

really scrupulous man sees sin—ghosts, voices, and sin being a delusion in both cases.

Thus St. Alphonsus describes scrupulousness as a condition of conscience in which one is influenced by trifling reasons; and, without any real cause, is often afraid that actions are sinful when they are really not so.

The reasons given by a scrupulous person, when he can give any reason at all beyond the mere notion that some particular action is sinful, are wholly insufficient to establish the fact of sinfulness.

It is strange that some persons should think that scruples constitute a sort of privilege of the spiritual life; should feel flattered if any one suggests that they are scrupulous.

Real scrupulosity, on the contrary, is a spiritual disease, and a bad one at that. It does untold harm; it is nothing at all to be proud of.

Amongst temperamental causes of scrupulosity are the following: A melancholy, suspicious, over-timid nature; sheer weakness of head; ignorance of fundamental moral rules or principles; and, worst of all, an obstinate attachment to one's own judgment, arising from a secret pride and self-sufficiency.

Amongst the exterior causes of scruples, besides the mentioned constricting with scrupulous persons, the reading of spiritual books of a too theoretic type; and, in some cases, the attempt to attain spirituality of a mystical kind, read in books and in the Lives of Saints, not properly understood, and far above the reader's present graces.

The scrupulous person is known by his, or her, actions. To one afflicted in this way, scruples are a real obsession. Such persons can think of nothing else.

The scrupulous person is known by his, or her, actions. To one afflicted in this way, scruples are a real obsession. Such persons can think of nothing else. The simplest actions they fear sin. They are never satisfied about past confessions. No sooner are they out of the confessional than they want to rush back again.

That way madness lies; and many priests have had experience of persons whose obsessive scrupulosity has indeed led to hopeless insanity. The remedies for this miserable condition will largely depend on the particular cause of scruples in each case. The cause must be removed. The scrupulous person must put him-



Kept Clean and Keen by— Old Dutch Cleanser

given in many other ways than by confession. They should remember that an act of sincere contrition will cleanse them from the guilt of venial sin.

WAR PRAYERS IN ENGLAND

"War Prayers in Medieval England" is the subject of a leading article in the London Tablet (Jan. 2).

Besides the temporal warfare of the nation in which the King and army were engaged, there was waged upon a higher and wider plane the spiritual warfare of the Church.

Just as the King's petition for prayers was answered generously, so also did the people respond to the need of their spiritual health.

By the authority of these letters, which I have caused to be solemnly published throughout my city and diocese, I have effectively induced my whole clergy, viz. those who are priests, to celebrate Masses specially for your good estate.

It was thus that the Catholics of England in the olden time prayed for their Church and Fatherland in all the strength, not of a divided, but of a double loyalty.

Every director of souls has had proof again and again of the efficacy of this rule in curing obedient penitents affected with scrupulosity.

Yet there are many who have an unreasonable dread of receiving Holy Communion without having first gone to confession, even though they know that there is no mortal sin upon their consciences.

AUTOMOBILES, LIVERY, GARAGE R. HURSTON & SONS

FINANCIAL THE ONTARIO LOAN & DEBENTURE COY

PROFESSIONAL CARDS F.O.Y. KNOX & MONAHAN

JOHN T. LOFTUS, BARRISTER, SOLICITOR, NOTARY, ETC.

P. J. O'GORMAN, ARCHITECT

FRANK J. FOLEY, L.L.B., BARRISTER, SOLICITOR

Loretto Ladies' Business College

MUSIC STUDIO ATTACHED

Westbrook School Y.M.C.A. BLDG., LONDON, ONT.

ST. JEROME'S COLLEGE BERLIN, ONTARIO

John Ferguson & Sons 180 King Street

E. C. Killingsworth Funeral Director

"At the Gate of the Temple" A "People's" Book of Irish and Catholic Poems

POST FREE, \$1.00, from The Catholic Record, London, Ont.

Rheumatism BOOK FREE! Illustrated with Color Plates

Write for it TODAY! Tells what every sufferer should know about the nature, origin and causes of this cruel affliction.

ance worn without inconvenience, and for a short time only, on the soles of the feet.

FREE \$1 COUPON Frederick Dyer, Dept. P.B., Jackson, Mich.

Name..... Address.....

Catholic Books 50c EACH POSTPAID

NOVELS AND RELIGIOUS BOOKS BY THE BEST CATHOLIC AUTHORS

Free by Mail, Fifty Cents Per Volume

NOVELS BIT OF OLD IVORY and Other Stories

THE FRIENDLY LITTLE HOUSE and Other Stories

THE SENIOR LIEUTENANT'S WAGER and Other Stories

THE TRAIL OF THE DRAGON and Other Stories

MARCELLA GRACE. By Rosa Mulholland.

THE LIGHT OF HIS COUNTENANCE. By Jerome Hart.

HER JOURNEY'S END. By Francis Cooke.

THE CIRCUS-RIDER'S DAUGHTER. By F. von Dorn.

CONOR DARCY'S STRUGGLES. By W. M. Doon.

THE MONK'S FARDON. By Raoul de Navey.

MY LADY BEATRICE. By Francis Cooke.

THE OTHER MISS LEE. By M. C. Martin.

THE OUTLAW OF CAMARGUE. By A. de Lamotte.

ROSE OF THE WORLD. By M. C. Martin.

THE SHADOW OF EVERSLIGH. By Jane Landovitch.

KATHYEN'S MOTTO. By Genevieve Walsh.

ALIAS KITTY CASEY. By Marie Gertrude Williams.

MERRY HEARTS AND TRUE. By Mary C. Crowley.

THE AFRICAN FABIOLA. Translated by R. Re.

HAWTHORNDEN. By Clara M. Thompson.

LADY AMABEL and THE SHEPHERD BOY.

THE STRAWCUTTER'S DAUGHTER. By Lady Georgiana Fullerton.

MAY BROOKE. By Mrs. Anna H. Dorsey.

LIFE OF ST. TERESA OF JESUS. This book is sufficiently full and comprehensive to furnish a correct idea of the glorious life.

FOR ROUGH SKIN, SORE LIPS, OR CHAPPED HANDS

Campana's Italian Balm is soothing, healing and pleasant.

St. John's, Newfoundland 824 WATER ST. John T. Kelly

MONUMENTAL and HEADSTONE Dealer in Granite and Marble

LIVES OF SAINTS ST. ALPHONSUS M. LIGUORI

ST. ANGELO. History and fiction combined; very interesting.

IRISH SAINTS. This is the famous history of the last persecutions of the Christians at Rome.

THE MARYTNS. This is the famous history of the last persecutions of the Christians at Rome.

ST. PATRICK. By Rev. M. J. O'Connell, B.D.

ST. ROSE OF LIMA. By Rev. F. W. Faber, D.D.

GREAT SAINTS. By John O'Keefe Murray.

THE AFRICAN FABIOLA. Translated by R. Re.

THE SACRED HEART STUDIED IN THE SACRED SCRIPTURES.

ST. ANTHONY, THE SAINT OF THE WHOLE WORLD.

THE ORPHAN SISTERS. By Mary L. Hoffman.

LADY AMABEL and THE SHEPHERD BOY.

THE STRAWCUTTER'S DAUGHTER.

MAY BROOKE. By Mrs. Anna H. Dorsey.

LIFE OF ST. TERESA OF JESUS.

THE SACRED HEART STUDIED IN THE SACRED SCRIPTURES.

ST. ANTHONY, THE SAINT OF THE WHOLE WORLD.

THE ORPHAN SISTERS.

LADY AMABEL and THE SHEPHERD BOY.

THE STRAWCUTTER'S DAUGHTER.

MAY BROOKE.

LIFE OF ST. TERESA OF JESUS.

THE SACRED HEART STUDIED IN THE SACRED SCRIPTURES.

ST. ANTHONY, THE SAINT OF THE WHOLE WORLD.

THE ORPHAN SISTERS.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.

LONDON CANADA

The Catholic Record

can be supplied in the United States free of duty.