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CATHOLIC ACTION SERVICE SPONSORS ESSAY CONTESTS ON POPE'S PEACE PLAN

WASHINGTON (NC)—The Pope's Program for a Just and Durable Peace is the subject of three essay contests sponsored by the Catholic Action Service...

Rev. Dr. Owen B. McGuire How 'Democracy' Worked In A Many-Party System

I have said that the countries of Continental Europe have never known democracy as we understand it. I mean, of course, democracy as a system of government...

of the whole Cabinet does not, as it does or used to be in England, mean an appeal to the electorate. First the Prime Minister "consults" with the King...

SHOWS VICIOUSNESS

If and when the "crisis" cannot be solved with the actual parliament, then and then only an appeal to the electorate becomes necessary...

The "leader" thus commissioned by the King (or President) may have been one of the Cabinet that fell, or he may be the "leader" of a group not represented in that Cabinet...

These are only some evils of the system: but there is not space at present for more of them. The result was that the people of those countries lost faith in parliamentarianism...

LITURGICAL DAY

Atchison, Kan.—The first Liturgical Day for Kansas, growing out of the National Liturgical Weeks of the last two years, was held at St. Benedict's Abbey here...



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According To The Doctor

Twenty minutes, maybe ten, but take the time. Forget business. Relax. Close your eyes.

If a nap is out of the question because of circumstances, a short "c" nap will serve a good purpose. Many find that when they fall asleep just for a nap — they sleep for four or five hours.

But nervous persons are likely to feel soothed and refreshed for having had a short afternoon snooze, preferably immediately after lunch or noontime dinner, whichever it is.

A brief nap gives a benefit all out of proportion to its duration. While it is hardly consonant with the bustling American tempo of life, it is all the more needed as an antidote for the hurry-hurry habits of most of us.

For children, the nap period is especially invaluable and often necessary. Babies and growing youngsters can be seriously harmed if they spend less than half of the 24 hours of the day in sleep. The day of reckoning will come in adolescence maybe sooner, and the doctors will be blamed because they can't do anything about it.

Young people, collegians especially, frequently pride themselves on their supposed ability to go on and on and on with very little sleep. Then they wonder why they rack up when they get into the serious competition of earning, or trying to earn, a living.

Move Headquarters To Escape Air Raids

NEW ORLEANS - The American Brothers of the Sacred Heart not only have moved from Gulu to another part of Africa as a protestation against air raids, but are now where, as Brother Constantius wrote, 'I don't believe an airplane could find us even if the pilot were given the best of directions.'

Brother Constantius, a former member of the faculty of St. Aloysius College, New Orleans, posted his letter at Nyapea, Uganda, British East Africa. It reached New Orleans three months later.

Prepare For National Eucharistic Congress

RIO DE JANEIRO.—In preparation for the Fourth National Eucharistic Congress to be held in Sao Paulo next September, several of the suffragan dioceses are holding congresses.

The most recent was that of the Diocese of Sorocaba. Three thousand men received Holy Communion at a Mass celebrated by the Most Rev. Gastao Liberal Pinheiro de Sao Carlos de Pinhal. The Most Rev. Jose Gaspar de Almeida, Archbishop of Sao Paulo, consecrated. Several Masses in the open air on Sunday.

BEG PARDON!

To the Editor: Sir, some printers' errors in my contribution of last week will, I fear lead the reader to suspect that I am, like my countryman Pelagius, "an ignorant dolt whose brain has been clogged with Irish strabuts." I am made to say that St. Ita's Ode is a specimen of pagan poetry! I did write that Dr. Sigerson divides his book into seven sections, that the second of these sections deals with the "Early Christian period," and that the first specimen given by Dr. Sigerson of that period is St. Ita's Ode. In speaking of alliteration as a beautifying element (as the Doctor claims) I wrote that attempts at beautifying can be overdone—for instance with the lipstick. I certainly did not write that "beautifying poetry" could be overdone with the lipstick.—O. R. M.