

I had suffered dreadfully for seven weeks ; I could not use my left arm and thought I should never use it for the remainder of my life, when, turning to St Anne, I begged her to cure me. I promised at the same time to publish my cure in the *Annals* and to make a pilgrimage to her shrine of Beaupré. St Anne granted my prayer ; I am now completely cured and can use my arm as before.

I am happy to fulfill my promises and I will thank my benefactress all my life.

MRS TELESOPHORE RAINVILLE.



MONTHLY CONFESSION A NECESSITY FOR YOUNG MEN

IT is a very bad sign when a young man begins to shirk the duty of monthly confession and Communion which, as a boy, he fulfilled as a matter of course. This generally happens when, having left school, he secures a position in some store, shop or factory, and begins to rub elbows with the various kinds and conditions of man and women who go to make up the work-a-day world. Though he does not suspect it, he is influenced by the atmosphere of carelessness in matters of religion that is characteristic of places where men and women work. He is worse influenced still, if his lot be cast among those who are hostile to Catholicism, or to all religion, and who revile or ridicule the things that he has been taught to hold sacred.

To a young Catholic thus placed there is nothing so strengthening to heart and soul as frequency in the reception of the sacraments. Assailed as he is, day after day, by temptation in all forms, it is absolutely necessary for him to renew and repair the bulwark of his spiritual defences. But it is at this most critical period, when his faith and morality are hanging in the balance, that the spirit of the world weans him from the observance of his religious duties which are his only safeguard ; and he begins to neglect or avoid the monthly confession and Communion that kept him loyal and undefiled as a boy.

The most insidious form of attack upon the faith and morality of Catholic youth is ridicule. The covert sneer of a non-Catholic fellow workman or companion has too often a most deplorable effect upon a Catholic young man ; and it is generally found to do more damage to his convictions than an open and undisguised tirade against the teachings and practices of the Church. A well informed Catholic will