

A Non-Catholic Psychiatrist on Confession.

We as Catholics seldom appreciate the peace of soul which our Divine Savior made possible for us by His institution of the Sacrament of Penance. Knowing our frailties, and also our emotions and anxieties following upon sin, He left us a Sacrament in which the sorrowing and afflicted sinner might confess his sins wholeheartedly; then hear the comforting words spoken by the priest, "Go in peace, thy sins are forgiven."

Psychiatrists recognize the incalculable value of confession for mental health and peace of soul. In an issue of The Missionary, the Paulist monthly magazine, there appeared some time ago this tribute from a non-Catholic psychiatrist:

"People come here in droves and pay me inordinate amounts of money for trying to do what the Catholic Church does for nothing. They do what you have done. They confess their sins, their shortcomings, unscramble their inferiority complexes, uncover their vanities, their prejudices, their false senses of relative values, sometimes their puny souls.

"What does it all amount to? Nothing but the submitting of their sins and problems in confession. Unloading onto someone else in the hope of getting rid of burdens that seem unbearable.

"What do they get in return? Nothing but a scientific solution which falls far short of spiritual absolution. Psychiatry is a comparatively modern remedial agency and, as an honest man, neither I nor the representative rest of my colleagues would keep on with it unless we were convinced we were performing a useful purpose. Speaking as an outsider, corresponding results could be more effectively obtained in the confessional because there the penitent would believe in the spiritual absolution."

Adoration on Sunday.

Tomorrow being the third Sunday of the month, the regular Benediction will be not in the evening, but immediately after the 8:30 High Mass. The Blessed Sacrament is exposed throughout that Mass. Your period of Adoration for your Christmas Novena can be made then or at a special half-hour exposition of the Blessed Sacrament in the evening from 6:30 to 7:00.

Killers.

Suppose you saw a man poisoning the drinking water of a city, or scattering death-bearing germs through a community. You would feel that a lynching party would be too good for him who thus tries to poison and kill the body.

Men who circulate dirty literature or peddle dirty stories kill the soul. Our Blessed Lord has said of the one who gives scandal: "It were better that a millstone be hanged about his neck and that he be drowned in the depths of the sea."

Mass Kit Fund.

The Mass Kit Fund since the last report has been increased by one gift of \$10.00, two of \$5.00, two of \$2.50, one of \$2.00, and two of \$1.00. Bishop O'Hara himself contributed \$50.00, and the local St. Vincent de Paul Society came through with \$25.00. The total is now \$198.00.

NOTE: Mass Monday, Dillon, 7:20 for father of Prof. Moran, request of Faculty Club.  
PRAYERS. Deceased: Brother-in-law of Ben Kesting, '25; Clement Reisenbeck. Ill: Grandfather of Bill (Dil) and Jim (Zahm) Platt; Mrs. Weaver.