

CHATS WITH YOUNG MEN.

Each man is responsible for his own character. Each man has the liberty of showing what he pleases. The harvest that he reaps is the aggregate of his habits—that is to say, his character.

Our Daily Course.

Our Divine Saviour loves us. No matter how often we may fall, let us speedily rise up again, and pursue our onward course to Him.

Signs of Depleted Energy.

If you are disposed to find fault, to grumble at everything about you; if little things irritate you; if trifles upset you; if you go to pieces, so to speak, when anything goes wrong in your business, you are pretty sure that there is some enemy at work in your system.

Look for the cause at once. Perhaps you have been smoking too many cigarettes or cigars. Few things exhaust energy or lower vitality so rapidly as excessive smoking.

If you feel irritable and out of sorts, on getting up in the morning, and are disposed to be fractious and fretful all day, there can be no doubt that there is something seriously wrong in your system.

You cannot do good work if the nervous system is shattered. If the nerve centers are systematically robbed of nourishment or demoralized by mental or physical dissipation, the whole machinery of body and mind is thrown out of order.

Reverence is a quality sadly lacking in the youth of to-day. There is prevailing an exaggerated idea of the "I'm as good as anybody, b'gosh" sentiment.

Reverence is a quality sadly lacking in the youth of to-day. There is prevailing an exaggerated idea of the "I'm as good as anybody, b'gosh" sentiment.

The habit of treating sacred subjects with levity is a bad one, and thus lowers our respect for others, and thus lowers our respect for ourselves.

Things which every Catholic young man ought to know thoroughly are all summed up under four heads.

1. The truths of faith, the principal public offices of the Church, the general outline of Biblical and Church history, the lives of his patron saints; in short, whatever is necessary to a thorough and intelligent knowledge and practice of religion.

2. The theory, principles, rules and practical details of his chosen handicraft, trade or profession.

3. The constitution of his country and the general outlines of its history, as well as of universal history; and especially the true Christian solution of the social and economic problems with which, as an elector, he is called upon to directly or indirectly deal.

4. A few of the masterpieces of literature and art, and a few accomplishments, like singing, playing on musical instruments, swimming, rowing, etc., and a few bright games; for these will furnish him with innocent, healthy and cheering diversions for mind and body in the intervals of his labor.

professions and pretensions, require that he should know. A man who does not understand his trade or his religion or the significance and duties of his citizenship is an ignorant man.

Our Divine Saviour loves us. No matter how often we may fall, let us speedily rise up again, and pursue our onward course to Him.

Signs of Depleted Energy. If you are disposed to find fault, to grumble at everything about you; if little things irritate you; if trifles upset you; if you go to pieces, so to speak, when anything goes wrong in your business, you are pretty sure that there is some enemy at work in your system.

Look for the cause at once. Perhaps you have been smoking too many cigarettes or cigars. Few things exhaust energy or lower vitality so rapidly as excessive smoking.

If you feel irritable and out of sorts, on getting up in the morning, and are disposed to be fractious and fretful all day, there can be no doubt that there is something seriously wrong in your system.

You cannot do good work if the nervous system is shattered. If the nerve centers are systematically robbed of nourishment or demoralized by mental or physical dissipation, the whole machinery of body and mind is thrown out of order.

Reverence is a quality sadly lacking in the youth of to-day. There is prevailing an exaggerated idea of the "I'm as good as anybody, b'gosh" sentiment.

Reverence is a quality sadly lacking in the youth of to-day. There is prevailing an exaggerated idea of the "I'm as good as anybody, b'gosh" sentiment.

The habit of treating sacred subjects with levity is a bad one, and thus lowers our respect for others, and thus lowers our respect for ourselves.

Things which every Catholic young man ought to know thoroughly are all summed up under four heads.

1. The truths of faith, the principal public offices of the Church, the general outline of Biblical and Church history, the lives of his patron saints; in short, whatever is necessary to a thorough and intelligent knowledge and practice of religion.

2. The theory, principles, rules and practical details of his chosen handicraft, trade or profession.

3. The constitution of his country and the general outlines of its history, as well as of universal history; and especially the true Christian solution of the social and economic problems with which, as an elector, he is called upon to directly or indirectly deal.

4. A few of the masterpieces of literature and art, and a few accomplishments, like singing, playing on musical instruments, swimming, rowing, etc., and a few bright games; for these will furnish him with innocent, healthy and cheering diversions for mind and body in the intervals of his labor.

"There is no God save the God of Israel," she said. Claudia smiled indulgently. "Thou art of the land of Israel, little one," she said, "and, therefore, thou dost believe that the God Israel worships be the only true God.

"No, dear lady, that could never be," replied Leah, earnestly. "I may see no more my people and my country, but I shall ever remain faithful to my God. He dwelleth not alone in the land of Israel, but He ruleth over all the earth.

"I have but one brother, dear mistress," replied Leah. "And this brother has been a cripple from birth?" gently asked Claudia. "Yes, dear mistress."

"Ah, so dearly," murmured the little maid, with quivering lips. "Poor child, the young life has known much sorrow," said Claudia, pityingly. "And, yet, thou thinkest more of the sorrows of others than of thy own."

"My heart is sad at times," said Leah. "But I must not rebel against the will of the good God."

"And is this why thou dost bear so patiently and uncomplainingly the sorrows which have darkened thy young life?" asked Claudia, wonderingly. "But the gods are wont to send afflictions upon those who offend them, thou canst not have offended thy God."

"God, in His wisdom, doth often afflict those whom He loveth," said Leah. Claudia smiled. "This God of thine is a strange God," she said.

TO BE CONTINUED. LISTEN: OBEY THE VOICE OF GOD. Does God really speak to us—to all of us—to all mankind? If He does, it is manifestly a matter of the very greatest importance that we should know how and when He speaks, so that we may not, even inadvertently, be guilty of disobeying His voice.

The actual sacrifice of the cross, however, could take place only once, and its efficacy might continue redeemed mankind and continue in the Church Christ had established He gave as His Body and Blood, Soul and Divinity in the Most Blessed Eucharist at the Last Supper.

long accepted and often quoted, fails to stand investigation. How frequently is it said "You cannot have too much of a good thing." But what about medicine? You know the medicine is good, but you seldom wish the dose were larger; you generally wish it were smaller.

IRON-OX TABLETS are exceedingly small, but they are also exceedingly effective. They are a gentle laxative. They are a nerve tonic. They cure indigestion.

Girls. Girls who haven't the money to spend for new clothes, ribbons, feathers, boots, etc., had better go right round to their druggists or grocers to-day and for 10 cts. buy any color in these fast, brilliant, fadeless home dyes, Maypole Soap. It washes and dyes at the same time.

THE LONDON MUTUAL FIRE INSURANCE CO. OF CANADA. ESTABLISHED 1859. HEAD OFFICE TORONTO, ONTARIO. FULL GOVERNMENT DEPOSIT.

RECORD OFFICE

THE EASTER DUTY.

In the performance of our full duty as Catholics it is not enough that we keep only the commandments of God, our Father. That is not the entire obligation; there still remains something else, which is the observance of the precepts of the Church, our mother.

The laws in question are six in number and are called precepts of the Church. They are binding on all the faithful. By the fourth of these we are commanded to receive the Blessed Eucharist at least once a year, and the time fixed for it is Easter or thereabouts.

Two things, therefore, naturally suggest themselves here to all of us. The first, what is the reason of the injunction, and the second, within what time must the duty be performed? Every Catholic has learned the answer to each in childhood, but, perhaps, the many cares of life have made them dim.

Thus far we have considered the Holy Eucharist as a Sacrament. As such, we have treated of its institution, the matter and form; the Real Presence and of transubstantiation. In accordance with the order heretofore announced, it now remains to consider it as a Sacrifice.

Witness Thy Apostles themselves, whom Thou didst make princes over all the earth. (Ps. xlv. 17.) And yet they converted in this world without complaint, so humble and simple, without any malice or guile, that they were even glad when they suffered affronts and reproaches for Thy name; and what the world flies from they embraced with great affection.

With that he ought to be so far contented and comforted, as to be as willing to be the least as any one would wish to be the greatest; and to enjoy as much peace and content in the lowest place as in the highest; and to be as willing to be despised and mean, and of no name and no repute in the world, as to be preferred in honor and greater than others.

Great men are never sufficiently known except in struggles.

MANY A PROVERB long accepted and often quoted, fails to stand investigation. How frequently is it said "You cannot have too much of a good thing." But what about medicine? You know the medicine is good, but you seldom wish the dose were larger; you generally wish it were smaller.

IRON-OX TABLETS are exceedingly small, but they are also exceedingly effective. They are a gentle laxative. They are a nerve tonic. They cure indigestion.

Girls. Girls who haven't the money to spend for new clothes, ribbons, feathers, boots, etc., had better go right round to their druggists or grocers to-day and for 10 cts. buy any color in these fast, brilliant, fadeless home dyes, Maypole Soap. It washes and dyes at the same time.

THE LONDON MUTUAL FIRE INSURANCE CO. OF CANADA. ESTABLISHED 1859. HEAD OFFICE TORONTO, ONTARIO. FULL GOVERNMENT DEPOSIT.

RECORD OFFICE

A pure hard Soap. SURPRISE SOAP. MAKES CHILD'S PLAY OF WASH DAY.

RAMSAY'S PAINTS. What are poor paints made for? For Sale. We don't make them. Our paints are made right—they cover the most surface and give the best protection.

THINKS IT IS A FIRST-CLASS MACHINE. Enclosed find \$41.20 to pay for the 5 drawer drophead Windsor Machine you sent on trial and another of the same kind.

IMITATION OF CHRIST. OF THE REMEMBRANCE OF THE MANY-FOLD BENEFITS OF GOD. Witness Thy Apostles themselves, whom Thou didst make princes over all the earth.

CARLING LONDON. If its quality you want... CARLING'S... is the Ale. All dealers.

30,000 McSHANE BELLS. Memorial Bells a Specialty. BELL MUTH & IVIE, IVEY & DROMGOLD.

DR. CLAUDE BROWN, DENTIST, HONOR Graduate Toronto University. DR. STEVENSON, 301 DUNDAS ST. W. DR. WAUGH, 437 TALBOT ST., LONDON.

JOHN FERGUSON & SONS. The Leading Undertakers and Embalmers. W. J. SMITH & SON. UNDERTAKERS AND EMBALMERS.

O'KEEFE'S Liquid Extract of Malt. If you do not enjoy your meals and do not sleep well, you need O'Keefe's Liquid Extract of Malt.

IRON-OX TABLETS. are exceedingly small, but they are also exceedingly effective. They are a gentle laxative. They are a nerve tonic. They cure indigestion.

Girls. Girls who haven't the money to spend for new clothes, ribbons, feathers, boots, etc., had better go right round to their druggists or grocers to-day and for 10 cts. buy any color in these fast, brilliant, fadeless home dyes, Maypole Soap.

THE LONDON MUTUAL FIRE INSURANCE CO. OF CANADA. ESTABLISHED 1859. HEAD OFFICE TORONTO, ONTARIO. FULL GOVERNMENT DEPOSIT.

RECORD OFFICE