

A SPIRITUAL RETREAT

GRAPHIC DESCRIPTION BY A
GRATEFUL RETREATANT

(G. E. Sweeney)

In close proximity to Montreal City, yet far enough away from its noise and turmoil, and easily accessible by the tramway, is situated the Retreat House, Cartierville, P. Q. The house stands on a gentle declivity that slopes almost to the water's edge, where the beauties of the scene are rendered more attractive by placid waters. The spot, I daresay, was selected by some holy man who had an eye for nature's beauty spots, as a place well suited to retirement and prayer.

The building is spacious and airy, containing about forty bedrooms for those making the retreat, a large recreation room, a devotional chapel, a dining hall, and rooms reserved for the small staff of Jesuit Fathers who conduct the retreats. Around the house runs a covered terrace, where the retreatants can walk in all weathers.

To the south east of us is Montreal City, completely obscured by the Heights of Mount Royal, over which come dull clouds of smoke—in striking contrast to the freshness of our present surroundings.

It was on a Thursday evening nearing the end of September when about thirty of us set out for this hallowed ground to spend three days in seclusion, prayer and earnest thought; to put aside our business for that time in order to think of God, of our own souls, of the example of Christ, of the meaning and dignity of our lives, of our duties as of our privileges.

After a short journey by motor, we arrived at the Retreat House. The feeling of sanctity pervading the atmosphere produced that set of conditions eminently helpful for an efficient and thorough retreat.

By the time we arrived it was completely dark and the friendly lights from the Hospices were a pretty sight as they shone on the water, their reflections quivering like warm tongues of flame on its dark surface.

The feelings of awe and nervousness, bewilderment and even apprehension, which possessed those of us who were making our acquaintance with the place for the first time, were soon dispelled by the kindly reception given us. This calmed our fears, and by the time we had been shown to our respective rooms, we had begun to feel quite at home.

Returning from our rooms we were requested to observe strict silence—an essential of a good retreat—which, instead of being the frightful, fearful thing some of us had expected it to be, proved exceedingly simple and delightfully refreshing.

A short instruction and prayers before retiring prepared us for our work, and, as each of us repaired to our rooms we felt the better for having come, and looked forward with eagerness to the morrow, which previously had caused us some fears and misgivings.

After a deep undisturbed night's rest in a spotlessly clean, sweet room, we rose refreshed at 6 o'clock and descended to the little chapel at 6.30 for prayers; later returning to our rooms for meditation. Mass followed, then a review of our meditations, after which, we had breakfast. Breakfast over, the retreatants, marched in slow procession along the avenue reciting "The Rosary."

Next on the Order of the Day was "Free Time" and this was usually utilized for a walk through the grounds, meditating on the points raised by the preacher and getting a thorough understanding of our real position with regard to God and all created things, and ever keeping before us the questions: Who am I? Whence am I? Why am I in the world? Is it to be my permanent abode? If not, whether am I tending? Getting a clear knowledge of the disorder of our lives, our failings, our sins. To begin the reformation of our lives and set ourselves courageously and with determination to follow in the footsteps of our Lord Jesus Christ. To awaken and foster within ourselves great generosity in God's service, determination not only to avoid sin, but also to be of service to Holy Mother Church and our neighbour. The remaining hours of "Free Time" were spent by the utterance of ejaculatory prayers; visits to the Blessed Sacrament and pious reading.

Lunch intervened and our meditations came to a conclusion. After lunch followed recreation, and this was the first opportunity the retreatants had to converse with each other. Needless to say this short period of relaxation was utilized to the greatest advantage.

As I wandered through this holy place, I felt the sanctity of the atmosphere sink deep into my soul filling it with an intense holy peace. I felt, the spirits of the saints, in whose honor we were praying, were lingering near us, helping our faltering will; subjecting our bodies to the desires of our souls; infusing over our spirits an earnest longing for the things of Christ, purifying our senses, and lifting our hearts towards that land where the hills are everlasting and the glory of God unmeasured.

Recreation over, the retreatants assembled in the chapel for the way of the Cross. This is a moment when our souls are most exalted in watching our Saviour die. If ever there is a time when it is proper for us to turn to one another, and to verify our charity, it is when we stand beneath the Cross, for it is the supreme glory of the Cross that it claims to make suffering the deepest bond of human relations.

The Choir

No Choir can do themselves justice with a poor Church Organ. A

KARN Church Organ

will help your Choir immensely and will also please the congregation and managers. You get lasting satisfaction in a Karn.

The Karn-Morris Piano & Organ Co., Limited
Head Office, Woodstock, Ont.
Factories, Woodstock and Listowel

Meditation, pious reading, Benediction of the Most Blessed Sacrament, supper and recreation filled up the evening's exercises.

During the day lectures adapted to the retreatants, dealing with our practical duties, our responsibilities, the dangers of Socialism, the need of Catholic Social Organizations, and the like were given.

It should not be imagined that there is anything of dryness or tedium about a retreat. On the contrary, the days are happily occupied, and pass all too quickly. There is a time for sleep; a time for cultivating the understanding; a time to nourish the soul with prayer and pious meditation; a time for innocent recreation to refresh the mind, and invigorate the body, and quite apart from its spiritual advantages, is also a rest for the body.

Saturday morning was spent in preparation for confession. Our sins confessed, we left the seat of penance bearing with us the great blessing of the retreat, that is a plenary indulgence, which leaves the soul as free from sin's temporal punishment as on the morning of baptism. In the evening a beautiful lecture on the passion was given, and later, as we repaired to the chapel for Benediction, our hearts were full of joy: we felt bright, content, and happy in the knowledge that we had done something which excited our sorrow and contrition for transgressions in the past, and had made good resolutions for the future.

Sunday morning we arose at 6 o'clock, heard Mass half an hour later, and received Holy Communion. The remainder of the day was spent in thanksgiving, drawing practical conclusions and strengthening our resolutions for future conduct.

On Monday morning our work was consummated by a fervent Holy Communion and receiving the Papal Benediction. It was an inspiring sight to watch those thirty odd retreatants kneel side by side at that altar which knows no distinctions of rank, intellect or wealth.

Only those who have witnessed the retreats can have any idea of the wonderful miracles of grace which they normally effect. On the second day you see a change on all faces. Everyone is much in earnest—hopeful and courageous, and for the most part, as simple and docile as children.

At every turn you find evidence that you are face to face with a new world of ideas. The silence, the constant round of devotional exercises, the prayer in common, the quiet thought in your own room, the devotional reading during the meals, the presence of holy pictures and images, all give emphasis to the great truths put before your mind three or four times a day in the meditations. The soul is withdrawn from its distracting surroundings and conventional estimates; it considers the great purpose of human life, which is the glory of God by the manifestation of His excellence in man; it considers its own duties in man; it reflects how, in the past, it has thwarted that purpose by sin and irregularity; it looks upon Christ as the Way, the Truth, and the Life, enabling man to fulfil that purpose aright. The Church is revealed to you as the Divine foundation, answering all the needs of the human heart, binding men together in a great Communion, giving worth to the humblest life, and meaning to the most trivial action.

All these considerations are put before you three or four times a day, and you afterwards retire to your room to reflect upon them. Confession on the second day and Holy Communion on the third, bring cleansing and strength. Finally the soul comes to see how the love of God is the force which raises man above himself, ennobles his life, and secures his eternal happiness.

This intense spiritual experience is no vague sentimentalism or "revivalism." It is a deliberate and reasonable adoption of a new attitude with regard to life. Moreover, its effects are permanent, and solid as well as intense, and this leads us to what is an essential feature of the system.

It was now Monday morning and the time had come to bid this hallowed spot a sorrowful farewell, for every step was taking us farther away from its silence and holy quiet, and we were entering a new world, as it were, full of hopes and possibilities. "Whereas I was blind, now

I see," was the general sentiment of the retreatants.

Within the enclosure of this place, no shadow of the outside world rested: no echo of the cruel war that was turning the continent of Europe into a vast battlefield and filling the souls of men with the lust of blood and the desire of those material possessions that must in so short a time pass away for ever.

Here there was no thirst for the destruction of human life or property, no clamouring of the flesh for sensual pleasures; no restless wish in the heart for the joys of the world, no lingering with thoughts that find their reflection in dark shadows on the soul.

No, naught was thought of in this holy spot but Christ and His Saints, naught was desired but Christ and the never ending beauty of the city of His Love.

DEATH SUMMONS JOHN N. MULLINS

The death in New York yesterday of John N. Mullins deprived the railway service on the American continent of one of its most promising young men. One of a family which had distinguished itself by providing numbers who have risen to prominence in making popular the iron road from East to West, he was fast encroaching on the laurels of his kinsfolk when he was cut down suddenly. Mr. Mullins was for six years with the Dominion Express Company in Toronto before he transferred his services to the C. P. R., and later he moved to New York, there to become the district passenger agent for the Pennsylvania Railroad Company. Great success followed him, and last year Mr. Mullins became chief conductor for the Frank Tourist Company. In this capacity he conducted many happy parties to the San Francisco Exposition.

His brothers are Tim Mullins, city passenger agent for the C. P. R. at Ottawa; W. E. Mullins, general manager of the United Fruit Company, New York City; Ed. Mullins, United Fruit Co., Costa Rica; Geoffrey Mullins, civil engineer, Toronto Harbor Commissioners, and Rev. F. Mullins, C. S. S. R., Montreal, and Richard I. Mullins at home at 145 Beverly Street, Toronto. Mr. Mullins, who has three sisters alive, was thirty-two years of age, and to many Toronto hockey players he will be better remembered as "Jack" Mullins, of the Express hockey team. —Toronto Mail and Empire, Oct. 19.

ALL SOULS

All the month of November is devoted by the Church to the prayerful remembrance of all the souls in purgatory. Catholics who love their dead do not have to be urged to observe this practice.

It is of faith that there is a purgatory for the souls of the just who, when leaving this life, are not entirely purified, and that these souls may be assisted by the prayers and sacrifices of the Church, says The Missionary. This doctrine, which was laid down against the Protestants by the Council of Trent and which is conformable to the preceding councils, to the teaching of the Fathers, to tradition, and to the belief and constant practice of the Church, powerfully appeals to the human mind. We find an Anglican clergyman, the Rev. W. A. Collinson, M. A., in a sermon which he has delivered at Missions giving utterance to his belief in it through what we may call a cry of the soul. "Think," said he, "of those who have fallen in the war! They are now dependent on the mercy of God! We owe our scandalous neglect of the faithful departed, like much of our defection from faith and truth, to Germany. Some years ago I attended a Requiem Mass in a London Roman Catholic church. It was on behalf of the departed souls forgotten in England since the Restoration." What a rebuke to us! In all directions there are signs of a desire for reparation. Even men who liked to be labeled as Low Churchmen are apologetically saying that prayers for the dead are permissible. I am a Catholic. As a Catholic I must remember the faithful departed. Mr. Collinson will, we trust, see the necessity of entering the Catholic Church, which has preserved the doctrine whole and intact. The war is teaching many the value of the consolations which that Church offers to those in peril and distress.—New World.

INVITED TO SPEAK TO NON-CATHOLICS

The Very Rev. A. Stocker, O. S. B., D. D., editor of the Guardian, Little Rock, Kans., writing in that paper of the ebbs of the tide of anti-Catholicism locally, says: "We have always believed that the American is at bottom fair-minded, and that the bigotry which of late years obscured that favorable impression would prove a passing distemper. If local symptoms permit a judgment as to the general condition of the body, we have not been mistaken. Right here, in the neighborhood of New Subaco Abbey, prejudice against the Catholic Church was rampant less than a year ago. At present there are indications that our neighbors are returning to a saner mind. The other day we were invited to address a gathering of non-Catholics in a Public School building of our neighborhood. On their own initiative these good people had sent a messenger to us with the request that we would favor them with a talk on the Catholic Church. We went with

pleasure and found a most attentive and well disposed audience. For an hour and a half we spoke to them in a friendly way, showing them how they had been misled into false notions concerning the Catholic Church by untruthful reports and unfair publications. The result was that they invited us to come again."

ENGLISH BIGOTRY

AGAIN BREAKS LOOSE OVER BRITISH AMBASSADOR TO VATICAN (Catholic Press Association Service)

Much to the annoyance of the Kennisties, Sir Henry Howard, British Ambassador to the Vatican, who will soon be returning to Rome, had another long audience of King George recently. The Kennisties have been endeavoring to slander Irish soldiers at the front and to stir up bigotry by attacking the Pope as "The German Anti-Christ."

The publication of this scurrilous printer, Kennist, accuses the army of being governed by the Jesuits who are at the front as chaplains, and even attacks a notoriously Protestant organization on the Young Men's Christian Association, because its executive has been kind enough to offer the use of their huts at the base camps in France to Catholic priests who have no place in which to stay.

Another piece of bigotry has been perpetrated by the Common Council of Christ's Hospital, or the "Blue Coat" school, an ancient Catholic foundation, who have repudiated the choice of the Court of Aldermen in Sir William Dunn as governor, on the ground that this future Lord Mayor of London is a Catholic and cannot therefore sit on a Protestant board. The aldermen refuse to amend their choice, so a legal action is threatened.—Church Progress.

MARRIAGE

CAMPBELL CAMERON.—At St. Mary's Church, Mabou, N. S., by the Rev. J. F. MacMaster, Mr. Angus R. Campbell to Miss Mary Cameron, both of Mabou.

DIED

BOONEAU.—In Sault Ste Marie, Ont., July 15th, 1915, Mrs. Sarah Booneau (nee Miss S. L. Baselineau) May her soul rest in peace.

IMPERIAL CARBIDE

The best and most economical Imperial Carbide. Made in Canada. IMPERIAL CARBIDE yields more gas and insures greater economy and satisfaction in the operation of your generator.

There is a dealer near you—write us to-day for his name and free booklet.

UNION CARBIDE Co. of Canada Limited
Dept. C
Dominion Bank Building
TORONTO ONTARIO

WANTED

WANTED FOR C. S. S. NO. 1 STANLEY Second or Third Professional Teacher. Salary \$40 per annum. Duties to commence Sept. 1st. Small attendance. Apply E. J. Collins, Sec. Treas. R. R. 2, Zurich. 1009-11

HOUSEKEEPER WANTED
PRIEST'S HOUSEKEEPER WANTED. At once. Must be experienced. City parish. Two priests. Good salary. Give references. Apply Box D, CATHOLIC RECORD, London, Ont. 1913-3

EMPLOYMENT WANTED
EDUCATED YOUNG MAN DESIRES STEADY employment. Good references. Apply Box C, CATHOLIC RECORD, London, Ont.

O. M. B. Branch No. 4, 101-102
Meets on the 2nd and 4th Thursdays of every month at eight o'clock at their rooms, St. Peter's Parish Hall Richmond Street. Frank Smith President

J. J. M. Landy
EVERYTHING IN
Catholic Church Supplies

First Communion Wreaths and Veils and Prayer Books

MISSION SUPPLIES
A SPECIALTY
At 405 YONGE ST.

Long Distance Phone
Main 5555 and 5499
College 452 Toronto, Ont.

Hand-made Lace
from England

that beautiful Lace, straight from the hands of the workers of Bucks, England. Due to the war these English peasant Lace Makers are in real need. Just or unjust, this struggle is not of their making, but these peace-loving folk are suffering. Therefore, purchasers now will be good deeds as well as profitable to you.

You'll be delighted with the Free Book we want to send you. Write for it today.

Mrs. Corrie Armstrong
Niagara Falls, Ontario, Canada

THE HOME BANK OF CANADA

ORIGINAL CHARTER 1854

BRANCHES AND CONNECTIONS THROUGHOUT CANADA
JAMES MASON, General Manager

A deposit of One Dollar opens a Savings Account with the Home Bank. The account may be added to by deposits of further large or small amounts, and Full Compound Interest will be paid at highest bank rate.

LONDON OFFICE 394 RICHMOND ST. W. J. HILL
BRANCHES IN MIDDLESEX COUNTY

London, Melbourn, Thorndale, Lidderton, Kemoko, Delaware, Lawrence Station

We pay highest Prices For FREE RAW FURS

And Remit Promptly

John Hallam Limited 312 Hallam Building TORONTO

More Trappers and Fur Collectors send their Raw Furs to us than to any other five houses in Canada. Because they know we pay highest prices, pay mail and express charges, charge no commissions, and treat our shippers right. Result, we are the largest in our line in Canada. Ship to us today and deal with a reliable house. No shipment too small or too large to receive our prompt attention.

We sell Guns, Rifles, Traps, Ammunition, Bait, Shotgun, Flash Light, Headlights, Fishing Tackle, Fishing Tackle and Sportswear. Supplies at lowest prices. CATALOG FREE. WRITE OR REQUEST.

Hallam's Three Books: Trapper's Guide, English or French, 100 pages, illustrated, tells how and where to trap and other valuable information for trappers. "Trapper's and Sportsman's Catalogue," "Raw Fur Price List," and latest "Fur Style Book" of beautiful fur sets and fur garments. All these books fully illustrated and sent FREE ON REQUEST.

What is an Internal Bath?

By W. R. BEAL

Much has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and 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 not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it 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 would prove of such lasting benefit 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 experience would doubtless prove to 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 long sought for health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how 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 practice 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 day 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 equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy, and strong? The number is appallingly small.

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary for the attainment of happiness but the most essential thing of all, that of giving their bodies their proper care.

Would you believe that five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely? Granting that such a simple procedure as this will do what is claimed for it, is it not worth while to learn more about that which will accomplish this end? Internal Bathing will do this, and it will do it for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated bodywaste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practise internal bathing, and begin to day.

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 other questions are all answered in a booklet entitled "THE WHAT, THE WHY and the WAY, OF INTERNAL BATHING," written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the pre-eminent authority on this subject. Not only has internal bathing saved and prolonged Dr. Tyrrell's own life, but the lives of multitudes of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife. All that is necessary to secure this book is to write to Dr. Tyrrell at Room 455, 257 College Street, 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 these statements, and if the reading of this article will result in a proper appreciation on your part of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your writing for this book will give you that information. Do not put off doing this, but send for the book now, while the matter is fresh in your mind.

"Procrastination is the thief of time." A thief is one who steals something. Don't allow procrastination to cheat you out of your opportunity to get this valuable information, which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural when it is such a simple thing to be well?

Need we say it is a duty of Catholics who love their faith to propagate it and defend it, and support Catholic newspapers and literature that do so. The work of a Catholic journalist is difficult and responsible. He has to defend Catholic faith and principle under ecclesiastical approval; to refute traducers of the Church; to combat ignorance and prejudice; to expose unfair treatment towards Catholics; to chronicle the chief news and events and activities of the Catholic world, the comment on them. This is a great work for the faith. And when it is done with loyalty to authority much discretion must be left to Catholic journalists in other matters, political or otherwise. It is for Catholic newspapers a man reads his Catholic newspaper. And if a good press is a great support to the faith and morals of a people, is it not our duty to support it? When one thinks of the great labor and trouble that goes to the production of your Catholic newspapers, and the amount of valuable information given in them every week, it is wonderful how much is done at the price. It is our duty, then, to support them. The more support they get the better they will be, and the better they will make ourselves. Buy them, read them, give them to others, advertise in them, write for them if you can, and see, if possible, they are in public libraries.—The Missionary.

MEMORIAL WINDOWS STAINED GLASS

THE N. I. LYON GLASS CO.

Xmas Booklets and Postcards
AGENTS WANTED—Here is your chance to win some splendid Xmas Prizes or Cash. Our Xmas Cards and Booklets are in packages of 25 assorted and free to you. Apply for 25 packets to sell. Returns on our \$3.50, and with a few new model superior illustrations sell for 10c. We mail you absolutely free. Get cameras, watches, and other nice prizes. Write us at once.
COLONIAL ART CO., Dept. K, TORONTO, ONT.

An Ideal Xmas Gift
BEAUTIFUL JEWELLED ROSARY Gold Plated \$1
Rosary 19 inches long, and sent in satin lined case. Can be supplied in Anyethyst, Emerald, Lapis or Rose Amethyst. Mailed anywhere. Postpaid upon receipt of price.
W. E. BLAKE & SON, LIMITED
123 Church St., Toronto, Canada

598 Adelaide St. Phone 5241
FINNEY & SHANNON'S COAL
The Coal of Quality
Domestic Soft—Canal, Pochontas, Lump, Steam Coal—Lump, Run of Mine, Slack.
Best Grades of Hard Wood

O-Cedar Polish
MADE IN CANADA
Cleans the Woodwork
O-Cedar Polish not only polishes all woodwork, floors, automobiles, etc., leaving a hard, dry durable lustre—but it cleans at the same time. It brings out all the original beauty of the grain and seeming blemishes disappear.
USED WITH WATER
half and half, according to instructions, it is economical in time and money. It does the work with little effort on your part.
Sold on the guarantee—"Money back if not satisfied."
Sizes 25c to \$3
At Your Dealers
Charnell Chemical Co.
369 Spadina Ave. Ltd.
Toronto

YMASCARDS
A BOOKLET
Present, with our splendid Xmas Cards, a booklet of 25 Xmas Cards. These cards are in packages of 25 assorted and free to you. Apply for 25 packets to sell. Returns on our \$3.50, and with a few new model superior illustrations sell for 10c. We mail you absolutely free. Get cameras, watches, and other nice prizes. Write us at once.
COLONIAL ART CO., Dept. K, TORONTO, ONT.

THE CATHOLIC PRESS
Need we say it is a duty of Catholics who love their faith to propagate it and defend it, and support Catholic newspapers and literature that do so. The work of a Catholic journalist is difficult and responsible. He has to defend Catholic faith and principle under ecclesiastical approval; to refute traducers of the Church; to combat ignorance and prejudice; to expose unfair treatment towards Catholics; to chronicle the chief news and events and activities of the Catholic world, the comment on them. This is a great work for the faith. And when it is done with loyalty to authority much discretion must be left to Catholic journalists in other matters, political or otherwise. It is for Catholic newspapers a man reads his Catholic newspaper. And if a good press is a great support to the faith and morals of a people, is it not our duty to support it? When one thinks of the great labor and trouble that goes to the production of your Catholic newspapers, and the amount of valuable information given in them every week, it is wonderful how much is done at the price. It is our duty, then, to support them. The more support they get the better they will be, and the better they will make ourselves. Buy them, read them, give them to others, advertise in them, write for them if you can, and see, if possible, they are in public libraries.—The Missionary.