

little ones to grow up good Catholics, if they see her, every week, violating one of the ordinances that, at school and in Church, they have constantly impressed upon them? If the mother is prepared to take the Church so lightly, the children will come to regard their religion in the same way, and from eating meat on Fridays will soon leave off attending Mass. Sometimes ill-health is pleaded, but they do not trouble to get the dispensation any priest will readily grant if the case be genuine.



Very rarely has the meat-eating Catholic the shadow of an excuse. Usually the habit is begotten of either indifference, laziness or cowardice. It is the thin end of the wedge which opens the way to the worst results. Complete neglect of Church duty very easily follows, and the breaking of any one or several of the Commandments, becomes a very easy thing. Once a Catholic becomes indifferent to, or breaks away from his faith, his complete spiritual ruin becomes only a matter of time. Yet, perhaps, the majority of the meat-eating Catholics do not imagine they are running any such danger. So absorbed in things of the world are they that, losing sight of the spiritual aspect of the case, they backslide with the hope of gaining the most frivolous of material advantages. Some want to get on in society, others do not desire to put their hosts to a momentary inconvenience; others, again, will not deny their appetites, and yet another finds it too great a task to fry a piece of fish for themselves, while they grill a steak for their Protestant husbands. In every case, meat-eating on Fridays is the outcome of moral cowardice, and in every case, too, the object is unworthy of the sacrifice, even if it were attained, which is very rare. One can generally exclaim, at the sight of a Catholic eating meat on a Friday: « Here is a shoneen, » a creature upon whom no one can rely, for he is betraying, for the sake of his stomach or through moral cowardice, not only a sacred law of the Church but a principle which Catholics all over the world, in all stages of life and under every circumstance, have honored throughout the ages. Dr. Johnson said, a man who would make a pun would pick a pocket, and while many are disposed to regard punning as an amiable weakness, it is certainly true that all classes and creeds in every country, look with suspicion on the Catholic who puts his appetite above a religious principle.

And the most despicable of all Friday meat-eaters, is the Irishman,