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SOUL AND BODY

Health is so much in the air just now that it may be well to reiterate certain points which vitally affect our convictions as to the wise distribution of our energies in the day's work and play. Body and mind are so closely related that any neglect or abuse of either reacts upon the other. We cannot set limits to the reciprocal influence of allied functions, outward or inward. How various are the devices by which mortals seek to counteract congenital or acquired weakness ! The noble healing art, with its surgical and nursing branches, needs no eulogium, but none know better than these devoted helpers of afflicted humanity how little-health resorts and famous cures can effect in numerous cases. Often indeed it is a relief to a burdened practitioner to fall in with the fancy of a chronic sufferer, knowing that at least the desired change may have a tonic influence for the time being.

Travel offers so many natural attractions that one does not wonder at the crowds of restless, overfed folk who haunt the picturesque spots in Switzerland, Norway, and the great cities of Italy, and many of us can recall scenes which provided abundant material for humourous observations at the various health resorts. At the bidding of fashion people will climb hills and descend precipices in pursuit of that most elusive blessing, a sound mind in a sound body. Taking their old selves wherever they go, most of these who are absurdly styled "patients" in medical parlance, return, only to resume the weary round of so-called pleasures which are largely accountable for their objectionable symptoms. The human form has a sacredness with which no structure made with hands can compare, for it is a living temple, within whose confines wonderful processes go on night and day. Even when its doors are closed, its windows darkened, and its pillars broken down, we instinctively reverence its ruins, guarding them jealously from desecration and lovingly sions of usefulness which electrify observers. Out of weakness and caring for the ground consec-ated unmerited suffering some of the by their presence. Why, then, is it choicest blessings have been evolved. that so many should fail in due re-This is not to say that disease is a spect for the soul that inhabits the boon in itself. Health, so far as it is tabernacle while the visible and humanly attainable, should be sought invisible partners are actively assoand cherished for self development ciated ? Think for a moment of the and also because it may be made marvel which has never yet been subservient to public and private fully explored. How delicate the mechanism through which the inspired organism works ! All our instruments are clumsy copies of those organs of thought, desire and control; bow does a pumping engine neighbors! Good Samaritans are compare with the heart in its cease. less action ? The lungs draw in and expel the air which revitalises the would not easily be forthcoming. blood-strange that so momentous For the rest, it is not well to be too a function should excite so little curiosity, suffer such neglect at our hands. The eye is served by microscopes and telescopes, so extending its observing power to the tiniest point or to the star-dust of the Milky Way. The ear can catch the whisper of the summer breeze in the trees, respond to the song of the bird, absorb the complicated harmonies of a fugue on the organ, thrill at the sound of a familiar voice amid the confusion of tongues. But words are all too poor to express the marvel of the human framethat miraculous loom by which thought fabrics are woven; that mental and spiritual exchange, whence magnetic messages flow to inspire or direct the active and passive movements which make up the sum of what we call life. Now, clearly it will matter much to a man's career and final attainment whether he takes a lofty or a mean view of his possibilities, whether he allows his higher faculties to be ruled by his lower instincts or bends these to ideal aims. We glory in subduing nature to useful ends-bridging rivers, hewing down forests, draining swamps, tunnelling mountains ; how is it that we cannot bridle passion, control pride, and make flesh and blood sub serve the purposes of the soul ? An acute writer points out that "as there is a line along the tropics there two going meet and breed b perpetual storm, so there is a middle tar of your contract.

line in man where the animal meets The Catholic Record the spiritual. . . . There clouds never pass away, and the thunder never ceases to disturb the horizon.' EXPRESSES HOPES FOR A JUST That this lack of harmony in human nature is the crux of religious phil-

AND PERMANENT PEAJE osophy we all know; how many "We ought to rejoice particularly we ought to rejoice paracularly on this Christmas occasion, because it is the first Christmas festival in five years that we have had the hap-piness of celebrating in the midst of the universal peace either actually attained or dawning upon us. systems of belief have been beaten out by busy brains to check and overcome evil tendencies it would serve no useful end to enumerate.

OUR DUTY

admits of no denial.

example of energy we have seen in the prosecution of the War is a mat-ter for rejoicing, for it has shown the A public Ministry of Health is more than ever needed to cleanse the world the capacity of America and Americans. We have sent to the foul purlieus in which such a large fighting forces provisions and muni-tions of war in enormous quantities, proportion of our toilers are born and live out their years. Sanitary we have sent billions of money and science and philanthropy clamour millions of men; and for this tre-mendous effort on the part of Amerfor preventive measures which may ica we ask, so far as I can learn, no prevent the awful waste of child life. compensation Again, where it is possible by timely We ask neither an inch of terrisuccour to ameliorate the worst symptory nor a dollar in money. Our toms of virulent disorders by skilled only reward is to be the cons attention and changed surroundings,

ness of having done our duty, of having helped to win a just and glorious these ought to be available, not only for the advantage of the sufferers, for the advantage of the sufferers, but to eliminate an obvious source has come to stay, that we will know of danger to the community at large. no more war, and that in our day and Let us thankfully recognize the for all future generations disputes between peoples will be settled not by the sword but by the voice and pen many experiments which public bodies have made of late-sanatoria of conciliation, which are mightier

CARDINAL GIBBONS'

MESSAGE

"And I think, too, that the

ous-

and homes of rest for weary men and than the sword. women, holiday resorts for ailing "As for the outcome of the nego children, specific efforts to deal with tiations now about to begin in Paris, inherited brain and nerve troubles, it is hard to express an opinion We can only hope that they will be directed by wisdom and justice, and while thoughtful provision for weaknesses that are not easily classified that selfishness may be subordinateven by experts enlist the sympaed. thetic regard of thousands who now Nations are like men, they are

realise that they cannot echo the selfish and they oftentimes let their own interests blind them to the objection of Cain, but are their rights of others and to the demands brother's keeper in a sense that of fair dealing, but we may hope that in the light of what we trust is the Still all such co-ordinated effort dawning of a better day for all leaves much to individual initiative humanity wise counsel and justice

and fair dealing may prevail over the and sustained care. The home is interests of individual nations, and the scene and the storehouse of preventive effort. The cost of neglect ended at an early day. make progress toward a far better standards. Ministries of Health, intelligently carried out at the centre of things, touch the eternal verities. Mind and heart, enriched by contact with fine strong natures, gain vigor and sweetness to bear inevitable ills, often turning them into occaer vision in the future and of a higher

more alive and more responsive to the higher appeal. "Much concern seems to be felt about the labor situation throughout the country, and there are fears as to the outcome of the readjustment period. I feel little troubled about that. I am sure that the working I feel little troubled about people of the country are men of intelligence and common sense, that they know full well that their condi-

expenditure on behalf of the less tion here is better than that of men in similar stations anywhere else in privileged of our fellows. Alas, the the world, and that the disposition of mejority of invalids and weaklings those who employ them is to treat have but little leisure to concern them justly and generously. They these things, and they know themselves with the woes of their too, that any social upheaval would bear more heavily upon them than usually sound in mind and limb, upon any other class and would hurt them more than it would hurt any other class.

" As for the spread of Socialism in

EDINBURGH

To the number of considerably over a thousand, Catholic officers and man of the Grand Fleet assembled on Chursday of last week in St. Mary's Cathedral, Edinburgh, in solemn

thanksgiving for victory. But for the fact that at the last moment many the max that at the last moment many others were detailed for special duty, the Metropolitan Cathedral might have been packed with the lads in blue. As it was, only the side seats were available for the general public. Outside the church floated huge flags of the Allied nations. The Right Honourable the Lord Provost of Edinburgh (Sir J. Lorne Macleod) wearing his gold chain of office, and accom-panied by the Chief Town's Officer, cupied a seat of honor. man.

Pontifical High Mass was sung by Bishop Graham in presence of His Grace the Archbishop of St. An Irews and Edinburgh, the Bishop of Gallo-way, and the Bishop of Aberdeen. As the procession moved from sac-risty to sanctuary between rows of

seamen representatives of every branch of British Sea Power, many every of whom showed scars of honorable battle, and to the accompaniment of the Marine Band from H. M. S. Erin, niment of the scene was as memorable as any enacted within the historic precincts of the Cathedral during a hundred

odd years. Canon Stuart delivered an eloquent and impassioned discourse, in which he said that during the four

which he said that during the four long years of the war our country had borne the lion share in the titanic struggle, and looking at the picture from afar, they saw the soils of many countries drenched in blood of the best and bravest of their sons. The heat of the country argued at The heart of the country seemed at times burdened with an all too heavy load. What had nerved the country during these terrible years? It was the knowledge of the great silent power guarding their shores, bridg-ing the oceans, making safe the by-ways of the world for their kith and

there cannot be computed. The cost of neglect ended at an early day. there cannot be computed. The 'I feel no anxiety with regard to the future of our own country. I likewise immeasurable by ordinary ended will go on, that we will go on, that we will make progress toward a far batter in the future of the future of the the future of the the future of the future of the the future of the the future of the future of the the the the future of the the the the the the the the the t make progress toward a far better understanding among all our people, that our accomplishments in the war will be as a light to guide us to the accomplishment of better and finer things of peace, that our people as a whole, after their experiences in the last couple of years, will be of broad-er vision in the future and of a higher every enemy craft. But it did more; courage, that the soul of the nation the day of victory had come, and the day of victory had come, and their hearts were gladdened with the tidings of peace, they could not for-get that to the British Navy they owed the fruits of victory. They thanked Almighty God who had inspired their leaders with speck shill and their leaders with such skill such ingenuity, and the seamen with such determined resolution, such indomitable courage and iron dis-cipline as to enable them to cope with every difficulty and ever dan-- The Edinburgh Catholic ger. -Herald.

> THE CATHOLIC CHURCH

AN ANGLICAN APPRECIATION OF FIDELITY TO CHRISTIAN PRINCIPLES

tinct and each department was made independent of other." TICTOPIC SERVICE IN that devices and has its origin from tuted system, and has its origin from above and not from below. These three principles of prime importance are now being everywhere questioned and imperilled; and the Roman Catholic Church, in upholding and vigorously defending them, deserves well of the whole of Churchest

well of the whole of Christendom and mankind generally. "With a full consciousness of the

"With a full conscioueness of the points at issue between us, and with the profoundest loyalty to our own beloved Church, whose work and in-fluence we would not belittle by one iota, we have unalloyed pleasure in bearing our testimony to that great work now being accomplished by the Roman Catholic Church in Can-ada, and to her loyalty to those funada, and to her loyalty to those fun damental principles inexpressibly dear to myriads outside her own communion."-The Canadian Church-

> "THE END JUSTIFIES THE MEANS"

Two Methodist ministers went to the office of a Windsor physician, in-formed him that they were ill and asked for prescriptions to obtain liquor at the licensed vendor's store. The physician complied with their request. They straightway went to another physician, had him give another physician, had him give them a physical examination and secured his decision that they were in good health. Then they laid an information against the first doctor and had him up before the magistrate. The case has been adjourned for a week

The Advertiser hopes, in the interests of temperance reform, and for the good of the community as a whole, that the great Methodist Church of Canada will repudiate the action of its ministers. If it will arise to this appeal it will be doing the cause of temperance a mighty service, and it will add respect to the men of the cloth.

But if it fails to repudiate the stealthy action of its ordained represent-atives, it will have added more force

ance could possibly secure. These ministers traded on the very

These ministers traced on the very reputations for veracity vested in them by their holy calling. They ac-kno *ledged themselves to have spok-en uniruths in order to tempt a man to disobey the law, perhaps unconsci-ously and unwillingly, but certainly, in the letter of that law. They tool the sanctified cloth which covered them and asked the physician to give them liquor as medicine in the name of that cloth. Could these ministers ever open their mouths to speak th charge that has been thrown at the Jesuits?

Whose word could any physician accept if he could not accept the word of these ministers? Even though he had examined them and found noth-ing wrong with them could he justify himself in a refusal to minister to the ailments they said required whiskey? Can any doctor prove a man to be lying when the man says he has stomachache ? One can conceive of some persons

being so anxious to find crime that they would set diamonds in the path of a confirmed thief, but the tempter would be regarded as a queer sort of man. And the ministers who sought the downfall of a physician, no matter what his reco trap him, must be queer sort of men. They cannot represent the real spirit and feeling of the Methodist Church. The Methodist Church is alive to the need for a rigid enforcement of the liquor law, but the Methodist Church would not place itself in the position of catching a man with a snare. It would leave to the men appointed by law the task of proving that the law was being vio-

The choir consisted of fifty voices from a war orphan's home, under the direction of sisters of charity. The other Masses were celebrated by Ger-man priests.

The principal Protestant services of the Americans in Coblenz were held in the obspel of the royal palace, a number of Germans attend-ing. The services were conducted by Chaplain Edmund Easterbrock. A German musician played the organ and a solo was sung by a young woman native of Coblenz. After the American services German Protes-tants held services in the chapel, in which a number of Americans participated During the morning American

bands paraded the streets of Coblenz playing "Onward, Christian Soldiers," "Rock of Ages," and other sacred airs and giving concerts in front of the churches where Americans worship-

From the summit of Ehrenbreitstein now occupied by American soldiers, a great illuminated Christmas tree blazed forth into the Christmas night. The tree was visible for miles in all directions.

CATHOLIC UNIVERSITY

"What is a University ?" asks Professor Graves of the University of Pennsylvania. "Some religious de-nominations modestly found colleges," he says, "but others never create anything less than universi-ties, and the difference seems to be largely that twixt tweedledum and tweedledee. A man told me the other day that he went to a certain university to fit for college." With-out entering into the above inquiry, it is safe to say that the term "university" means in many places nothing more than a name, except, perhaps in the mind of an occasional John the Baptist crying in the wil derness, to whom it connotes a hope for what the fature may bringhope that often maketh the heart sick by reason of its deferment. A news paragraph recently tells us

that the people of Poland are now rallying with big hearts around their Apostolic visitor sent by the Pope. With a land horribly devastated by war, they are, despite poverty and suffering, planning to establish a Catholic University at Warsaw, and have given for it a sum equal to \$4,700,000.

So it appears that the Poles have some appreciation of the necessity and power of higher education. and Under similar circumstances we can hardly tell what Canadian Catholics would have turned their attention to first. We may almost infallibly pre-dict that it would not be turned to

higher education—"ignoti nulla cup ido," man has no desire for the things of which he knows not. The Poles know that education costs money, and that when you get things for nothing you get the worth of your money. But there are other considerations in higher education sectionalism that are even more difficult to bridge than the money chasm. Everybody in Canada to day

who knows anything about educa-tion, knows that other things being equal the money could be readily ob-tained to maintain at least one or two respectable institutions of higher arning that w to lock the world in the face. May to note the world in the lace. May we not express the hope that the Holy Father may scon do for Canada what he is now doing for Poland, and what his predecessors did for Belgium, the United States, and other coun-tries, the the matter in hand and tries-take the matter in hand and decide what institutions may go forward with Godspeed, and with Godspeed, what institutions shall to cumber the earth with high sounding names. We have all heard

dase, stature left added dignity, but inally ting. he was made a prisoner and taken to olees Friedrichsfeld, where he assisted in r the building a little to nporary church for his fellow-Catholic captives. In Ger connection with the White Fathers, it may be of interest to Scottish readers,

to know that Mr. John Mackenzie, formerly well known at St. Joseph's Glasgow, was the first Scot to enter the famous Congregation founded by Cardinal Lavigerle, and is now pursu-ing bis missionary studies at the Scholasticate of the White Fathers at Carthage. Thus Mr. Mackenzie may be said to be making a Stottish enitaph in the French Congregation to know that Mr. John Mackenzie, epitaph in the French Congregation and it will be interesting to se how many of his compatriots will follow the noble lead he has given.

Edinburgh Catholic Herald.

CATHOLIC NOTES

The Rt. Rev. Msgr. Michael J. Lavelle, Domestic Prelate to His Holiness, Viar General of the Archdiocese and Rector of St. Patrick's, New York, has, according to church-men in New York, been appointed Bishop of Albany to succeed Bishop Cusack.

The Rt. Rev. Patrick Joseph Hayes, D. D., Titular Bishop of Tagaste and Bishop Ordinary of the Army and Navy has been appointed successor to the late Cardinal Farley as Metropolitan and Archbishop of the great Province of New York.

On June 24 the Vice-President of Argentine, Dr. Pelago Luna and several of the National Ministers came to Pio Nono College to witness a gymnastic tournament given by 4,000 pupils to celebrate the fortieth anniversary of the foundation of the Arts and Crafts School.

Among the latest converts in England are two clergymen of the Church of England. Rev. R. B. Kenworthy Brown has been received at Oxford, and Rev. D. A. Harris of the Scottish Episcopalian Church, has also been received and both purpose to study for the priesthood.

Rheims, the French city of antiquity, where Clovis and his nobles were baptized, the city that the blessed Joan of Arc tore from the English, where the French kings were crowned, is but a burnt city—a ruin. Its magnificent Cathedral, dating from 1910 is out ruin. Its magnificent Cathedral dating from 1212, is all but an un sightly wreck.

Announcement is made that it was Major General Bullard of Monterey, Cal., a convert to the Catholic Church and a Knight of Columbus, who made the famous reply to the French order to retreat at Chateau Thierry: "The American flag never gobs back. My men would never understand any other order than to go ahead !'

In its first report on the part it is playing in restoring war workers and discharged soldiers to peace time industry, the United States Employment Service announced today that in the week ended December 7th jobs were found for 84,284 applicants who besides merely monetary ones. registered. Women registrants num-There are sacrifices of local pride and bered 17,250, and of these 18,054 were placed.

Names of 1,848 students and alumni of Georgetown University, who served in the war, are included in an honor list just compiled by officials of the University. This the This list is exclusive of the more than 500 members of the Students' Army Training Corps at the College.

can only faintly apprehend the remoter issues of life, our finite limite prescribing a judicious silence where storm in this country without some our power comes to a stand. After real grievance. Every Socialist in the land, down in his heart, knows all, is it not the part of wisdom to there is no actual grievance about trust the beneficent laws which have which he can justly complain, cerso shaped the course of history as to tainly no grievance that would warcreate an expectation that out of rant the overturning of the so structure, and the ruin, industrial better and worse the best will in and of every other sort, that would ensue. And the working people of time come within sight? R bert Louis Stevenson, himself a lifelong the country know this so well that I sufferer, shrewdly remarked that have no fear they will be led astray whether we look justly for years of health and vigor, or are about to

by the specious doctrines of Social-ism to their own undoing. Fears as to the labor situation mount a Bath chair, as a step towards fears about the spread of Socialism the hearse ; in each and all of these and kindred doctrines do not trouble views and situations there is but one me. The only apprehension I might conclusion possible-that a man have would be with regard to the consolidation of control of the great public interests of the country in should stop his ears against paralysing terror and run the race that is the authorities of the Government set before him with a single mind." itself. Furthermore, "a man is apt to expect These interests are vast and wide-

reaching and control the well being of millions of men, such interests as happiness, only to profit by it gladly when it shall arise; he is on duty the railroads and the telegraph here; he knows not how or why, well as others. I should be sorry to and does not need to know; he see these things put under the direcknows not for what hire and must tion of any Federal Administration. not ask. Somehow or other, though tries and utilities would form the he does not know what goodness is, preponderating interest in any adminhe must try to be good ; somehow or stration and would tend to a perpetother, though he cannot tell what uation of power. 'I believe in a division of power, will do it, he must try to give happi-

and think it best for the country. should be sorry to see any invasion of the Government upon the rights of other departments. The builders of our Government provided for a

ubtful if there country in the world where the Roman Catholic Church wilds so much power for good as in the Dominion of Canada, and especially in the Province of Quebec. Here we see it at its best. A writer in the London Times after speaking a little severely of the connection of the Church with the transformed and the connection of the Church with politics, concludes with this panegyric on the Quebec priesthood : 'Notwithstanding these frequent political conflicts, the pas

frequent political conflicts, one past toral relation between the cures and the French people is ideal. The priests are unfailing springs of wholesome influences. They teach thrift, sobriety, and industry. They are the patient, self sacrifting pat-rons of a people happy in their soc-ial and faithful in their domestic re-

lations—courteous to a fault, and hospitable to a degree. They are of a younger world, perhaps; but any-one will find in rural Quebec as virtue, as much charm, much of that joy of life, as anywhere else on earth. This is high praise and it is written by a man on the uits .- Ed. C. R.

"On the broad grounds, therefore, of general social well-being, we can honestly and heartily congratulate the Roman Catholic Church on its magnificent work in the Province of Quebec, and as we have many valuable lessons to learn from them. It is a matter for devout thankfulness that this great Church stands uncompromisingly for the sacredness of marriage tie, and the conse quent stability of the house and fam-ily. The whole future of our Christian civilization is bound up, and will stand or fall with this. Again

spot

The Methodist Church can do the cause of temperance untold good by using its influence to have a charge established by such methods, wiped off the books of the police court.-London Advertiser, January 4.

Yes, and the Methodist Church will render the cause of religion, of decency and truth a great disservice if it does not promptly take steps to discipline these lying sneaks who

piously put in practice the infamous principle they attribute to the Jes-

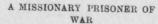
SERVICES HELD AT COBLENZ

THOUSANDS OF AMERICANS AT CHRISTMAS WORSHIP

Coblenz, Dec. 25, (Associated Press.) — The principal Christmas services of the American troops were held in Coblenz, but in virtually every village they occupied and in every camp in the region the day was begun with the holding of services by the army chaplains. The men attended these services in great

of the optimistic Westerner who boasted that his town had two universities, and that when he left home bis neighbors were cutting the logs for a third. With the same ingenu-

ous facility have we been going on with a self satisfied air, while the judicious smiled and our young people were handed out a crust.-The Casket.



Few of our prisoners of war will be velcomed home with greater thank fulness than the gallant missionsries of the White Fathers' Congregation who left the Fathers' Apostolic School

at Bishops Waltham to serve in the French Ambulance on the outbreak of war. Father Bouniol was made prisoner early in the campaign, and nother captive, Father Theze actual ly completed his theological studies in aptivity at the camp at Muns'er. A long and heroic service was, however done by Father E G. Falguieres, till his enrolment Professor at the Bishops Waltham House, among the wounded in the French lines, whom

should be the one principle in the government of check and balances, a government in which the Executive, the Legislative and Judicial Departments and dis-

Thirty one Georgetown men lost their lives in the service and eleven won distinguished service medals.

Catholic Bishops, under the leader ship of Archbishop Michael von Faul haber of Munich, have protested tormally against the separation of the Church and State and the abolition of religious supervision of schools. The protest terms this move sided breach of the right of the Church and a panicky measure of force by the temporary Government against which the people must guard, as it threatens the future."

Cardinal Vico, who spent most of his life in the diplomatic service of the Vatican, principally in South America, died in Rome on December The funeral was held or 10th. December 16th. Sixteen Cardinals were present at the obsequies. Car-dinal Vannutelli performed the ab-solution of the body. Cardinal Vico, who was seventy one years old, was Papal Nuncio to Lisbon at the time of the revolution, when he was recalled. He was elevated to the Cardinalate on November 27, 1911.

A remarkable scene was recently enacted at old St. Andrew's Church. New York, one Sunday morning, just before the "printer's Mass," the half-past two in the morning service. A company of marines stood in line outside of the church at 1 45 a. m. waiting for orders to enter. The company was composed of Catholic men who wished to go to confession and to receive Holy Communion that morning, and had made the journey from their barracks for that express purpose. The men were American Catholics, ready to fight for their country, but mindful of their towards their God. Such men make the best Americans, in peace or in

ness to others." Straightforwardness and honesty