

# THE CARMELITE NEWS

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## GREETINGS.

A HAPPY NEW YEAR.

This is the greeting of an old Iroquios chief.

"May you have a safe tent and no trouble as you travel; may happiness attend you on all your paths; may you keep a heart like the morning; and may you come safely to the four corners, where men say, 'Good Night.'"

## CARRY A STICK.

THE ways of the city have changed the ways of men. It is the city that sets the fashion. The bowler hat and the umbrella have returned to be the outward and visible sign of the high Civil Servant, the Banker, the Guards' officer and the business man, but how few men do we see carrying a stick.

"Carrying a stick" is a peculiar expression. Men don't carry sticks, they use sticks, and it is not merely a custom, it is, in one sense, a necessity.

The stick has been man's companion long before he was adopted by the dog — and it was not that he carried a stick to keep the dog away. The stick has been the staff of the shepherd, the pilgrim and the mountain climber, since the dawn of history. The Greek shepherd carried his crook, and the shepherd's crook became the pastoral staff of the Catholic Bishop. That is why the crown of a pastoral staff curls in such a way. The ancient shepherd used his crook to catch the leg of the lamb or of the sheep. He used a different sort of crook for each purpose. The crook became the symbol of the shepherd and is still the symbol of the bishop.

The only Greek Bishop who gets into the news these days is Archbishop Makarios. If you see a photograph of him in the paper, you will see that he carries a black ebony walking stick with a round silver top. The stick is long and he grasps it a little way down the shaft. That is how a pastor of souls displays his pastoral office.

The pastoral staff is often handed on from one Greek bishop to another, just as happens sometimes amongst Catholic bishops.

The famous Bantu cattle herders in Africa carry long poles, blackened with age and smoothed by the constant grip of the palm. Their sticks are so inseparable from them that they stand on their left leg, wind their right leg around the stick and go to sleep standing up. I have seen almost the same thing happen, but in a different way, to some ladies who use their shooting sticks at the races.

When I was up in Wales I noticed that the sergeants in the Welsh police nearly all carry walking sticks, but the constables never. I wonder why? The Welsh farmers all carry sticks and it is very interesting to watch them at the cattle sales, how they guide the cattle into the stalls with a light touch of the stick on the jaw of the animal. They never ill treat animals with their sticks, but touch them lightly, and almost lovingly, to send them where they should go.

Every nation has its own type of stick. I remember when I was in Spain I carried with me an Irish blackthorn. It created tremendous interest. People came up to me and asked if they could have a look at it, and they go to great pains to explain that they, too, use walking sticks, but

they are Malacca canes. The Malacca cane is much lighter than the Irish blackthorn.

In Ireland there is an expression, "Cut your stick and go." That was a literal truth. A man cut his stick from the hedges before he started a journey. He trimmed it and it became his companion.

I knew a man who inherited a small acreage of bad land, and he didn't know what to do with it. I suggested to him that he should try to rear blackthorns and ash plants. He did, and he has now developed an export trade in dollars and is making a good living. He sometimes encloses the root of the blackthorn in a tin in order to shape it, because the best blackthorn finishes in a knob and not in a crook.

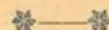
By planting the thorn trees and the ash with equal spacing six inches apart, the plants grow tall quickly. After the first two years the sproutings nearest the ground are nipped off, and so on each year until the sapling is tall enough to be cut. The crop is rotated so that a certain section comes to maturity each year. Plants that are slightly crooked can be straightened by steeping in water and then enclosing in a vice. Sometimes they are hung on the roof to dry and finally they are polished and varnished to suit the taste of the customer. The crook of the ash plant is turned in much the same way. First, the wood is softened by steaming, then it is turned gradually in a vice, and finally tied so that it can set.

The stick was a prime necessity of dress to the Georgian swell. It was nearly always a stick with either a gold, or silver knob. The Georgian swell used it as a sort of pacing stick, and to be without his cane was most embarrassing because he didn't know what to do with his hands.

Have you ever thought about it. It is difficult to know what to do with your hands, and it is necessary to give your hands something to do. You can carry a pair of gloves, and that is something. Or, you can carry a brief case, and that can be a solution, but best of all, is to carry a stick. Look at the things you can do with a stick. You can swing it, you can swagger with it, you can lean on it, you can tap your legs with it and you can swipe off the heads of the daisies as you go past. Without a stick a young man has to fall back on a packet of cigarettes.

Stop a young man on the street. If he has a stick he is a happy man, if he has no stick he will immediately fish in his pocket for a packet of cigarettes in order to give his hands something to do.

This is the time of the year to cut a stick; when the sap is down. Maybe some countryman who reads this, will take the trouble to cut me one and send it over. Trim it roughly, wrap a piece of rough sacking round it to protect the bark, tie a stout label on it and send it by post. One or more blackthorns or ash. We get many pilgrims here to the Shrine of St. Jude, and many of them need a stick. I will put a metal tag on the sticks with a record of the Shrine of St. Jude. Off you go.



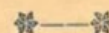
### SYMBOL OF AUTHORITY.

THE biretta which is worn by the priest going to the altar and to the confessional is symbolic of authority.

In the Middle Ages, rectors of universities wore birettas as the symbol of their authority; in other words, the biretta denotes the judge. It is the symbol of judicial office. The priest dons a biretta on entering the confessional, or when he goes to the altar. In the confessional, he acts as a judge. On the altar he is the leader of his people and he stands in the place of Christ.

You may also remember that a hanging judge dons the square of black silk — the biretta — when delivering sentence.

Whether or not the chancellors of Irish universities wear birettas to-day or not, I do not know, but they ought to put on something, because most of them are inclined to be bald.



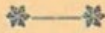
### MEMORIES.

SOMETIMES, as I go through London I close my eyes to shut out the scene. I wish myself back again in the quiet of the mountains. But even they are not so quiet as one thinks, if one listens for long.

The faint calling of the sheep and the note of the curlew, break in on the overmastering silence, and you wonder if solitude has not a sound of its own. The ripple of the water over the rocks, the flash of a running salmon. That is the

song that is the tale of the ages since the world began ; the song of life and death as uttered since the rocks were born.

No-one has ever understood how black is the night, until one has seen the comb of mountain woods against the pale mystery of the moon, and who can imagine the freedom of the hills, or the sting of the sea who has not walked the heather or sailed beyond the breakwater.



### “ST. JUDE SAVED ME FROM CERTAIN DEATH”

A BOMBAY police officer, a Catholic, believes he owes his life to the intervention of St. Jude the Apostle who is frequently invoked as a helper in desperate cases.

He is convinced that it was his devotion to St. Jude that saved him when he was attacked by a man-eating tigress reported to have taken 30 human lives.

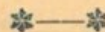
Inspector Arthur Brighte encountered the tigress in the Sausar village of Madhya Pradesh state. Accompanied by two forest guards, he was on a hunt for the animal which he had already wounded the day before.

Inspector Blighte had just handed his gun to one of his companions when the tigress broke cover and sprang, gripping him by the hip with her teeth.

Suddenly, however, the animal relaxed her grip. Kicking and pounding the tigress, the inspector was able to wrench himself loose and make his escape, although in a badly injured condition. The tigress ran away.

Later it was found that one of the animal's teeth had pierced the inspector's wallet, only to stop when it touched a picture of St. Jude which he always carries with him.

Now recovering from his wounds, Inspector Brighte is positive that St. Jude alone saved him from what seemed certain death. He described the tigress as measuring nine feet from her head to the tip of her tail.



### THAT CUP OF TEA.

TEA is the only habit forming drug that is not condemned by doctors. It lifts the heart, stimulates breathing, but it can cause palpitation.

The best tea comes from China. The Chinese drink their tea out of little bowls, or cups without handles. They lift the cup with both hands and when the cup is cool enough to be held in the hands without discomfort, the tea is at the right temperature to drink. We ought to get back to cups without handles, it would lend great interest to the ladies' afternoon tea parties.

The water should not be boiled, but just coming to the boil. Tea should never be allowed to stew. The tea pot should be warmed and five minutes should be allowed for the tea to draw. To the expert, both milk and sugar are an abomination.

The only food value in tea, remains in the tea leaves—a certain amount of fat. Tea arrived in England for the first time in 1615, but the Chinese have been drinking it since the 6th century. The first tea sold in England cost between £6 and £10 a lb. Presents were made of it to Princes and Grandees. In the 18th century it still cost 16/- a lb, but there was a 5/- tax on it. It grows on a green bush three to five feet tall.

England imports more tea than any other country, but the greatest tea drinkers in the world are the Irish, and the greatest experts on tea. Only the best grades of tea can be sold in Ireland, and even in the poorest parts of the country price is always of lesser significance than quality.



### THE CHINESE WAY.

THE Chinese are a remarkable people and they provide a choice of food incredible in its range. They love liver. A famous Chinese once said that he would never allow a Chinese surgeon to operate on him in case he should suddenly take a fancy to his liver and pop it into a frying pan to see what it is like.

There is only one thing they will not eat and that is cheese. The Mongols, inveterate cheese eaters, could not persuade them to eat it, and nobody is likely to succeed where they failed. It isn't the colour of the thing, nor is it the smell. It is simply that they regard the whole thing with something approaching horror.

The Chinese are unique in this. They regard colour in food as all important. To them a cabbage is a work of art. It is

a crime to wash it. It is boiled as it stands, then subtly dissected, rinsed in the water in which it has been cooked, and re-assembled like a jig-saw puzzle.

More information about cooking in our next issue.



**GOOD PRACTICE.**

I used to think it was wrong to drink upon an empty stomach. Now I find that the most eminent medicos agree that it is good practice. If you drink while you eat, the liquid will stay in your stomach for about two hours, whereas it stays only half an hour on an empty stomach. Most continentals drink with their meals. That is why they look so dyspeptic. As you see, I am trying to give a proper excuse for the man who drops in to have one on his way home to lunch.

**THE OTHER GRAVES.**

Miss Olive Katharine Parr—Beatrice Chase recently deceased member of the

Holy Child Society, in her will, stated, "bury me at the top of the field known as Hermitage, and please leave the graves of the three little cats undisturbed under the big stones at my feet."

**FISH AND CHIPS.**

The Press Association and the Fishmongers Guild were having their annual dinner and dance next door to each other in the Connaught Rooms in London.

As the hilarity of the evening increased the Press Association sent a telegram to the Fishmongers saying "Our cordial good wishes for a happy evening." The Fishmongers replied, "We, too, wish you a happy evening, particularly as our interests are so often wrapped up in yours."



Thanks to St. Jude, from :

MISS E. S. P., NEWPORT, MON.

MR. S. H., COVENTRY, WARWICK.

A. J., CHELTENHAM, GLOS.

**OUR BURSES.**

	Already acknowledged.				Increase.		
The St. Jude Burse No. 2	...	£975	6 8	now	£984	6 8	
Holy Child of Prague Burse	...	499	2 3		501	4 3	
The Holy Face Burse	...	160	19 4		164	19 4	
Our Lady of Mt. Carmel Burse		230	3 6		234	13 6	
Little Flower Burse	... ..	190	2 6		193	2 6	
St. Anne Burse	... ..	50	3 6		53	3 6	
St. Anthony Burse	... ..	124	10 6		126	10 6	
St. Martha Burse	... ..	900	16 6		902	16 6	
Sacred Heart Burse	... ..	390	6 0		603	6 0	
St. Philomena Burse	... ..	23	8 6		25	8 6	
Immaculate Conception B.V.M. Burse		30	0 0		30	0 0	
Our Lady of Dolours Burse	... ..	10	0 0		—		
St. Pius X Burse	... ..	2	0 0		—		
J. L. Burse	... ..	500	0 0		—		
Immaculate Heart of Mary Burse		12	0 0		—		

**OUR COMING NOVENAS**

OUR LADY OF LOURDES	- - -	Feb. 3rd — Feb. 11th
SAINT JOSEPH and SAINT PATRICK	- - -	March 9th — March 19th
OUR LADY OF SORROWS	- - -	March 15th — March 23rd
SAINT JUDE EASTER NOVENA	- - -	April 1st — April 9th

Our Lady keep you! Yours in Carmel

*M. E. Lynch O.C.*