

CHATS WITH YOUNG MEN.

Now that Lent is here, a consideration of the reason why the Church orders its members to do penance will be not only opportune, but also acceptably instructive.

WHY WE SUFFER.

To go to the root meaning of asceticism; it is "askesis," to practice or to exercise; "askesis," exercise or training; "askesis," an athlete. From time immemorial and amongst all classes of people bodily exercise and discipline have ever been held and felt to be a means of acquiring moral and spiritual perfection.

over the physical laws of bread, and so prepared the minds of the people for His reaching on the Holy Eucharist. Similarly He healed the man at the poor Probatia, to illustrate His power to give spiritual health and strength. Likewise He healed the man born blind, to manifest His office as the Light of the world.

OUR BOYS AND GIRLS.

It was Ash Wednesday and the sea and the stones and the sky were leaden gray. The gray sea broke on the gray stones with dreary monotony as it oozed on the rock bound coast of Nova Scotia.

Him you will scorn to love anything else. Strive with your whole might to be pure. "Blessed are the clean of heart, for they shall see God."—Phillip O'Neil, in Catholic Mirror.

There are many people who excuse themselves from the little familiarities and kindnesses of life on the ground that they are not natural to them. These people say that they are reserved by disposition, and cannot be free and easy in meeting people.

LENTE REGULATIONS ARE NOT HANDSHIPS.

Having passed beyond the second Sunday of the penitential season, a few practical thoughts may be of benefit in discharging the obligations which it enjoins. Of course, those who have thus far succeeded in complying with the Lenten regulations appreciate the fact that they impose no hardships.

To begin with, the rigors of these regulations have been so largely eliminated in this country by special dispensations from the Holy See, that there are really few who cannot easily comply with them if they have a desire to do so.

Those who set up the claims of hardship and injury to health do so in opposition to excellent medical opinion and against the wide experience and common observation of others. This is a statement which hardly admits of contradiction. Physicians, many and eminent, are constantly reminding us that we eat too much.

To the willing non-observers, therefore, these facts should serve to stimulate them to a discharge of their obligations in regard to the Lenten regulations. It is folly to contend that they cannot. It is absurd to insist that

the Church would impose impossible restrictions. Of course, we do not refer to those persons whom the laws of Lent specifically exempt, but to those who imagine themselves afflicted and thus dispose themselves from the law. Church Progress.

A LESSON FOR CATHOLICS.

The indifference of the majority of Catholics to the newspapers, which are published specially for the promotion of these interests is a matter of serious concern to those who have the welfare of the Church and advance of morality and religion at heart.

The Catholic press is devoted almost entirely to the news of Catholic activity throughout the world, to articles of instruction upon religious questions, to the defence of Catholic truth, Catholic education, Catholic institutions and Catholic people.

From the condition of religious affairs in France to-day, Catholics may learn a sad lesson of the result of neglecting to lend proper support to the Catholic press.

The Catholics of France are keenly regretting that they allowed, and even helped the enemies of the Church to build up a powerful press whilst neglecting to provide and encourage journals of their own. Why is it that when the feelings of foreigners are excited to burning indignation at the persecution in France the French people themselves as a whole appear to be cold and almost indifferent?

Then comes the athlete and the beauty cure, the one to condemn the men, the other the women, who complain of their inability to observe the law. To secure the purpose in view both subject themselves to sacrifices and self-denials far more severe and of much longer duration than is prescribed by the fast and abstinence of Lenten regulations.

Advertisement for SURPRISE SOAP. Includes an illustration of a woman in a long dress and apron. Text: "WHAT about that 'just-as-good' soap? It is just as good as 'SURPRISE' Soap as long as it stays right on the dealer's shelf."

Advertisement for Cheap Coal! JOHN M. DALY, 19 York Street. Text: "Cheap coal is common and is always sold at a common price. The Coal I sell is common and commands the highest price because it is worth it."

Advertisement for FARM LABORERS. Text: "Farmers requiring help for the coming season, should apply at once to the GOVERNMENT FREE FARM LABOR BUREAU. Write for Application Form to THOS. SOUTHWORTH, Director of Colonization, TORONTO, Ont."

Advertisement for PURITY FLOUR. Includes an illustration of a woman and a child. Text: "is a high-grade household flour that makes baking easy and dependable even for the inexperienced. PURITY FLOUR produced from the choicest Western Canada Hard Wheat by the most scientific process, makes tasty, wholesome bread with least trouble."

Advertisement for JOHN FERGUSON & SONS, 180 King Street. Text: "The Leading Undertakers and Embalmers. Telephone—496; Factory, 543."

Advertisement for D. A. STEWART, Successor to John T. Stephenson. Text: "Charges moderate. Open day and night. Residence on premises. 104 Dundas St. W. Phone 459."

Advertisement for MEMORIAL WINDOWS ART GLASS. H. E. ST. GEORGE, London, Canada.

Advertisement for MONUMENTS GRANITE & MARBLE. The D. WILKINSON GRANITE CO., 493 RICHMOND STREET, LONDON.

Advertisement for TELEGRAPHY TAUGHT QUICKLY. Demand for Railway Operators exceeds supply. Railway business—both Telegraphing and accounting—efficiently taught.

Advertisement for HOBBS MFG. CO. LIMITED. ART WINDOWS. LONDON, CANADA.

Advertisement for O'KEEFE'S Liquid Extract of Malt. Is made from the best Canadian Barley Malt and English Hops; and to put up in 16 ounce bottles to retail at 25c per bottle.

Advertisement for Beautiful Lace Pictures. JUST RECEIVED. STEEL ENGRAVING ASSORTED SUBJECTS. Size 3x4 ins.—30c. per doz. " 2 1/2x3 1/2 ins.—20c. " " 1 1/2x2 1/2 ins.—15c. "

Get This Gold Pair FREE!

SPECTACLE-WEARERS! Listen! The following very remarkable letter was sent me unsolicited by Dr. G. W. Smith, the County Health Officer of Ottawa County, and one of the most prominent physicians in the State of Kansas. Read his exact words.



MY DEAR DOCTOR HAUX: "If anyone were to offer me fifty dollars spot cash for the pair of Perfect Vision spectacles which you fitted to my eyes by mail, I would absolutely refuse to accept it—If I knew positively I could not get another pair like them. Your spectacles are certainly wonderful."

HERE IS MY SPECIAL ADVERTISING OFFER: SEND me your name and address and I will mail you my Perfect Home Eye Tester, free. Then when you return me the Eye Tester with your test I will send you a complete five-dollar family set of the Dr. Haux famous Perfect Vision spectacles for only \$1, (which is barely enough to pay for this announcement), and this will include a handsome pair of Rolled Gold spectacles absolutely free of charge.

NOTE—The above is the largest Mail-Order Spectacle House in the world, and absolutely reliable.

Vertical advertisement on the far left edge, partially cut off. Includes text like "angles", "certainty", "American Life", "WATERLOO, ONT.", "Brien", "Confessional", "Penance", "Mutual Fire", "Company of Canada".