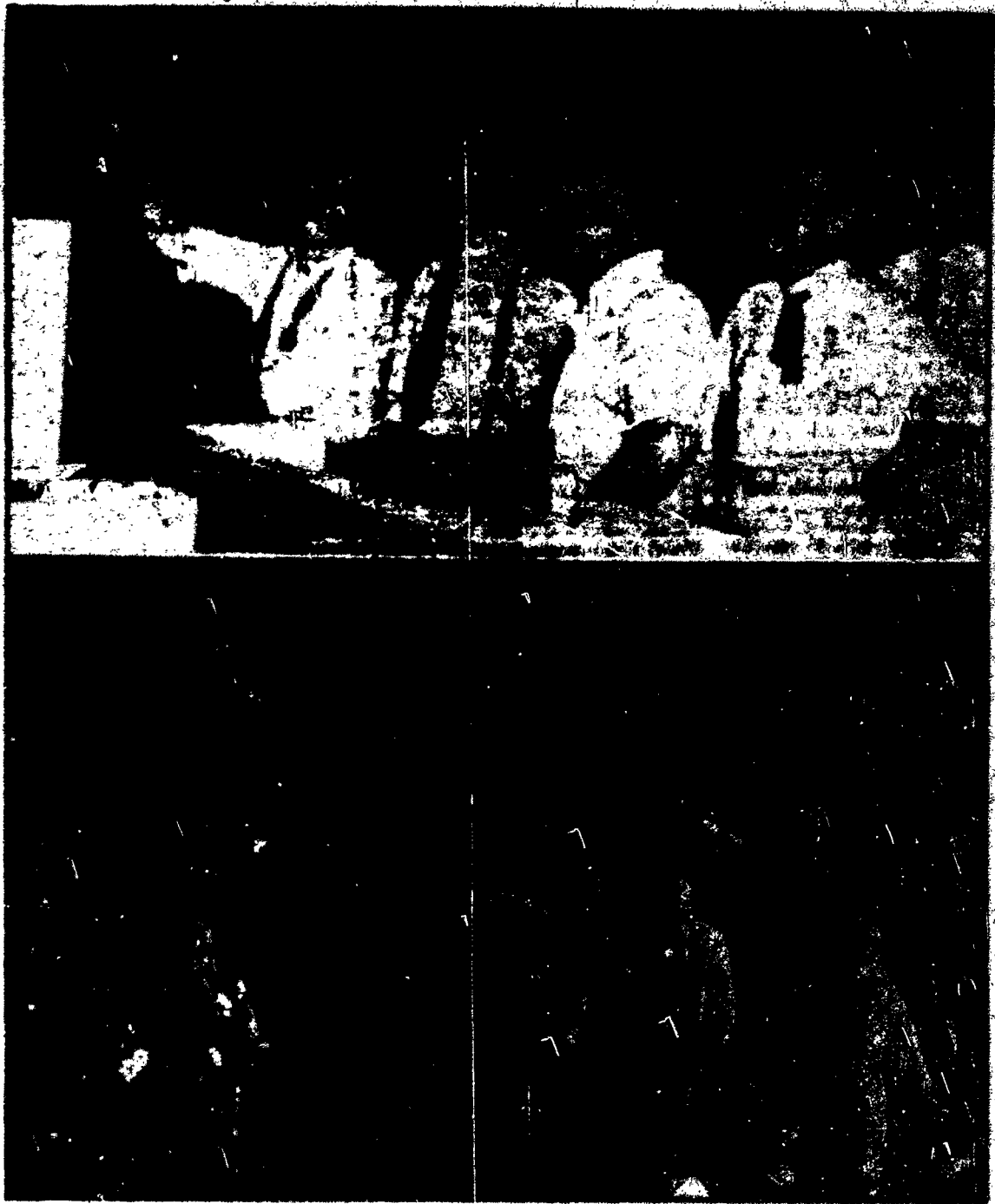


JURY PONDERERS OVER A DIFFICULT TASK



Five great sculptors and architects consider the models submitted in the competition for a statue to Christ, the Light of the World, to be erected in the nation's capital. It will stand before the headquarters building of the National Catholic Welfare Conference. The judges occupy commanding positions in their arts and examples of their work are found in many monumental buildings throughout the nation. They are, left to right: Barry Byrne, architect of New York; Lee Laurie, sculptor and chairman of the jury; C. Paul Jannwein, New York sculptor; Gaetano Cecere, sculptor; Frederick Vernon Murphy, architect. Pictured below is a small group of the 64 models submitted in the contest.

According To The Doctor

USE YOUR HEAD

The germs of a good many diseases are more prevalent to daily human contact than most of us realize. This is because nature has endowed the normally healthy physique with enough resistance and strength to prevent their becoming malignant. But when resistance is lowered and strength is sapped the germs get their chance and make the most of it.

So it is that the wise person will not take foolish chances. He, or she, will not overtax the nervous system with uninterrupted weeks and months of worry, fretting, and fussing about this or that. He, or she, will not wear out the tissue and muscle by undertaking to do too much in continual overwork, no matter what housework, shop-work, bookwork, schoolwork or jobwork.

Drugs recently discovered and treatments recently developed can do much for the sick, but prevention is still the best cure. Working yourself to a frazzle can cause anemia and anemia is too friendly a condition for all diseases to develop in if militates against treatment it slows down recuperation. It just doesn't do you any good.

The war has caused everyone to live and work a little faster and a little harder. The armed services guard the health of their men with exacting care but civilians are apt to forget the simpler and more elementary precautions. Taking one job during the day, and studying for another at night, or joining a number of clubs for this and that purpose all patriotic and good of course too much of this amounts to nothing at all. For a sick person, a rundown person is no help to any course.

Choose wisely then. Work wisely. Schedule and plan. Give your best to your job, your home, and in doing your bit for your country, give first a healthy effort, one not handicapped by the ills wrought by trying to do too much. A little well done is much preferable to many things haphazardly done.

The 'Nine First Fridays'

If you have never made the "Nine First Fridays" begin on the first Friday of next month. Don't lose this great opportunity!

One of the most encouraging promises of Our Lord to St. Margaret Mary is the 13th promise:

"I promise thee in the excessive mercy of My Heart that My all-powerful love will grant to all those who communicate on the First Friday in nine consecutive months the grace of final penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment."

This consoling promise has urged many to receive Holy Communion on the First Friday of each month. Why not accept the promise and receive the blessing? Let us refresh our memory here on the other promises.

The Promises of Our Lord
The graces promised by Our Blessed Lord to those who practice devotion to His Sacred Heart are:

1. "I will give them all the graces necessary in their state of life."
2. "I will establish peace in their homes."
3. "I will comfort them in their afflictions."
4. "I will be their secure refuge during life, and above all in death."
5. "I will bestow a large blessing upon all their undertakings."
6. "Sinners shall find in My heart the source and the infinite ocean of mercy."
7. "Tepid souls shall grow fervent."
8. "Fervent souls shall quickly mount to high perfection."
9. "I will bless every place where a picture of My Heart shall be set up and honored."
10. "I will give to priests the gift of touching the most hardened hearts."

Carries Impress

The cross is engraved everywhere; the things of this world carry its impress, and God has arranged matters so that we may be always prepared to receive it.

11. "Those who shall promote this devotion shall have their names written in My Heart, never to be blotted out."

12. "I promise thee in the excessive mercy of My Heart that My all-powerful love will grant to all those who communicate on the first Friday in nine consecutive months, the grace of final penitence; they shall not die in My disgrace, nor without receiving their Sacraments, My Divine Heart shall be their safe refuge.—Ephpheta."

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