

Catholic Charities Case 2 Consultation Service

Consultation Service to any individual regardless of their economic status is one of the major functions of the Catholic Charities. Puzzled parents, troubled adolescents and worried children take advantage of this careful, understanding guidance, this opportunity to talk things through, with someone who is not emotionally involved in their problems.

Mrs. M. — was one of the many persons who came to Catholic Charities office for this help last year. Mrs. M. — had been a professional woman, previous to her marriage twenty years ago and she appreciated the courtesy of a definite appointment, "just like I might have with a doctor or lawyer," she said.

Mrs. M. — made all her own plans because she had so much inner strength, even though it had been temporarily lost, but the Catholic Charities worker helped her to "see the way." Her husband was temporarily invalided, but now he is tutoring students in his home. Mrs. M. — chose work, which would bring her a fixed weekly wage instead of the venture she was considering, which might have meant financial disaster. Two apartments were laid out and rented, so that the M's did not lose their home, and John, the oldest son, has finished High School and accepted a plan for a business education instead of the college

course on which he had pinned his hopes. His rebellion, which was finding outlet in delinquency has been directed to healthy channels. And, of course, the twins, aged eleven, bright, charming little girls, have learned to help mother by performing many small tasks after school and spending some of their playtime with Daddy. They are not malnourished, now as they were a few months ago, before Mrs. M. — found herself. With the load of worry lifted, and a regular income she could give her daughters the attention they needed.

In Mrs. M's own words, we tell you her comment, "Some one asked me why I came to Catholic Charities, if I didn't want relief. I said I guess I was like the little boy who cried for this teddy bear after he had been put to bed for the night and when asked why, he replied, 'I just wanted something to hang on to in the dark.' I guess that's why," she concluded to Miss X. — the Charities Visitor, "You are someone to whom I can turn in the dark."

Service costs for the above case were carried by the Catholic Charities and formed a part of the annual budget which this agency receives each year from the Community Chest. Annual Campaign to cover home and war relief agencies will open on May 11. GIVE ENOUGH FOR ALL.

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According To The Doctor

THE AMERICAN DISEASE
With each passing year high blood pressure is exacting an ever increasing toll of lives, and it has become so common in this country that it has been termed "The American Disease," says Dr. Chester M. Kurtz in the March Crusader. It is primarily a disease of the latter half of life, and although it may appear in its most malignant form in young adults, it is chiefly confined to people of 45 and over.

The reason for the steady increase in deaths ascribed to high blood pressure is probably twofold: more accurate diagnosis and the fact that with the control of certain infectious diseases such as typhoid fever, small pox, diphtheria, pneumonia and tuberculosis which were formerly responsible for the death of large numbers of children and young adults, more persons now live to the age where high blood pressure and other degenerative diseases are commonly encountered.

The question as to the actual cause of high blood pressure has not been definitely answered. It has been thought by some to result from nervous tension, worry, excesses in eating, drinking and smoking, and the mad rush of our every day life. A number of authorities have been prone to indict the telephone, the radio, the motor car, the airplane and all the mechanical devices which permit us to live faster and use ourselves up more rapidly.

Such an environment may aggravate the situation and drive a high blood pressure higher, but there are a number of reasons for believing that this is not the whole story as far as the underlying cause is concerned. Most authorities agree that heredity is one of the primary factors as the strong tendency for the condition to run in families is generally recognized.

Catholic Magazine's Title, Format Changed

WASHINGTON.—With the current issue, the former St. Francis Home Journal published here by the Capuchin Fathers, becomes The Catholic Home Journal.

The format of the magazine has been changed, together with the editorial policy. In the current issue, it is stated: "Times change. And so do the needs of the times. People no longer take time to read heavy articles. They want something light as a remedy against the terrible nervous strain under which we live." The policy of the magazine, it is declared, has been revised according to this standard.

In the beginning woman was man's rib, but today she's many a man's backbone. — Evansville Courier.

FUTURE
For years and ages men and women have tried to pierce the obscurity which hides the coming years. They have tried to wrest from God the secret of their fu-

ture fortunes. They have even leagued themselves with evil spirits in order to find out their fate. How pitifully foolish! God gives us today. Tomorrow is His.

PRINTED BY CONGRESS
Washington.—The address of the Most Rev. Francis J. Spellman, Archbishop of New York, on the Fourth Degree, Knights of Colum-

It may be a "Man's World" but it won't be at SHEEHAN'S all day
Saturday, May 2nd
for the women have taken matters into their own hands and we're going to celebrate
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We have always been keenly aware of the capabilities of women and are proud to give our women an outstanding opportunity to prove their ability. Saturday, our men executives and buyers step aside to let the women show what they can do in a history-making event! Not only have the women selected the merchandise for the day, but they have priced it to offer values that will make you Elmira women (and the men) gasp! Be on hand early Saturday morning to select from these thoughtfully chosen items that will prove to be a real saving to you.
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