

Guild To Meet November 8
St. Aloysius Guild will meet Thursday afternoon, Nov. 8, at St. Mary's Boys' School. Mrs. E. T. Pratt will be hostess and will be assisted by Mrs. T. J. O'Connell, Mrs. S. A. Osborn, Mrs. Joseph F. O'Connor, Mrs. John J. Ottoman, Mrs. Elizabeth F. O'Brien, Mrs. William J. Predmore, Mrs. Charles Phillips, Mrs. A. J. Ryan, Mrs. J. B. Reilly, Mrs. William J. Reid, Mrs. Josephine Rometsch.

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Miss Doran Speaks At Scranton NCCW Diocesan Meeting

Scranton.—Over a thousand Catholic women, representing 108 parishes in Scranton Diocese, attended the first convention of the Diocesan Council, National Council of Catholic Women, held here October 20 and 21. Many women from Elmira and vicinity also attended the sessions.
Miss Carolyn Ruth Doran, of Elmira, was guest speaker at the banquet at Hotel Casey, Oct. 20; her subject was "Catholic Womanhood in the Present Crisis." Miss M. Pauline Casey, president of the Diocesan Council, presided over the convention.
The Most Rev. Thomas C. O'Reilly, Bishop of Scranton, celebrated Solemn Pontifical Mass in St. Patrick's Church, West Scranton, October 21; and presided at the convention banquet.
Among the speakers at the various events of the convention were: the Very Rev. Magr. Fulton J. Sheen, of the Catholic University of America; the Rev. Michael J. Reedy, Assistant General Secretary of the National Catholic Welfare Conference; the Rt. Rev. Msgr. Martin J. O'Connor, rector of St. Patrick's Cathedral; the Rev. Eugene Caulfield, Director of Catholic Charities of the Diocese of Scranton; the Rev. J. J. Featherstone, Diocesan Superintendent of Schools and moderator of the Convention; and Miss Agnes G. Regan, Executive Secretary of the NCCW.

ELMIRA

By WILLIAM STOWELL JR.
Girl Scouts from various Catholic parishes throughout Elmira received Holy Communion in a body at the 9 o'clock Mass at St. Peter and Paul's Church, Sunday, October 28, in observance of National Girl Scout Week. Value of scout principles in religion, civic duties and the home was pointed out by the Rt. Rev. Msgr. John J. Lee, pastor of the church, in a brief talk to the Girl Scouts following the Mass.
The Most Rev. Archbishop Edward Mooney, Bishop of Rochester, confirmed 324 people at two churches, St. Anthony's and St. Peter and Paul's on October 28. Four adults were among the 177 who received Confirmation at St. Anthony's Church. Archbishop Mooney was assisted by the Rev. Anthony Richard, pastor, and the Rev. Lawrence Casey.
Delegation of Knights of Columbus escorted the Archbishop to St. Peter and Paul's Church, where he confirmed 37 adults and 110 children. The Rt. Rev. Msgr. John J. Lee, V.F.W. pastor, assisted in the ceremony.
Late in the afternoon Archbishop Mooney confirmed Mary Heppy, nine-year-old daughter of Adam Heppy of Elmira. She is a patient at St. Joseph's Hospital.
Mrs. Francis J. Sheed spoke on "The Catholic Evidence Guild" before a capacity audience in the Dunn Memorial Building of St. Joseph's Hospital October 30.

Physical Director Gives Rules For Maintaining Health

Proper food requirements are discussed this week by Wilbur E. Quinn, Physical Director of Columbus Civic Center in his series of health articles as follows:
"DETERMINING YOUR FOOD REQUIREMENTS." In choosing the foods to make up your daily diet, the first essential is that they be in the proper dietary balance, and after that, they may be measured by the calory standard.
Now let us get the calory straight. You cannot live on "calories" and a great deal of harm has been done by attempting to gain or lose weight on a diet which only considered the amount of calories. The first and most important consideration in diet is the proper foods to give all the bodily requirements and the second consideration is, the quantity. Understanding the importance of food selection, the calory is a valuable unit of quantity measure.
The amount and kind of work you do is the factor that governs how many calories are needed for your daily requirements. If you do not exercise slightly, 16 to 18 calories are needed for each pound. With moderate exercise or light work 18 to 20 calories per pound. If you are doing hard muscular work 20 to 23 calories, and if very severe labor 23 to 27 calories for each pound is needed.
For example, if you are a woman doing your own housework and are 5 feet 4 inches tall, 25 years old and weigh 145 pounds, it would indicate that at this weight your "calory intake" would be around 2900 calories for the day, while it should be approximately 2500 or less, because your normal weight for this height and age is about 123 pounds.
To lose weight you determine what your calory intake is for the amount of work you do now, based on your present weight, and then reduce the number of calories you should have according to what you should weigh. If you wish to gain weight you add more calories.
Detroit.—The Most Rev. Joseph C. Flagens, Auxiliary Bishop of Detroit, has just celebrated the tenth anniversary of his consecration.

Pontifical Mass Marks Reopening Of St. Ann's Church In Hornell

Archbishop Mooney Officiates At Ceremonies Rededicating Church Edifice; Monsignor Shay In Sermon Reviews St. Ann's Parish Progress From Start

Hornell.—History of the birth and growth of the Catholic Church and the development of Catholicism in Hornell, with a detailed account of St. Ann's Parish were related in an eloquent sermon delivered by the Rt. Rev. Charles F. Shay, pastor of St. Patrick's Cathedral, Rochester, and former assistant here, at the rededication ceremonies held at St. Ann's Church Sunday, Oct. 28.
At the ceremonies and throughout the day throngs visited the church to view the results of the remodeling and decorating which have produced a modern edifice of beauty, richly dignified in appointments and atmosphere.
The Most Rev. Archbishop Edward Mooney, Bishop of the Rochester diocese, celebrated the solemn pontifical Mass. Assisting Archbishop Mooney were Arch-priest, the Rt. Rev. Msgr. Joseph Cameron, Rochester; Deacons of Honor, the Rt. Rev. Msgr. J. P. Schellhorn, Rochester, and the Rev. J. C. Newcomb, Hornell; Deacon, the Rev. Maynard Connell; and Sub-deacon, the Rev. Charles Mahoney, both of Rochester. The Rev. Lawrence B. Casey, Rochester, was first Master of Ceremonies, and the Rev. Stephen Callahan, Hornell, second Master of Ceremonies.
Priests in the sanctuary included: The Rt. Rev. Msgr. J. P. Brophy, Rochester; the Rev. Samuel Haughton, chaplain, St. James Mercy Hospital; the Rev. Ignatius Cameron, pastor, St. Ignatius Loyola Church, Hornell; the Rev. F. J. Schubert of Canaseraga; the Rev. Leo Hofschneider, Dansville; the Rev. George J. Eisler and the Rev. William J. Brien of Elmira; the Rev. Raymond

What About—Sterilization?

(Continued from Page One)
steward with regard to his life and his faculties, not their absolute lord and master. Suicide is an invasion of God's exclusive dominion over man in his terrestrial life. And just as this is true, so it is equally true that unjustifiable mutilation of oneself is an invasion of God's property right over the faculty mutilated. Mutilation of self is only justifiable when it is an act of man's responsible stewardship over his body; when man by a surgical operation seeks to safeguard his life or bodily well-being for the service of God, its Master.
Now voluntary eugenic sterilization implies a mutilation of self, and that, not for the well-being of an individual life, which belongs to God, but for some vague illusory benefit to an abstract humanity, a benefit supposedly attainable at some future time. Consequently, by voluntary eugenic sterilization, an individual exercises an act of ownership over the sex faculty which belongs not to himself but exclusively to God. It is said repeatedly and falsely that the modern surgical method of eugenic sterilization does not imply a mutilation; first of all, because, especially in the man, it involves the slightest of operations; and secondly, because it does not render the individual incapable of acts tending towards procreation, but only prevents those acts from having their natural fruit and term, namely, children. To these two objections the answers are obvious. We do not judge the greatest of the mutilation by the slightness of the operation but by the importance and dignity of the faculty which is mutilated. Certainly the procreative faculty is one of the most important of the faculties given to man by God for His own purposes, and has an influence on the whole man which reaches up to his very soul. To say that sterilization leaves the sex faculty unimpaired is to utter an absurdity. The sex faculty is changed by sterilization as radically as the powers of speech would be changed by an operation which permitted the emission of sounds but prevented the finality of speech, namely, purposeful utterance.
This last consideration leads us to another weighty reason which shows to a right-thinking man that voluntary eugenic sterilization is ethically wrong, is immoral and sinful. The operation is in intent and purpose a permanent form of positive contraception. The individual seeks sterilization for one purpose and one alone, that his procreative activity either present or future may be positively divorced from the final tendency assigned by God to such activity. Thus voluntary sterilization is sought with an explicit intent positively and in practice permanently to use sex with all its satisfaction whilst artificially frustrating its ultimate purpose.
Voluntary eugenic sterilization is, therefore, not only an unjustifiable invasion of God's exclusive dominion over man's faculties, but also in intent and purpose at least, another form of positive contraception and birth control. Hence all the convincing arguments which have been advanced by ethicists, and moralists against positive contraception have validity against eugenic sterilization intended as a means of such contraception. Voluntary eugenic sterilization is more than a mutilation; it involves in intent and purpose the perversion, frustration and abuse of a faculty contrary to the will of God manifested in the tendency of that faculty.
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On Lecture Tour



Rosalie Marie Levy, of New York City, convert from Judaism, and author of a number of books on Catholic subjects who is now engaged on a lecture tour of the country. She will address her audiences on the subject of "Why Some Jews Have Become Catholics".

St. Bridget's Card Party Will Award Card Tables

Card tables will be awarded as prizes at the fourth of St. Bridget's Church series of fall card parties on Friday evening, November 9, in the Church Hall, Hand Street.
Bridge, pinocle and plecto will be played. The party is under the chairmanship of Miss Sara Heffernan and Mrs. George Welch.

WILLS POPE STATUES

New York, (NCWC)—The Holy Father is bequeathed a Grego-Etoman statue of Augustus and a smaller statue, both 2,000 years old, in the will of Countess Harriet Taylor della Gherardina. The countess is the daughter of the late Henry A. Colt Taylor, New York banker.

SODAL TALK

Recording the Activities of Rochester Parish Sodality Union



"The love of Christ drives me on." Two great feast days, All Saints and All Souls Day usher in the month of November, the month of the poor souls. During this month especially prayers are offered by the faithful for the repose of the souls of the departed and for the suffering souls in Purgatory. We remind the Sodality that the Character Tower ejaculation for the month of November is "Merciful Lord Jesus, grant them eternal rest" and the virtue for the month is charity; that the activity sponsored by the Parish Sodality Union for November is the offering of general Sodality Mass and Communion for the deceased sodalists and deceased relatives of the sodalists; that the Jubilee Indulgence may be gained for the souls in purgatory by fulfilling the usual conditions.

We take this opportunity of welcoming the Rev. Daniel A. Lord, S. J., author, editor and National Organizer of the Sodality of Our Lady in the U. S. A. We are pleased to have him as our guest speaker at a meeting sponsored by the Rochester Parish Sodality Union, Friday evening, November 2 in the Columbus Civic Center.

At a recent meeting of the Holy Rosary Sodality, the Rev. John K. Wheaton, Sodality director, gave a short talk on the General Communion Sunday. Miss Ruth McMahon, member of the Eucharistic committee presented an interesting talk on the history and value of the Rosary.
Communion Breakfast will be held November 18 and a Thanksgiving party will take place in conjunction with the November meeting.
The Central Council has been entrusted with the important work of census-taking. Two study groups have been formed in the Sodality. One group, under the chairmanship of Miss Mariam Seabry and direction of Father Wheaton, will take up the study of "Apologetics." The other group which is headed by Miss Barbara Hayes will discuss "Travel." Sodality has begun the publication of its Sodality newsheet.

Despite the wintry weather, St. Peter and Paul's Sodality held a hayride party, October 29. Miss Eileen Henretta was general chairman.
Sodality is competing plans for a card party to be held on November 14. Miss Eva Heuer will be in charge.

All the atmosphere and "hostility" of a true Halloween party provided a background for the Sodality party at St. Andrew's. Miss Claire Schifferli was "Chief Witch of Endor."

U.S. PILGRIMS SEE NEW ORDINARIES TAKE ARGENTINA OATH OF FEALTY

Buenos Aires, (NCWC)—Among the 50 laymen and laywomen who were privileged to witness the juramentation, traditional ceremony in which 10 new Argentine Archbishops and Bishops took oaths of allegiance to their Catholic Government, were Miss Anna Dill Gamble and Dr. Anna Nicholson, who attended the International Eucharistic Congress as representatives of the National Council of Catholic Women in the United States.
The rites, a survival of traditions which date back to the time of Queen Isabella, were held in the Government House and most strikingly revealed to the American pilgrims a coming together, harmonious and peaceable, of the representatives of canon and civil law, of the spiritual and material domains. The President and all the members of his cabinet were there, and the pilgrims saw a remarkable unity, goodwill and friendliness among the prelate and high government officials.
The American pilgrims were fortunate in having a "grandstand" seat for several events of the Congress.

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