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According To The Doctor

Quintessence—Bob!

People are funny. You aren't you? Funny as the book dictates at table manners, etiquette and courtesy, but too often like the old Romans in judging our food capacity.

There are some monster girls and stragglers, and night-birds who sip a cup of coffee for breakfast, a coke and cigarette for lunch and a frozen salad for supper. But this piece is not for them.

There are others who beg and low in food, food, and more food. Breakfast is started in rain and coffee cakes and pancakes and waffles and toast and whatnots. Lunch is an twelve o'clock feast, but a sort of gastritis that happens at mid-morning, noon and mid-afternoon and before bedtime. Dinner, of course, is duly done sometimes betwixt and between with fixings and fittings.

Now, no food doctor will tell you to eat less than your physical needs require. Good food, well prepared and wisely chosen must be taken in good, sufficient quantity for healthful living. But the business of eating at every meal to insure comfortable satiety, and then tossing in a lunch every two or three hours, or every time you pass a hamburger stand, or every time company comes, or every time a new cake comes from the oven, or a new batch of bread biscuits—well, do as you like about it but don't be surprised if you leave about diets before you check in your check at the pay window.

Physicians estimate that the many people are victims of the drug habit, that is, some form of digestive drug, laxative or what have you, and it is so simply because too many of them are gluttons. Eat enough, but go away from the table a wee bit hungry, shy away from snacks and hourly lunches, and your stomach will serve you patiently, longer and much better than when it is over-worked.

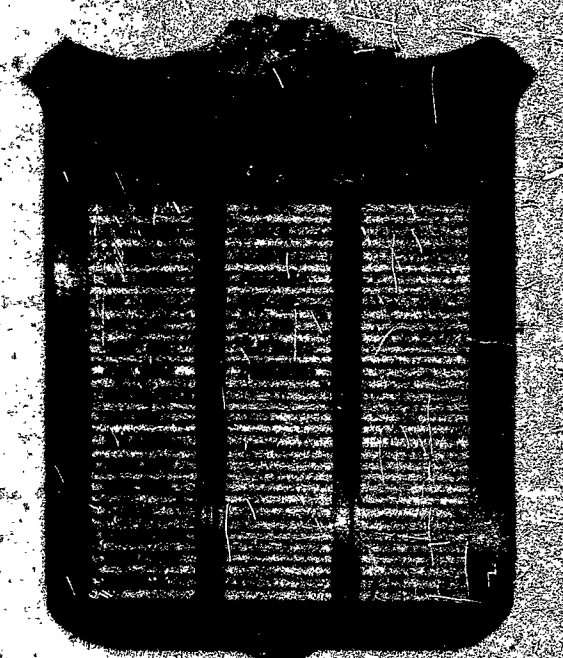
5,000 To Participate In Communion Mass

CHICAGO—More than 5,000 MEMBERS ARE EXPECTED TO ATTEND Holy Name Cathedral on September 29 at a Communion Mass to be

offered by the Most Rev. Samuel A. Strick, Archbishop of Chicago. Later STYB/also Strick will address the first all-rite laymen's Communion breakfast at the Holy Name House. The day is in charge of St. Francis' Laymen's Guild.

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Getting On In The World

TIED - TIGHT

One of the ugliest characteristics of many good and pious people is their unintentionable expectation that others close to them follow the same ritual of avoidance that they do. If they do not smoke, for example, they have no time for others who do. If they do not drink, they look down upon those who do. If they abstain, pray much, and hew to the straight and narrow, they may incline to be snobbish toward others who pray well but not ostensibly as much and who enjoy themselves in harmless diversions.


In family circles, this discrepancy in humility and charity among the more pious members of the family can cause serious harm. A wife who raises and with the neighbor's children because she thinks they're horrible heathens, refuses to let her own Willy and Joan play with them, is in a fair way of making an unholy show of herself and a poor advertisement for her religion.

Children who get "airy" along about the upper teen age, going college punks with exclusive tastes in companions and hobbies, gals with Oxford glasses and inflated ideas of their own beauty, importance, and abilities are simply making fools of themselves and inviting a rude awakening.

The over-strict father can drive his children to clandestine mischief, and become downright ugly in implicating his wife in their slips because, he yowls, she's too lenient.

The churchy kind of wife, again, can drive a man plainly crazy, if she puts her food down on being the companion she ought to be, on demanding her own way in everything, her own traits in amusements, in habitats, and scheduling the day, the week and the years.

Pride, vanity, selfishness—these are never excusable. Surface piety, Catholic Action, much church-going, book-reading, study-clubbing, organizing and committee-serving do not make for one iota the merit and practical human values that solid charity and honest humility can accomplish.



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