 Who for the sins of all mankind  
 A death most shameful met.  
 Nailed to a cross, He died for us,  
 His precious blood was shed;  
 His sacred heart pierced by a lance  
 And a thorn-crown on His head.

He is called the "Man of Sorrows,"  
 For the trials that He bore.  
 He came to earth from heaven,  
 And left that golden shore,  
 He dwelt among His people,  
 The old-time chosen few,  
 To bring mankind redemption,  
 To save both me and you.

"Take up your cross and follow Me,"  
 That was our Lord's command,  
 And we must needs obey Him,  
 If we would sit at His right hand  
 For we should ever bear in mind,  
 "No cross without a crown,"  
 And bring our burdens to His feet,  
 And gently cast them down.

For He said, "All ye that labor  
 And heavy burdened be,  
 Who need rest and refreshment,  
 I bid ye come to Me."  
 And whatever of the Father  
 You shall ask in My name,  
 If it be for your benefit  
 You will receive the same.

So do not fail to pray to Him,  
 And tell Him what you need;  
 And if you do so earnestly,  
 You surely will succeed.  
 He'll raise you up and help you on,  
 Till you reach your journey's end,  
 And in the New Jerusalem  
 He'll greet you as a friend.

the future life, and makes him die in despair.  
 Others place their happiness in human praise and glory. They are pleased and satisfied for the moment with this empty wind. What sins and wickedness are they not ready to commit to attain this object! What lying, what bribery, what deceit! They die and are forgotten. They have not sought the happiness they were made for, and they will have to go without it for all eternity. The making of money is what most people think to be the end of life and its happiness. This takes up their whole time and attention. Invited to the eternal banquet of God, they say they have no time to attend to it; they cannot come. But, alas! money will not purchase health, nor life—for we can carry nothing out, and we must die shortly; for peace of mind. Who are more restless and discontented than the rich; and more insensible and cold towards all spiritual things? Our right reason and experience tell us that true happiness is to be found in none of these things. If our Lord had not told us so, we should know it all the same.

We can find our real happiness in God alone. He is our Creator. He drew us out of nothing. He endowed us with all the faculties and powers we have. He made us in His own image and likeness. As far as the body is concerned, we are like the animals; we are subject to fatigue, pains, sickness and death. As to the soul, we are like God. We have reason and intelligence; are able to understand the works of God, and to enjoy unbounded happiness; and although now feeble and defective in mind, God intends to make us perfect and to gratify our utmost desire for happiness by making us sharers in His own infinite happiness and glory; in other words, we have been made for Him and He is our last end. He is entitled to our love for this reason.

Love does not consist in a sensible and delightful feeling, which is after all in many things but self-love, for then we love God because it gives us pleasure; but the knowing who and what God is, and obeying and honoring Him in spite of all obstacles, and in the state of dryness as well as in sensible consolation, is the true love of Him.

But how shall we know what is the will of God? We know it already in all the most important things. When the question of sin comes up conscience will soon admonish us. We have instruction in the Christian faith; we know in a general way what is pleasing to God. If we have a strong desire to please Him, and do what seems best, we cannot go wrong. If we keep ourselves recollected by frequent prayer, we shall know the will of God all the time. The habit of prayer will enable us to love God with our whole heart.

Sincere and heartfelt prayer will draw down an abundant grace from God. Without grace we can do nothing—i.e., of ourselves without God we can do nothing.

**INDULGENCE FOR ALL SOULS.**  
 A reader having expressed a desire to know the conditions attached to the Toties Quoties indulgence for the dead, to be gained in Benedictine churches on All Souls day, we publish the same, says the Catholic News, as they were given us by one of the Benedictine Fathers:  
 Any person, receiving the sacraments worthily on Nov. 1 or 2, wearing at the same time a Benedictine jubilee medal, may gain a plenary indulgence, for the benefit of the holy souls, for every visit made to any church between 2 p.m. on All Saints, and sundown on All Souls' day. If a Benedictine church is visited (and this is expected if one lives within the radius of a mile from such church) it is not necessary to wear the medal in order to gain the indulgence. Persons who are not within a mile's distance from a Benedictine church may gain the Toties Quoties indulgence by visiting any convenient church or chapel, providing they wear at the same time a Benedictine jubilee medal. At each visit such prayers must be said for the Pope's intention. These medals may be obtained at any Benedictine church. The address of the Benedictines in this city is 673 Tinton avenue, Bronx.

**DEVOTION TO ST. JOSEPH.**  
 Those are wise who apply to St. Joseph. No devotion pays, so to speak, more than devotion to him, who has in some marvelous way the disposal of the treasures of heaven. To begin by the words of Holy Scripture—St. Joseph gains the unique praise of being "a just man." This term includes everything, and goes much farther than would at first appear. Justice takes in what we owe to God, our neighbor, and ourselves. St. Joseph is a practical example of justice towards God. It consists in absolute, entire dependence on Him, recognition of our creaturehood. St. Joseph passed through the most unexampled trials in calmness and peace, because his heart was rooted deep, deep in submission. In submission to God's holy will and joy in everything that could happen through its appointment let those who wish to share this virtue pray to this great patron with confidence, sure of obtaining and really receiving what they demand.

**WHAT IS THE LOVE OF GOD?**  
 It is implanted in the soul of every reasonable being, by his Creator, to seek his own happiness, of what he calls good. We find men incessantly occupied in this search, from early morning to late at night, from day to day, and from year to year, as long as life lasts. They seek it in the present, and they look ahead and try to secure it in the future.  
 But, alas! the trouble is that they seek it where it is not to be found. Many place it in the gratification of the senses. They say, "Let us eat and drink, for to-morrow we die." Our Lord has described such as these well: "There was a certain rich man who was clothed in purple and fine linen, and who feasted sumptuously every day."  
 A life of this kind brings a horrible vacancy in the soul; like the younger son who left his father's house to go into a far country, and spent his substance in riotous living. He was then hungry and would fain feed himself with the husks which even the swine would not eat. Such a life makes one utterly selfish, hard-hearted and cruel; makes him unsatisfied and discontented, shortens life, brings on disease, deprives him of hope of

**Jesuit Missionaries**  
 The Belgian Jesuits are sending out to India 16 missionaries to re-enforce their work in that country. Three other Jesuits have been assigned to Ceylon and will leave Genoa October 14th. Of these, two are natives of Belgium, and the third, Charles Piler, is from Brooklyn, N.Y.

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**Our Lady of Victory.**  
 At the close of a novena which closed at the shrine of Our Lady of Victory on the Feast of the Holy Rosary, the following beautiful tribute to Our Lady was preached by His Lordship, Bishop Colton of Buffalo: Bishop Colton spoke as follows:  
 A great sign appeared in heaven, a woman clothed with the sun and the moon under her feet and on her head a crown of seven stars.—Apoc. XII, 1.  
 It is with these words, dear brethren, that the inspired penman tells of our Blessed Lady's glory in heaven, and we do not wonder at this when we remember her dignity as the mother of God, and the part she took in sharing the sorrows of her divine Son in the cruelties and indignities He underwent to be the Saviour of mankind, and now that He is triumphant and in glory, she, too, is glorified also.

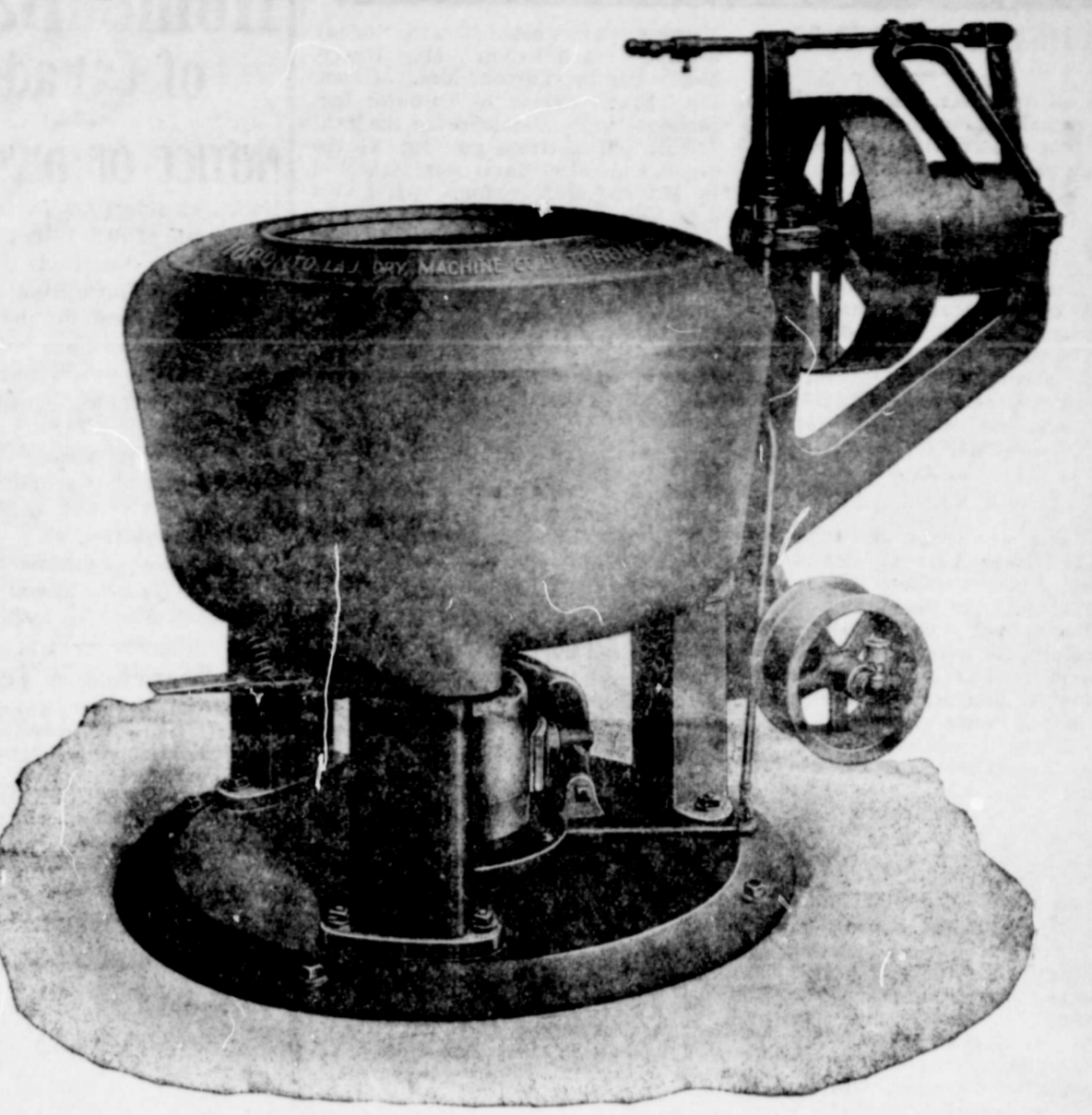
Our Blessed Lady is frequently mentioned in the Old Testament. She is called the second Eve, the mother of all the living, the woman that would crush the serpent's head, the ark of the covenant, the valiant woman surpassing the daughters of men, the lily of the valley, the well of living waters, the morning rising bright as the sun, terrible as an army in battle array. And then in the New Testament we find all the figures fulfilled, and we read that she is born of the race of David, that she is saluted by an angel, overshadowed by the Holy Ghost, proclaimed full grace, declared blessed among women and acknowledged mother of the Lord and that all generations would call her blessed.

We are told by spiritual writers that we should constantly keep the sufferings and death of our Lord and Saviour before us, for, in that way, we shall know God's love for us and be moved to hate and avoid sin which caused those sufferings and thus in some measure requite our Lord and at the same time save our immortal souls.

While thus reflecting and meditating on what our Lord did we must recall that His Blessed Mother was acting with Him, and as He was the Man of Sorrows, she was the Mater Dolorosa. From the first she suffered by her love, her sympathies in the sufferings of her Son. As Holy Scripture foretold at the presentation of the child Jesus in the temple, a sword of sorrow would pierce her heart. This was her first great sorrow and six weeks to follow, namely, the flight into Egypt, the losing of the child in the temple, and then in the last days when our Lord was being hurried to Calvary the meeting of Mo-

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ther and Son as He bore the heavy cross up the rugged heights, then seeing Him nailed to the cross and dying upon it, the taking down of His lifeless body and finally His being laid in the sepulcher.

But as our Lady shared His sufferings she also shared our Lord's victory. From the first days, when she was with the apostles in prayer waiting for the coming of the Holy Ghost, down to the present our Lady has ever been a mother to God's Church and to those ruling it, and the Church makes use of her power by begging her intercession, reciting the Hail Mary which is composed in her honor. It is natural to ask favors from those in heaven; it is an article of the Apostles' Creed, belief in the communion of saints, namely that the faithful on earth are helped by the prayers of those who are in heaven. Hence, to whom would we naturally go first but to her who is nearest to God and therefore the most powerful to help us, His own Blessed Mother? In times when heresy threatened the Church, as in the days of the Albigenses in the twelfth century, the Church, that is the faithful with the Pope at their head, invoked the assistance of the Blessed Virgin and she came to their relief, appearing to St. Dominic and teaching him the rosary and instructing him how to have it recited by the people. The effect was instantaneous; heresy was everywhere checked and torn up by the roots and strong and lasting faith was implanted among the people.

Ever since that day the rosary has been the daily prayer of the priests and the religious and many of the faithful have the same custom. This month is especially the month of the Holy Rosary and in all the churches of the world it must, by the Pope's command, be recited publicly. Then, too, we have the feast of this day, called the feast of the Holy Rosary, which commemorates two great victories which the Church gained over the Turks, invading her territory and so decisive was the second victory that never since has the Crescent tried to overcome the Cross.

But these great victories, over the Albigenses on the one hand and over the Turks on the other were God's way of showing to the world at large the power of His Blessed Mother's prayers, so that all might have recourse to them. Like the wonderful things our Lord was accomplishing in His public life, of which the apostle says were they all to be told the earth would not be able to contain the books that would hold them, so somewhat in the same degree in her own measure and design may it be said with regard to our Blessed Lady, millions and millions of favors have been obtained and are always being obtained by those asking her aid. All of which is summed up by her great panegyrist, St. Bernard, who said: "No one ever had recourse to her without gaining relief." "Go to Mary," was his cry; if you have sorrow go to Mary, she will console you; if you have trials go to Mary and she will comfort you; if you have doubts go to Mary and she will direct you; if you have difficulties go to Mary and she will counsel you; if you have temptations go to Mary and she will strengthen you to resist them; ave, if you have fallen, go to Mary and she will raise you up again—in a word go to Mary in all things and grace and blessing will come to you. She is always powerful and ever ready to help all Son of God is the altar she assigns to the honor of His Blessed Mother. All her priests are ardent in their devotion to the Blessed Virgin; the nuns take her for their model and bear her name and the pious faithful imitate their devotion to her.

Now all this honor we give the Mother of God is indirectly honoring God Himself. Solomon, it is recorded, always arose and saluted his mother whenever she passed before Him on the throne, that thus all his subjects might honor and reverence her and honor him because of the honor to her. When we are asking Mary to help us, for all power is from Him, but we obtain it the more readily when we ask it through an advocate so acceptable.

No people in the world should honor the Mother of God more than Americans, for our country is placed under her special patronage. It was a faithful child of Mary, Queen Isabella, who fitted out the little fleet that bore Columbus on his voyage when he discovered the new world. His boat bore the name of Santa Maria and it was to helpful guidance as Star of the Sea that he had recourse in the dangers and difficulties he had to encounter. The Mayflower, and Mary is Queen of the May, brought the pilgrims to Plymouth Rock and the first child born after the landing was named Mary. The settlers of Maryland, where true religious liberty first found a home in this country, called their first settlement Saint Mary's. She took our country under her special care and to her intercessory prayer we may attribute the progress religion has made from the first day when Columbus planted the cross on the island of San Salvador.

But nowhere more than here in Buffalo should devotion to our Blessed Lady be more marked or more general. At this shrine it is ours to gather, here where for over thirty years our Blessed Lady has given of her love and care over the thousands and hundreds of thousands who have had recourse to her prayers and where there is so much zeal for her honor under the example and leadership of her distinguished son, Mgr. Baker. We are blessed beyond the millions who look from afar to Our Lady here, for she is always by our side. Let us be grateful and show our love by greater love. But no one can truly say he loves Mary without loving Jesus, her divine Son, and no one will love Him truly unless he receives Him in his heart in holy communion. "The Lord is with thee," said the angel who saluted our Blessed Lady—with her then, He is with her now. Hence, she says with the Psalmist, "He who finds me shall find life and shall drink in salvation from the Lord." Devotion to our Blessed Lady brings us to Jesus in the altar and devotion to Him there brings us all the more to love and honor her on His account. We must love her Son if we would love her love, and we must love Mary if we wish His care and protection because they are one and inseparable.

Let us ask our Lady of Victory to help us in our prayers, as we pray for the Church that she triumph over

her enemies, as we pray for society and against the evils that corrupt it, for the country and against the false principles that would destroy it. Let all pray for themselves that they be faithful children of God, ask the Blessed Lady to be the bearer of these prayers and then when our life is over God will bring us to His side, there to behold Him face to face and to share with His Blessed Mother and all the saints and angels the glory and happiness of heaven forever.

### Irish Athletes Easy Victory at Vatican

The railway station of Rome has been an unusually interesting place during several days of the last week, says Rome. On Monday the two teams of Irish athletes arrived, and shortly after them the athletic representatives of Canada; on Tuesday five or six special trains brought in hundreds, perhaps even thousands, from various parts of Italy, as well as from France and Belgium. The international athletic meeting in the heart of the Vatican began at 7 on Wednesday morning, and the four events for individual competition—a high jump, a long jump, a rope climbing contest, and a hurdle race—were all swept off by the Irishmen. A boy of the Bourkes ("Kelly and Bourke and Shea" again!) rather startled the judges by jumping over the highest thing they could mark him with, but it was only about six feet from the ground, and the nearest competitor could not come within half a foot of him. When it came to the long jump, Brennan of Dublin gave a little hop, but when they came to measure it they could hardly believe their eyes, for it measured eighteen feet. The next best was still about half a foot behind. Later on, if anybody jumps farther in subsequent heats, Brennan will jump four or five feet farther. Carroll climbed up the twenty-six feet of rope so quickly that you could hardly follow him, and another Irishman walked off with the hurdle race in fine style.

On Thursday morning one of the features of the sports was a football match between an Irish team and a team of Romans. The Irishmen were too strong for their rivals, but they were also merciful, for they were content to win the match by twelve goals to nothing. Since then they have won the races of 100, 200 and 400 metres.

Thursday was an Irish day in the Vatican, for the Holy Father received not only the athletes and the pilgrims who accompanied them, about 160 in all, but an official delegation from the Dublin Corporation sent hither to offer the congratulations of the capital of Ireland to His Holiness on the occasion of his Jubilee. At the head of these latter was Mr. Nannetti, ex-Mayor, and with him were the councillors, some of them in their robes of office—Kelly, Rooney, Lennon, Murray, Union, Gallagher, with City Treasurer Murphy and Secretary Hutchinson. Edward Smyth, secretary of the Central Council of the Young Men's Association of Ireland, read an address, to which the Holy Father made a touching reply. And then the Hal' of the Consistory echoed with the inwonted strains of the bagpipes played by a pilgrim in the traditional tilted costume of the old Irish.