#### A Name for the Baby

(From the Sacred Heart Review.) and not burden them for life with names savoring of anything Christianity. The giving of a saint's name to a child at baptism signithe protection of that special saint, saint's virtues. But under whose whose names are taken out of some yellow-covered novel or copied from some romantic story in a cheap magazine? Our colored friends are supposed to be particularly prone to this sort of extravagant and fancy nomenclature, but they have by no

means a monopoly of it. Honor Walsh tells a story about a certain Old Aunt Dooney whose stock of "Algernons" and "Ethelindas" of "Algernons" and having after a time run out, she evoked the aid of a patent medicine advertisement to help her to evolve something new and high-sounding in the shape of a name for a new arrival in this vale of tears. This was the name chosen: Cerebro Spinal Meningitis! This name would surely have been tagged on to the little black baby, had not some one told Aunt Dooney that while Cerebro Spinal Meningitis sounded full enough, it was unlucky, and children who got it generally died or had crooked necks. That crushed it, and the newcomer was called Zobeyda Agricolina instead. There are some sity, contributes an article to the 'Shamrocks,' 'Ballads and Lyrics, of Aunt Dooney's white sisters, it Septembe: Catholic World, showing 'Cuckoo Songs,' 'Miracle Plays, may be said, whose taste for names how the Catholic Church has ever, Lover's Breast-Knot, and 'The Wind is not much less fanciful not to say implicitly at least, followed the meridiculous than this.

To all Catholic parents we would say: Cive your children good, strong old-fashioned names that mean somesomething worth while, and forget children nowadays.

#### How Not to Worry

Mental Institute, Minneapolis,

Min.) the standpoint of purely material organs of sense. reasoning will show the needlessness tations, but no reasoning applied dir- Church has always recognized

and lessons its quantity.

chronic, fretful, doubtful, worrying tals of sense. The worrying person awakes in the And it bears the sanction of modern morning after a restless, wakeful psychology. night, feeling more fatigued than

when he went to bed.

After we have used our reason to rid us of our worry, then we must because we will then realize a want Our first task is to reason ourselves into the conviction that What we called good, bad, happiness and with the wish to find it so- we shall see that we drew them all to us as they were needed for develop-To perceive this intellectually is often easier than to feel it, but feel it we can.

We will probably discover at first that our croubles are not nearly as great as we thought they were going to be. Many of our greatest troubles never happen at all. We in thinking they are going to.

unbending law has brought us in the ses, but in the main owing to man's tion of the most refractory elepast with automatic certainty just negligence in taking care of his ments. It cures pain, heals bruises, what we required at the moment health. Dr. Thomas' Eclectric Oil takes the fire from burns, and as a we required it, we know that the was the outcome of a universal cry general household medicine is useful same law will continue to act in the for some specific which would speed in many ailments. It is worth same manner throughout the future. ily relieve pain, and it has filled its much. To reach this stage is to face a fu- mission to a remarkable degree.

ture that no longer has terrors. reach out to eternity, should be You can now affirm with entire con- awakened and strengthened to such fidence that nothing can ever again a degree that they may sanctify and worry you. You have an unshakable ennoble every other interest, The extraordinary names which faith, a serenity and poise that no other concern of the human mind.

but kills the flesh. ing, but is never found oatside of of psychology." the child may imitate the faith. Freedom from worry keeps us filled with an inspiration that is protection are the children placed ceaseless. It is to feel and consciously know the real joy of living. You need no longer to depend upon theories, for you have a condition. You are at rest, peace and harmony, and you find, as Goethe found, that-

Rest is not quitting The busy career: Rest is the fitting Of self to one's sphere.

Tis the brook's motion Clear without strife, Fleeing to ocean After its life.

'Tis loving and serving The highest and best 'Tis onward unswerving; And this is true rest.

#### Modern Psychology and Catholic Education

thods put forth by the best students works are: of modern psychology.

A leading characteristic of modpsychology is the importance thing worth while and stand for which it attaches to the sensory processes of mind. We are no longer the nambly-pamby, fllagree names satisfied with the general stafement that make life a burden to so many that all knowledge takes its rise in sensation; nor even with the accurate description of the various sensory functions. By means of careexperiment, we have discovered the laws which govern these func. (By Prof. R. J. Raymond, Raymond tions and the part which they play in the higher mental activities. The more we search into the nature of The basis of worry is fear, and a sensation, the more are we convinced lack of faith in ourselves and the that the entire life of the mind-ineternal power by which we were tellectual, emotional and volitionalcreated. To worry shows a lack of is closely bound up with the elemen-A study of life from even tary processes that take place in the

Now this is precisely what the and folly of all varieties of worry. Church has all along endeavored to Francis, for weak, instinctive things Sound reasoning and good judgment do. Whatever philosophers and psywill rid any intelligent person of 75 chologists may have taught regarding among the leaves, and birds tossed per cent. of their worry or fear men- the value of sense-perception, the ectly to the remaining 25 per cent. Importance of these processes for the will efface ir. Relaxation and faith development of intellectual and morwill do this, and it will also furnish al activity. We have only to look us with the only charm that can se- at her liturgy. What more forcible cure us against the ghosts of the appeal could be made to the senses old worries that we killed by reason. than that which she makes in her Reason is a good thing, but faith is ceremonial, in the administration of better. If we have faith, we will the sacraments, in the adornment of An' I digs my bait dat evin, have reason. "Faith is the substance her temples, in every prescription of ngs not seen." Worry over- her ritual? Light and color, movechemicalizes our blood, which des- ment and harmony, stately forms and troys the tissue of body and counter- graceful lines are all combined to acts nutrition. It dilutes the blood impress the eye and ear of him who On de hook a wum is wigglin worships in her sanctuary. The art Worry produces wrinkles, not only of the builder, the painter, the sculp- An' de cork she soon be jigglin in the face, but over the whole sur- tor, and the musician is pressed into face of the body. It causes the skin service of religion. And religion itto become yellow and tough. The self-as doctrine, as historical fact An' de mud-cat come a-flyin', pink glow that nature would have and as moral precept-is brought is entirely absent in the home to the mind through the por- But he jes' well stop a-tryin',

individual. Worry poisons the nerve "This law of appreciation is one cells, and they slowly shrink, shrivel with which every teacher is familiar. O, de catfish ain't no beauty, and become inactive. The brain is It is the corner stone of an educaweakened for lack of nourishing tional theory which has many distin- But he sho'ly doo his duty blood and quiet, tranquil relaxation. guished advocates in this country.

"Applied to religious education, this Wid his shinin' reel and pole, law means that the truths of 'eli- An' he set down dar right nigh me Worry never helps us in our gion must enter the mind along with struggle with our environments, ordinary knowledge. If they are Worry never helps us to be strong held back to the years of maturity, Time de minner hit de water and individual. It robs us of what they will not be apperceived. They personal magnetism we originally will be as the seed that fell upon Jes' up an' fa'ly caught her possessed. It develops self-conscious- stony ground. If they are reserved ness, and makes us lack confidence in for the Sunday School, or any other our own judgments. Worry is usually means of instruction which sets them O, my Lawd, dat reel went screech the very beginning of all physical apart from the daily work of educasickness and mental weakness. Its tion, they will be regarded as supermission is to tear down with a force fluous and possibly as antagonistic An' de line flew out, a-reachin that is tremendous. Indigestion is to the knowledge that is gotten in caused primarily by worrying and the school. They will not appear fretting, and thinking there is some- to the boy or girl as things of vital But de man was smilin' tip-top, thing wrong with everything. "We importance, as truths which have to live amid surfaces and the true art do with everyday conduct. There While de bass was turnin' flip-flop of life is learning to skate well on can be no growth where there is no | Clean acrost dat fishin' hole. germination; and the most vigorous The remedy for preventing worry germ of thought must wither and de- By'm by de fish come sho'ly, be given in the following cay if the ground has not been pre-

pared. "We should not forget that a course of study is an object lesson. consciously begin to build a faith. Whatever it includes is rightly sup- Den we two sot dar togedder posed to possess some value. What t excludes is supposed, rightly or An' we talk 'bout fish an' wedder wrongly, to be worth little or nothour lives have been symmetrical; ing. Once this appreciation is setthat nothing ever came to us that tled in the mind of the child, no An' now an' den we'd wish an' wish was not necessary to our unfoldment. amount of pedagogical skill will secure a proper estimate of truths Me er-ketchin' eels an' catfish, or unhappiness-if we look patiently that have not been taught in the school. And the reason is that the interests of the child have been led Does you feel life ain't wuth livin' off in other directions. Modern psychology has done much to clear up He say: the problem of interest and modern education has been the gainer. What the church claims is that the supreme interests of life, the interests that

spend our time and reptal energy aches and pains that afflict humanity To apply Dr. Thomas' Eclectric Oil are many and constant, arising from to the troubled body when it is rack-When we once comprehend that an a multitude of indistinguishable cau- ed with pain means speedy subjuga-

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some people attach to their offspring possible complication of material "That these interests are dear to will always be a source of wonder- conditions can disturb. You have all Catholics, is a fact that calls for ment "as long as the world is a now awakened to the consciousness no proof. But they are specially world." Catholics ought to be satis- of your close and inseparable con- dear to those who are engaged in the fied to give their children names nection with the divine force, and work of education. Catholic teachers which are in fact Christian names, shall never again feel worry, fear, understand the importance of inanxiety or any other emotion that structing their pupils in the truths of religion. It is of equal import-To learn how not to worry is to ance to realize that these truths may learn the secret of happiness. Happi- be taught by methods which are fies that the child is placed under ness is what all the world is seek- thoroughly in keeping with the laws

#### Catharine Tynan Hinkson

Within the last twenty years there try written by Irish writers, a distorout University College tinctly Irish style with something in it of the quality of the old Irish Under the special patronage of His Grace the legends, but with more of the grays Archbishop of Toronto, and directed by the legends, but with more of the grays and greens, the brown and purples of Irish landscape. Foremost among these writers we may place Catherine Tynan Hinkson.

She was born in the city of Dublin, February 3, 1861, and was educated at the Dominican Convent of Catherine of Siena, Drogheda, which she left at the age of fourteen. The rest of her education was gained at home, mainly by her own energy and love of study, aided by a broadminded and sympathetic father. She began writing in 1885. In 1893 she was married to Mr. Henry Hinkson, ex-scholar of Trinity College, Dublin, himself a well-known writer.

Her poetical works are: 'Louise Dr. Pace, et the Catholic Univer- de la Valliere and Other Poems,' Among her prose in the Trees.' 'A Nun; Her Friends and Her Order,' 'The Land of Mist and Mountain,' 'An Isle in the Win-'The Way of a Maid,' 'The Handsome Brandons, Maids,' 'A Daughter of the Fields 'A Union of Hearts.' 'A Girl of Galway, 'That Sweet Enemy,' Handsome Quaker,' 'A King's Wo-

man,' 'Love of Sisters. 'She is," says a critic, "an authentic singer with the true lyric note, which she seems to have caught from the birds in the Irish trees and which gives to her songs written in English a homely Irish flavor," and W. B. Yeats describes her as 'happiest when she embodies emotions that have the innocence of childhood, in symbols and metaphors from the green world above her. She has no reverie nor speculation; but a devout tenderness, like that of St. -old gardeners, old fishermen, birds upon the waters.

JUST GO FISHIN When I gits all tired an' po'ly, An' de worl' seems goin' wrong,

Den I knows I got to sho'ly Git to fishin' good an' strong.

An' takes down my fishin' pole An' de day-dawn sees me leavin' For dat famous fishin' hole

An' I spits on him for luck, An' gives dat pole a juck!

An' he lan' up in a tree, 'Cause he can't get lost frum me

An' he hain't so great an' gran' When in de fryin' pan.

Wid his shinin' reel and pole, An' fling out in dat hole.

Somep'n sho'ly comes to pass-An' de white man chuckled,

An' de water biled wid foam,

As he worked dat ree! an' pole

For de bass a-goin' home!

An' de white man took his net, An' he push it under slowly,

An' de lif' him out de wet! An' he gimme half his snack,

Dat day would never pass-An' him jes' er-ketchin' bass.

'bout when we comin' back

Do like 'Postle Peter do; "Boys, I'm gwyne afishin'"

Now, you go long wid him, too.

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#### SYNOPSIS OF CANADIAN NOATH-WEST

## **Homestead Regulations**

A NY even numbered section of Dominion lands in Manitoba or the Northwest Provinces, excepting 8 and 26, not reserved, may be homesteaded upon by any per-son who is the sole head of a family, or any male over 18 years of age, to the ex-tent of one-quarter section, of 160 acres,

Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader desires, he may, on applica-tion to the Minister of the Interior, Otta-wa, the Commissioner of Immigration, Winnipeg, or the local agent for the dis-trict in which the land is situate, receive authority for some one to make entry for him.

HOMESTEAD DUTIES : A settler who has been granted an entry for a home-stead is required to perform the condi-tions connected therewith under one of the ollowing plans :

(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this act resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this act as to residence prior to obtaining natery may be satisfied. prior to obtaining patent may be satisfied by such person residing with the father or mother.

(3) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the re-quirements of this act as to residence may be satisfied by residence upon the said APP. ICATION FOR PATENT should

be made at the end of three years, before the Local Agent, Sub-Agent or the Homestead Inspector. Before making application for patent

the settler must give six months' notice in writing to the Commissioner of Domin-ion Lands at Ottawa of his intention to do so.

SYNOPSIS OF CANADIAN NORTH-WEST MINING REGULATIONS.

Coal.—Coal lands may be purchased a: \$10 per acre for soft coal and \$20 for anthracite. Not more than 320 acres can be acquired by one individual or company. Royalty at the rate of ten certs per ton of 2.000 pounds shall be collected on the gross output.

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