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BENEFITS OF A GOOD CONFESSION thee, O God. I put my trust; let ned." (Ps. xxiv. 2.)"

BENEFITS OF A GODD'CONFESSION "In thee, O God. I put my trust, let me not be shamed." (P. xxiv.2.)" When our first parents fell from vir-tue they immediately hid themselves. This sense of shame for sin is committed inherent in human nature, and is there-fore a good thing, but like every good thing it may, by ercess, become an evil. Let us see how it can become an evil. There are some who from this very sense of shame go on from year to year inform the priest. Cowards who are un-willing to bear a momentary flush of the check! Sinners who are willing to bear its shame-fal effectal Then there are others—hypo-critonal penitents, who pose before their spiritual directors and smooth over cer-tain sins, for fear they night incur the shame of losing the good favor of the priest. Foolish peoplet they forget that the more homest and more open the con-fession the more tender becomes the heart of the priest and the more effec-tive the spiritual remedies he pre-soribes. There is no such thing as the confessional. The priest is but a repre-sentative, the agent of God, and God nows all. What shall we say of those who imagine that they might have to suffer the shame of fluing the priest in the shocked at the sin they have committed and unable to attend to it? Let us make no such mistakes. There is no spiritual difficulty, no form of sin to which the priest cannot offer a solution and a cure. Every con-tensor has made special studies to meet

form of sin to which the priest cannot offer a solution and a cure. Every con-fessor has made special studies to meet the requirements of every soul-from the innocent child's to that of the

blackest sincer. Herein we see what a great safeguard to our morality the Sacrament of Penance is. Why, even the very shame incurred in confessing a sin is half the victory over that sin!

the very shame incurred in confessing a sin is half the victory over that sin! Sometimes, also, we meet persons who refuse to bear the shame of the rebuke from their father confessor. They blush they are confused, they are ashamed. The harshest and most oruel treatment, the deepest shame that man could suffer, would not be enough punishment for the commission of one deliberate mortal sin. The priest knows how much pen-ance we deserve; he has sounded the under-current of society; he knows its rocks and shoals, and is therefore cap-able to geide the soul to safer waters. And now, what shall we say of the peaceful relief and caim repose which follows the ahameful confusion of telling dark sins to a priest? What can we say? Those who have experienced this season of rest, know what it is. Although the sorrow for sin abides in the soul, nevertheless the sense of shame is lost in the sense of freedom from sin. Finally, shame may incline us to omit stances which, if confessed, indeed would add special malice to the sin. It may also incline us to drug our consol-ences so to speak, to stifie doubts as to whether a thing is a mortal sin or not. Oh ! let us have some common senses with regard to this matter. Let us tell

Oh ! let us have some common sense with regard to this matter. Let us tell all, in spite of the nervousness and re-morae and feverish brain, and the great weight will be lifted from off our souls. Let us for once be severe with our-selves, without being morbidly scrupal-ous. Let us choke the demon of pride. Let us, as it were, subject our souls to the scientific experiment of having a flood of electric light poured down into

its very depths. We cannot lead two lives before God. In his sight our souls are as transparent as the limpid stream that flows down the mountain. Once upon a time the sacred body of Jesus Christ, stripped of its raiment, hung upon Mount Calvary -Jesus Christ, the Immaculate Victim of shame before a wild, cruel, and jeer-ing mob ! Let the awful picture sink deep into our hearts. Let us endeavor significance. Then and then only shall we begin to put our trust in God. Then and then only shall we begin to crave the opportunity of suffering shame for His sake: "In Thee, O God, I put my trust; let me not be ashamed."

TERRIBLE HEADACHES Trenton Merchant Driven To Despair By

The Pain."

"FRUIT-A-TIVES" CURED HIM

TRENTON, Ont. Jan. 29th, 1905. "I was a dreadful sufferer for many years from Stomach and Liver Trouble -but my greatest suffering was from violent headaches. They were so dis-trassing that I almost had to give up my business. I went to Toronto, consulted specialists and wore glasses, but nothing did me any good and the keadaches became intolerable. I was then induced to try "Fruit-a-tives" and from the beginning, I was better, and in a short time I was quite well again-no more headaches-end I threw my glasses away. "Fruit-a-tives" not only cured my headaches, but completely cured me of al indigestion, and restored me to perfect health again." W. J. McCOMB. "Fruit-a-tives" is the greatest cure TRENTON, Out. Jan. 29th, 1909.

perfect health again." W. J. McCOMB. "Fruit-a-tives" is the greatest cure for headaches in the world and is the only medicine made of fruit juices. "Fruit-a-tives" will always cure Head-aches, Indigestion and all Stomach and Bowel Troubles. 50c. a box, 6 for \$2.50, or trial size, 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.

this world, it is only natural that indus-trial production, the source of riches and pleasures for the lucky few, should seem to them the final end of all labor, an end to which may logically be sac-rificed the dignity, happiness, health and life to millions of human beings. Conversely on this hypothesis, the working masses will shrink from nothing that may free them from this degrading slavery and enable them to share in that earthly happiness which seems to them the sole reason of their existence. In a society where such ideas prevail the organization of labor will be naught but that unstable equilibrium which the Pope. Several Catholics, priests and laymen, among whom the Siav ele-ment was strongly represented, proved that the vast majority of the Ruthenian that the vast majority of the Ruthenian immigrants were Uniate Catholics, that is, Oatholics who, while using a Slav rite in their liturgy, were just as truly Roman Catholics as the priests there present. The latter scored so striking a victory that one of the non-Catholic dailies said the capture of that meeting by the Catholics was a signal triumph for their cause. This was an instance of Catholic social action, publicly vindi-cating against misinformed zealots the rights of the Catholic body. A little more than seventeen years the organization of isof will be haught but that unstable equilibrium which the violent conflict of opposing inter-ests sets up between those who enjoy and those who suffer. This truly lamentable state of things,

cating against misinformed zealots the rights of the Catholic body. A little more than seventeen years ago an elderly Catholic gentleman, moved by pity for neglected Catholic salors, made a practice of visiting the ships in the port of Montreal, talking kindly to the Catholic sailors on each ship, teiling them where they could go to church, exhorting them to approach the sacraments, piloting the intemperate toward some priest who would give them the pledge, and generally making them feel that their correligionists welcomed them most heartily. Gradually the dis-ciples of this lay apostle grew in num-bers, so that it soon became necessary to provide them with a place where they could meet and receive the spiritual ministrations of a specially appointed chaplain. This noble effort of one indi-vidual was the origin of the Montreal Catholic Sailors' Olub, which was the first Catholic institution of its kind in the world, and which now occupies guar-ters more spacious and convenient than any of the many similiar Catholic Sailors' Clubs that have followed its example in Boston, New York, Naples and other cities of both hemispheres. What an enterprising woman can do for the social betterment of her sex is exemplified in the Secretary of the "Federation National St.-Jean Bap-tiste." This lady, whose name and ad-dress are given in the "Handbook of Catholic Charitable and Social Works in Montreal," published recently by the Catholic Social Study Guild, is the mainspring of no less than eight associ-ations of women ; the Basiness Woman's This truly lamentable state of things, which obtains in so many parts of the world in what some people still call an enlightened age, is a return to the con-ditions of the pagan world at the com-ing of Christ and is a logical conse-quence of the rej ction of Christian principles by the organization of labor. For pagan society had, like its modern imitators, solved the labor question by means of the basest selfahness. The vast majority of mankind were slaves to the privileged few, whose wealth birth and armed retainers forcibly suppressed all those difficulties which must neces-sarily arise in labor contracts between freemen. Against this tyrannical treatment of the multitude Christianity raised up a new standard of life. raised up a new standard of life. Henceforth, what mattered most was, not to have great possessions, but to be good, to love God and one's neighbor in order to be happy hereafter forever. Consequently, labor must be accepted as a purveyor not to the luxury of the rich but to the needs of all, so that all night engage in the great business of life, salvation. Slavery, therefore be-came a shameful institution, which must disappear. In a single day St. Melania the Younger, the wealthiest Romay patrician of the fourth century, fread co large a number of slaves that

freed so large a number of slaves that her biographer Gerontius could not count them. Many other rich propri-etors had preceded her many followed her in this path of righteous self-sacrifice. The old order was crumbling to

the Catholic Social Study Guild, is the mainspring of no less than eight associ-ations of women; the Basiness Woman's League, the Domestic Servants' Associ-ation, the Factory Worker's As-sociation, the Office Employees' League, the Shop Girls' Asso-ciation, the Teachers' Association, the International Society for befriend-ing Gist and the Patronger d'Youville. pieces. In succeeding ages the Church preached by precept and by the ex-ample of her monks who cleared the forests of Europe, the dignity of manual labor, until, in the thirteenth century that splendid organization of labor the Catholic guild, spread throughout Christendom. The Christian idea that industrial and agricultural These concrete examples may, we trust, serve as a more satisfactory in-troduction than abstract definitions which often fail to make the subject clear to practical minds. An ounce of fact and practice is worth a ton of theory. Just as Christianity was founded by One Who began first by "doing" and then by "teaching," and who was "mighty in deed and word," so His most devoted foilowers delight in doing things for the improvement of their fellowmen, and speak of their deeds as little as possible. Catholic Christian-ity is above all a religion of good works enlivened by faith and quickened by production is made for man, and not man

THE CATHOLIC RECORD

work are prepared in the houses of re-trest where ten thousand industrial and gricultural workman foregather svery year to seek the practical inspiration of religious motives. They have, in conse-quence, organized themselves so well that *Le Peuple*, the official organ of the Helgian socialists, admitted recently that their own socialist syndicates num-bered only 68,964 members, whereas the Catholic syndicates, in August, 1911, conted 71,235 members. The good work is already begun in my other countries. There are here and there noble examples of capitalists who respect the just claims of labor and your sympathize with their workmen. Let us pray and work that the move-ment may spread. The material well-eling and moral salvation of the work-ing classes is a vital factor in the foristian progress of the world. The social action sustained by prayer to the sacred Heart of Jesus, who sanctifed neural labor by devoting to it ten-levents of His mortal lite. LEWIS DRUMOND, S. J. cing the other. That is why our asso-ciation, the Apostleship of Prayer, tak-ing an zotive part in the world-wide efforts of the Church, and careful to save her imperilled interests by prayer and good deeds has so often, of late years, recommended Social Works, Working Men and Women, The Fight Against Socialism, and Catholic Asso-ciations.

Against Socialism, and Catholic Asso-ciations. At the present moment we are con-corned especially with the improvement of the conditions of labor. One of the chief aims of Catholic social action is to organize labor according to the doc-trines of Christianity. Now, the organ-ization of labor depends, whether we will or no, on preconceived notions as io the destiny of mankind; and as there are two diametrically di-vergent methods of viewing the end and object of human life, there are likewise two systems of labor organ-izations, the Christian and the anti-Christian. If, as we stoutly maintain, the only rational view is that man is created and sent into this world to know, love and serve God and thus attain eternal life, the conditions of his life here below must favor, instead of thwarting, the fulfilment of his glor-ious destiny. In other words, the exigencies of industrial production must be subordinated and, if necessary, sacrificed to the supreme exigencies of man's moral perfection and salvation. If, on the contrary, the destiny of mankind is confined to the narrow limits of the present life, if all happiness con-sists in enjoying the good things of this world, it is cally natural that indus-trial production, the source of riches and pleasures for the lucky few, should

The Church and Cremation

"The Church and Orometric " says the True Voice, " principally be-cause it has been adopted as a profes-sion of unbelief by certain societies which the Church condemns. She wishes her members to be decently interred, because of her respect for the body which shall arise again, and because it is more in keening with the profession is more in keeping with the profession of belief in that truth. She forbids her funeral rites to be performed over any after deate. Of course, this probibi-tion does not extend to cases where tion does not extend to cases where necessity may require cremation of large numbers as, for instance, in case of war or a devastating plague. But,





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GENERAL INTENTION FOR MARCH

RECOMMENDED AND BLESSED BY HIS HOLINESS PIUS X.

CATHOLIC SOCIAL ACTION

Some two years ago a wave of reform swept the city of Montreal. Protestants were even more ardent than Catho-lics in cleaning out the Augean stables, igh of course the great majority of the victorious votes was Catholic. Thanks to this fellowship in civic activicy the Protestants, of their own accord, icy the Protestants, of their own accord, waived their claim to elect a Protestant mayor because it was fitting the mayor-alty should be held by a Catholic dur-ing the year of the Eucharistic Con-gress. Thus it happened that, together gress. Thus it happened that, together with an honest body of controllers and aldermen, Montrealers had for two years as Chief Executive of their metropolitan city a distinguished and zealous Catho-lic honored by all classes and creeds. This is a truly memorable instance of united social action of all creeds and classes working hand in hand for civic mprovement.

improvement. About ten years ago, shortly after the arrival in Manitoba of many thousand Rutheuians, imported into Canada by a Federal Minister because he believed that they were enemies of the Catholic that they were enemies of the Wat Church, the Presbyterians in the West organized Ruthenian schools which were hotbeds of Protestant proselytism. As notbeds of Processant proselytism. As soon as this organized attempt to per-vert the new Catholic immigrants be-came widely known, the President and members of the Catholic Club of Winnipeg invited Presbyterian ministers and laymen to discuss the matter publicly Taymen to discuss the matter publicity with Catholic priests and laymen. The invitation having been accepted, a pub-lic meeting was called in the Winnipeg City Hall. It was well attended. The discussion was carried on with perfect decorum. Several Presbyterian minis-ters attempted to defend their religious accepted by the plea that the Rupropaganda by the plea that the Ru-thenians were not in communion with

enlivened by faith and quickened by

charity. Very intimate is the bond that links the social organization of a country with its religious and moral disposithe tions. Religion is, so to speak, the soul of society; economic and social institu-tions, its body. In society as in the in-dividual it is impossible not only to separate the soul from the body, but to act upon one of the two without influen-



Per.Pkg.

the same wage as his active and efficient fellow worker, the guild put a premium on brains, skill and fidelity to contract. The result was the incomparable cathe-drals of the Middle Ages, a product of true civilization among workingmen. The religious and social guilds, once so flourishing in England, were sup-pressed as superstitious by the Refor-mation. The trade guilds survived as corporations or companies ; but, having lost the quickening spirit of religion, they soon ceased to safeguard the crafts whose names they bear. In France also, under the despotic rule of the later kings, the guilds ceased to be a means of for a majority of their memprotection bers, and their privileges became a means of filling the royal coffers at the expense of the employers, while the latter retaliated on the public from whom they had no competition to fear. In 1791 the French Revolution, which, like the Protestant Reformation, never

reformed when it could destroy, abolished the guilds. This abolition has resulted in the last hundred years of bitter antagonism between Capital and Labor. Capital between Capital and Labor. Capital treats man as a machine. Labor fights capital with dynamita. No wonder ig-norant, unhistorical socialism, which knows nothing of high ideals or of the morning of consume a chould star knows nothing of high ideals of of the workings of conscience, should step in and promise a millenium for all on the sole condition that all goods should be equally divided. What we need is not an unpractical

What we need is not an unpractical dream upsetting the foundations of so-ciety, but real reform. Our associates should strive, each in his sphere, whether it be large or small, to in-fluence local and federal legislation for the improvement of labor con-ditions, for the prohibition of night work for women and child en, of night work for women and child en of excessive labor of unsanitary workshops. In this matter Belgium affords the most instructive example of Oatholic social action. The best elements of social

from the start, to assimilate and get the benefit of the food eaten. With this assistance, the digestive organs regain their tone, and soon the use of the tablets

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severe case. Even the first sample box cured Mrs. B. Brett, at 12 Powell St., Guelph, Ont. Two boxes left Mrs. George Wright, of

Two boxes left Mrs. George Wright, of Coaticook, Que., well and happy. Mrs. T. Deline, West Plain, Ont., writes that she could scarcely dress her-self because of rheumatism. but that "Gloria Tonic" has completely cured her. Mr. George Lees, of Dundas, Ont., says that he tried many different remedies, but found no relief until he tried "Gloria Tonic," while Clarence A. Scott wites, from Tooleton, N.B., that he feels that he owes hus life to this great remedy. address. Mr. Smith has suffered all the

address. Mr. Smith has suffered all the agony and torture from rheumatism, tried all the remedies known, and yet utterly failed to find relief. At times he was so helpless that he had to take morphine and after consider. He began studying into the causes of rheumatism, and after much experi-the result was so beneficial to his entire The result was so beneficial to his entire friends, relatives and neighbors suffer-ing from rheumatism, were next cured

remedy "Gloria Tonic." Those of his friends, relatives and neighbors suffer-ing from rheumatism were next cured and Mr. Smith concluded to offer his remedy to the world. But he found the task a difficelt one as nearly everybody had tried a hundred or more remedies that there was such a thing as a cure for rheumatism. But an old gentleman from Seguin Texas, U.S.A., wrote him saying if Mr. Smith would send him a sample he would try it, but as he had