

One Year in the Catholic Church

Mr. Henry C. Granger, formerly pastor of a leading Protestant church in Evanston, Ill., contributes the following to the 'New World' of Chicago:—

In view of the sacrifices made in order to enter the Catholic Church, it is perhaps natural at the close of one year in the same to ask oneself this question: 'What has been gained by reason of the change?' Particularly is this so when the previous thirty years of ministerial life in totally different surroundings is taken into consideration.

There has been a positive gain. In what direction does this lie? Certainly no money value can be placed upon much that has been acquired. The laws are not for sale in the market place. Spiritual riches are not quoted on the stock exchange in these days, if ever they were. Says the inspired writer: 'I know thy tribulation, and thy poverty, but thou art rich.' If not in the material—as the result of the change—assuredly then in things spiritual. Here we must look for the gains. What are some of these? One is that inner peace of soul which must be experienced to be fully realised, the quiet harbor, after the storm, the anchorage sure and steadfast. It has not been quiet in the soul because there was nothing to disturb, or annoy, or try; but owing to the fact that there was a power superior to all these; consequently they were kept in their proper place. We need not enumerate the crosses, since there has been grace sufficient to carry these.

Another gain has been a growing appreciation of what Our Lord intended His Church to be—the visible abode—on earth—of His Real Presence. In the sacrament of the altar, the Holy Eucharist, He is with His children—actually—though mysteriously. This sublime fact of all facts comes home with a peculiar and a constantly growing force to one who has been but a short time comparatively in the Church of Christ. It—this Real Presence—is the centre about which everything else revolves. With this goes, of necessity, the worship, the spiritual communion, the vocal silences of the Mass, all that serves to impress one with the fact. This is Holy Ground! Bow down! Cover thy face! Call in thy wandering thoughts! God is here! To have gained any slight realisation of such a truth is truly a 'gain' to be cherished, cultivated, and prized far, far beyond any sacrifice that may have been made to attain unto it.

Another gain has been in the line of coming to see the various devotions of the Church in their right proportions. Those 'outside' make so much and wrongly of the honors paid to saints, martyrs, angels, the Blessed Virgin Mary. Why is this? Simply, and largely owing to the fact that not standing 'within,' and with Christ in the centre of everything, they fail to grasp the proportions that all these others sustain to Him. Difficulties hitherto insurmountable in these particulars have vanished; changed into the riches of divine grace—coming to the soul by means of these holy presences round about us, and especially that of the Blessed Virgin, the Mother of God. Helps all to lead us whither? To Our Lord Himself in a way and with a definite reality not to be found save in the Catholic Church.

The one other gain of which mention is to be made now is the spiritual strength that sprang from being under the shadow of a certain authority. The tones are clear, the position is assured; there need not be any misunderstanding as to what the Catholic Church believes and teaches and enforces. The successor of St. Peter and Vicar of Christ on earth is not afraid to speak out in the defence of the faith; nor is there any hesitancy in demanding for that faith a timely, loyal obedience. This applies alike to all classes and conditions of believers. From what a multitude of 'opinions,' 'isms,' 'vagaries,' and one knows not what, such an authority delivers us! Gains of the character indicated are vital parts in true spiritual riches; consequently sources of renewed and daily increasing strength to live as we find it necessary day by day.

To the thousands of sickly, run-down, nervous, full-of-pain and suffering men and women, we recommend with all honesty and confidence this true friend, "Dr. Ensor's Tamer Juice."

The owner scratched the favorite horse,

The punter scratched his head,
And gazed distracted to the course.

Then to his friends he said:

'This punting may allure, but not

As other things allure,

And I would sooner put my lot

On Woods' Great Peppermint Cure.'

Domestic

By MAUREEN.

Camphor Ice.

I am often asked for a recipe for camphor ice for chapped hands. Here is one which can be relied upon:—Oil of sweet almonds, 2oz; spermaceti, 4oz; white wax, 2oz; camphor, ½oz. Melt them over a warm bath, and pour into shallow pots.

A Simple Breathing Exercise.

Stand before an open window in the early morning, rest the weight of the body on the balls of the feet, abdomen in, chest out, head erect. Take long, deep inhalations through the nose, hold the breath for a few moments and exhale through the nose. Repeat five times, rest a few moments, and repeat again five times.

Cracked Lips.

When the lips are cracked they should be anointed two or three times a day with a salve composed of spermaceti, ¼oz; alkanet root, ¼oz; white wax, 6drs; almond oil, 1½oz; otto of roses, ¼dr. Digest the alkanet in the almond oil over a water bath until a deep color is produced, then strain, and in the colored oil dissolve the wax and spermaceti. Then remove from the source of heat, and stir until it thickens, adding the perfume towards the last.

Parsley Water for the Face.

The latest cure for a thick or spotty complexion is to wash it with parsley water. Take half a pint of rain water and soak in it a large bunch of parsley, letting it remain in the water all night. In the morning when you dress rub the face well with a dry cloth, then dip your sponge in the parsley water, and pass the damp sponge over the face, leaving it on without drying it. If this is done three times daily, at the end of a fortnight you will be surprised to see that there are no more spots or roughness on your face.

Toilet Notes.

The hands should never be exposed to extremes of temperature, such as arise, for instance, from putting them alternately into hot and cold water.

A good rubbing of the skin of the head often serves to stimulate the growth of the hair. This should be repeated twice a week, and the friction should be so vigorous as to make the skin become red and glowing. Thin hair often becomes thick and long after this method of treatment is applied. Another useful experience for the hair is being allowed to float freely about for an hour or so in order that the air may circulate through it.

A child's hair should never be curled or plaited tightly if it is wanted to grow long and thick. Many scanty crops of tresses in later life are due to straining the hair while the child is growing.

To Cough Properly.

Few people know how to cough properly. It never occurs to the ordinary individual that there is a right way and a wrong way of doing it. Yet it is a matter of no small importance. If every sigh means a drop of blood out of the heart, as people say, every cough means some greater or less proportion of time knocked off one's life. Most people cough as loudly and forcibly as they can. But it is rather costly noise, for the simple reason that it tears and inflames the lungs. The lungs consist of an extraordinary delicate, sponge-like tissue, which sometimes gets inflamed and choked with phlegm. When we try to get rid of this substance we cough. But obviously, if we remove it violently, we must necessarily injure the delicate lung tissue. Therefore, train yourself to cough as gently as possible.

Maureen

MYERS & CO., Dentists, Octagon, corner of George Street. They guarantee the highest class of work at moderate fees. Their artificial teeth give general satisfaction, and the fact of them supplying a temporary denture while the gums are healing does away with the inconvenience of being months without teeth. They manufacture a single artificial tooth for Ten Shillings, and sets equally moderate. The administration of nitrous oxide gas is also a great boon to those needing the extraction of a tooth....

LILY WASHING TABLETS

A BOON TO WOMEN! NO RUBBING REQUIRED
LARGE WASHING (including soap) COSTS TWOPENCE
Do the Washing in Less than Half the Usual Time—Will not injure the most delicate fabric—Brighten Faded Colours—Ask your Grocer—Wholesale, H. G. CLARKE, Crawford Street, Dunedin.