

AS ONE WOMAN TO ANOTHER

By SUZANNE

ADVERTISEMENT

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WOMEN'S WORLD

Nazareth College in the News

By HELEN MACHOCHA
All may seem quiet in Nazareth College Campus with everyone having left for home to enjoy the Christmas holidays. Yet, it is learned that a few of the students have and are about to take advantage of the holidays by attending various conventions.

We learn that Mary Ann Connor and Mary E. Brennan attended the I. R. C. Middle Atlantic States Conference (Georgetown University, Washington, D. C.) on Dec. 20 and 21. At the conference, Dr. Josef L. Knap, internationally known authority on foreign relations, spoke on "The Present International Situation." Dr. Lewis H. Munk, Director of the Hispanic Foundation of the Library of Congress, spoke on "The Present Status of Our Relations with Latin America."

May Ann Connor attended the discussion on "Power and Politics in the Far East" at the Mary Elizabeth Brennan participated in another round table discussion on "Our Neighbors of the South."

At the close of the conference, a general informal date was held. The delegates have reported an interesting and informative meeting.

Miss Gertrude Hart and Miss Alice Conroy, Senior Sociology Majors are the two students who will attend a convention, this week-end. They will have on Dec. 27 for Chicago to attend the American Catholic Sociological Convention at Chicago, Ill.

On Dec. 28, inclusive Outstanding leaders in the sociological field will be heard during the sessions including Dr. Plurim Sorokin of Harvard and the Rev. Dr. Paul Haverly, Father of Catholic University as well as His Excellency the Most Rev. Samuel A. Stritch, Archbishop of Chicago.

Health Head



Miss Olimpia Ubaldo, who has been placed in charge of the Department of Health and Welfare in the Division of Medical and Social Service, at Manila. She is a graduate of the National Catholic School of Social Service, in Washington, (N.C.W.C.)

ROCHESTER DIOCESAN COUNCIL

National Council of Catholic Women
Office: 536 Columbus Civic Centre, 50 Chestnut Street

"Glory to God in the highest, and on earth peace to men of good will."

With the song of the Angels at our feet, let us join with our Holy Father Pope Pius XII, in begging peace for the world.

We quote from his prayer for peace of concord and justice, to which he has attached an indulgence of 100 days applicable to the souls in Purgatory.

"O Lord, grant the unity of Thy Divine Spirit, and kindle friendship over the world. May the peace of concord and justice among nations be restored. May our prayers be acceptable and welcome to Thy most merciful heart. May the numbers and devotion of Holy Sacraments which the Church, by Thy Spirit, on bonded knees, offers Thee, Priest and Victim annually, to Thy Divine Father, render Thee propitious toward us. Thou hast opened hearts which enlighten in electric flash, which soothe anger and extinguish hate and revenge. Speak that word which will still the storm which will heal the sick which is light to the blind and healing to the deaf and life to the dead."

"May justice and charity on one side and on the other be in perfect balance, so that all injustices be rectified, and the wrongs of right restored, all discord and rancor be banished from man's mind. And may they arise, and gather strength in contemplation of a new and harmonious prosperity that will permanently unite as brothers through the ages, in harmonious search of high good, all peoples of the human race in Thy right Amen."

Soda Talk

Rochester Parish Sodalities Union Activities

The regular monthly meeting of the Young Ladies' Sodality of the Sacred Heart Pro-Cathedral was held in the school hall last Monday evening, Dec. 16. It was presided over by Benedictine of the Blessed Sacrament, Miss Mary Kay McNulty, prefect presided over the meeting.

A Christmas Party followed the business meeting. There was a grab bag, dancing, and refreshments were a few of the activities enjoyed by the sodalists.

The award for the winner of the Penny Contest sponsored by the Mission Committee, was made also at this meeting. Miss Mary Kay McNulty, chairman of the Mission Committee, was in charge.

A grand time was had by all of the 55 Sodalist who attended.

Getting On In The World

To develop a spirit of loyalty to the Church, and to maintain it in all its vigor, no human help is more powerful than to continue our reading as much as possible to Catholic books and periodicals. By this we not only sustain our sympathy with the universal organization, we understand her sublime self-sacrificing Christ-like mission, and we feel honored in taking even an humble, unappreciated part in her work.

Through such reading we shall have acquired a taste for the best in literature, we shall strengthen our faith, and open our hearts to thought in our own minds.

The habit will deepen our sympathy with every struggling work of Catholic charity in our immediate neighborhood. It will make us more helpful, more generous, more public-spirited. It will make us more tolerant of the weaknesses and shortcomings of those selected by the Spirit of God to do His work, to confound the proud and self-sufficient.

Wherever I look in the distance, I find a way to a Shrine of Mary. Each brighter shrine that I see I will ask for one more of Mother. And I will leave the rest to thy will.

From one Shrine of love to another, let my life be a pilgrimage still, At every Shrine of love I want to see, Let still more of thy love be shown.

Fill I kneel at the altar of the brightest, In Heaven, O Queen, as thy Throne.

—Author Unknown—

If we do our best, God will give us worth.

OUR LADY'S SHINE

Wherever I look in the distance, I find a way to a Shrine of Mary. Each brighter shrine that I see I will ask for one more of Mother. And I will leave the rest to thy will.

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Teaching Kindness

By L. E. Eubanks

Inud by the National Kindergarten Association at West 4th St. New York City. These are appearing weekly in our columns.

Jimmy Melborn was seven years old at the age when pet animals exert an irresistible appeal. Consequently, when he spotted the cub bear Mr. Melborn had to stop the cub. Jimmy knew he mustn't touch strange animals, but he couldn't watch the bear, and he was happily excited.

"I need go any way," smiled the father, good-naturedly.

One of the gas station attendants was leading the cub about for exercise and willingly drew near so that the boy could enjoy it.

The bear looked the lad over, decided that here was a real friend, and approached. Then he began rubbing his neck against the tender of the car. So repeatedly and persistently did he do this that the boy finally looked closely at his collar.

"Why, I think his collar is too tight," Jimmy exclaimed. "He's almost choking! Poor fellow, you must—"

Mr. Melborn came up at that moment, and after an examination added his protest. "The cub has outgrown this collar; he's been suffering for weeks, no doubt."

"Oh, he rubs against everything," answered the attendant.

"He's begging for relief—in the only way he has," contended Mr. Melborn. "Someone has been very indifferent to a colic."

Then the keeper himself felt of the collar. "It's tight," he admitted; "we'll cut him up till we can get a larger one."

In the car again, Mr. Melborn complimented his son on his quick action. "Boy and girls can be to dumb animals a great deal better parents are to children," he said. "To be cruel to let you suffer in any way, especially if you've almost happiness to do anything for it, is never always good to me," said Jimmy.

Mr. Melborn patted the lad's shoulder affectionately. "It makes me sadder for me, son," he said, "when looking thoughtfully at the boy, he continued, "and you'll find out the same in your treatment of your playmates and the dumb animals. Every time you do a kind deed, it helps you as much as it helps the one who is helped. I want you to think of all dependent creatures as having a right to expect help from you just the same as you have a right to expect it from me and your mother."

Five days after the Jimmy told his father of having that afternoon helped another boy to get a crippled dog to the veterinarian.

"And, Daddy, the boy himself needed help too. It was cold and he had no overcoat. I have many new ones, so when we reached our house, I loaned him my old one. May I give it to him?"

"I'm willing, son, if your mother and perhaps we can have other clothing, too, that we can give to some organization to be passed on to those who really need the things." The boy was glad to get the warm coat, and he thought it makes a fellow feel good way down inside to do such things. When are we going out to see if the man really did get a bigger collar for that little bear?"

Vigil

Last night the stood upon a silent hill. A peaceful light that rose above the valley. The night was still. Above her water stars sent out a silver light. And as she passed, behold! A snowy mist shep-herd. Crossed the blue-lit world. She followed for the watcher. A lonely shepherd's maid. Had lately lost a flock of little sheep.

One pure white lamb. She found still. She found. That stood near brightly than the rest. And looking round. She found. Herself before a humble cave door. And stooping low, she saw within. A shepherd in blue and heard her sing.

Down knelt the maid and the lamb. In addition. Went in. Herself whose voice so sweetly sang. Sang to a lute in a tiny manger. Sang to a lute—a tiny Shepherd King.

—St. Florian, S.S.J.

Academy Dance Listed Friday

Sodality of Our Lady at Nazareth Academy is sponsoring a semi-formal Christmas Dance, to be held in their auditorium on Friday, Dec. 27 from 9 to 11 P.M. Music will be provided by Gen Leonard's orchestra.

The general chairman, Helen Hasselburg, who has charge of tickets, is ably assisted by the following: Patricia O'Grady, patrons and patronesses, Marjorie Schorr, decorations, Gloria Anderson, refreshments, Jean Foran, Dorothy Wegman, checking, Marilyn Moore, orchestra, Corine Freer, furniture, and Kathleen Norris, publicity.

The proceeds from this dance will be used to fund ten girls and two faculty moderators to the Summer School of Catholic Art and next summer.

The Weak Days of A Sunday Catholic

Church on one day—only Sunday Monday caters. Tuesday prayerless. Ever he is on his toes. Never on his knees he goes. Back into a Catholic. Nor on Thursday. Friday is a seven worse day. Saturday completes the span. God, the will forgotten Man. Sunday though, he changes quick. Back into a Catholic. Spends an hour in his pew. Giving God his weekly due. Such a fellow figures that Heaven is an Automaton. Drop an hour in the slot. Praying is what he got. All his other hours spend. To most any other end. In a week one-sixty-seven Hours spent—and one for Heaven. Mercy on the Catholic. Deeds as a Bolshevik. Who he goes to Church to seek. To keep God there another week. To shut him from the world of men. While he gets out to sin again. When he shall pass this life some day. It's no use to be on Monday. He'll come to Peter at the gate. To find he just a day too late. And learn in sorrow and in tears. A day is here a million years. "A week of days" you'll have to spend. "Before you can come in my friend. For Sunday is the day, you know. To visit God—you made it so." —The Western Catholic

According To The Doctor

Should we drink water at meals? Food should be chewed until it is broken into the pulp and thoroughly mixed with the saliva. Thorough mastication is essential. It not only prepares the food better for digestion in the stomach, but it also prevents overeating. Drink should not be used to wash the food down the esophagus. The food should be swallowed easily. If one desires to drink water at meals, it should be the right amount. There is no harm in so doing, but the habit of using liquid to wash down the food is easily acquired and one should be careful not to form it.

There are also many people who violate laws of health and then seek to escape the results by taking a pill or a tonic. The digestion of food is not a mysterious act and it will proceed in a satisfactory manner. If the simple rules of living are adhered to, Enter an illness can be corrected, not by the taking of patented medicines but by learning the art of living, and of this lesson spare diet, hard work, exercise and recreation form the first and last page.

Health of the body comes by living in a hygienic manner. Health will come and will stay only when the body is cared for properly and given sufficient exercise and recreation in due order.

A Set of Rules

We don't know the author of the appended rules for proper living, but we feel certain that the reader will agree with our verdict that it would be hard to find or to construct a more compact and equally serviceable set.

"Let a man play only twenty, labor his forty and rest his line end of his days. Let him drink, but thirsty, eat when hungry, and rest when tired. Let him have one wife and a clear conscience.

"Let him be meditation in the morning, industrious at noon, and social in the evening. Let his disposition be affectionate his genius lively and his friends numerous.

"Let him keep to the rule of his calling, the law of his country and the commandments of his God. Thereby his body will be healthy, his mind easy and his soul pure; his life long, his end blissful."

For most readers, the recommendation to rest after forty will present itself as an unattainable hope, however, observance of these remainder of the rules will go far toward making work after forty a good deal like play.—San Antonio Messenger.

Mark Jubilee
Three Rivers, Que.—When Brother Edmond observed the twenty-fifth anniversary of his profession as a member of the Brothers of the Christian Schools here, top of the many present to honor him were his blood brothers, Brothers Herbert and Jacques, also members of the Christian Brothers.

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