JULY 15, 1905.

CIATS WITH YOUNG MEN

A buoyant word — a brief smile — a nod of glad recognition —all these little things that do not interfere with atten-tions to duty, are of large importance in making the world's bu'k of good

cheer. The Better Catholic is Needed in Our Day.

The Better the Day. I know of no period in our history when the influence of the "better Cath-olic" was more needed than to day. We need him in politics, in business, in social life, in public administration. Universal suffrage requires the individ-tul voter to be not only a good citizen at the ballot box, but a good citizen all the year round. He must by precept at the year round. He must by precept and example spread abread and actively

hepe to allay the fears of those who find many discouraging symptoms in the body politic. Every good Catholic cit-izen should then help "to keep the lid down" in every town and city of the land. In this way our fellow-citizens will come to understand, as well as we do ourselves, the truth of the saying, "the better the Catholic, the better do ourselves, the truth of the saying, "the better the Catholic, the better the citizen."—Rev. Morgan M. Sheedy, on "The Duties and Responsibilities of Catholics as Good Citizens."

Take No Chances.

Vegetarianism Attacked and Defended,

heal all in one or another crank.

of whom will carry on his

shoulders a passenger with baggage for

twenty miles over mountain roads. That a well-balanced bill of fare cannot

Kellog simply denies. "This might be true," he says, "if the vegetarian lived wholly on potatoes or rice. . . but pers, beans and nuts furnish not only an emple meantime hot

only an ample proportion, but an excess of the albuminous elements." The

argument from excessive bulk is met by

the statement that the best vegetable fords are even more concensed than the

animal. Rice, for instance, has nutri-tive value of 88 per cent. whereas that

On Concentration of Powers.

Tens of thousands of young people with good health, good education and geod ability, are standing on the end

of a bridge, at life's crossing. They hope they are on the right way, they think they are doing the right thing,

and yet they do not dare to burn the

bridge they have just crossed. They want a chance for retreat in case they

ruption, maladministration and

tyranny of the political boss and all will

be well with us as a people. Now, in every community the capable and the good may still be found, and if they can but learn to understand one another it

will not be difficult for them, whatever

differences may divide them, to co oper-

ate for the general welfare. — Rev. Morgan M. Sheedy.

The Only Safe Guide to the Harbor of Success.

The very fact that you can come out of a questionable situation boldly and take a stand for the right, regardless of

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the rocks. Your conscience is your compass, given you when you were launched upon life's high seas. It is the only guide that is sure to take you safely into the harbor of true success. What if a mariner should refuse to what it a mariner should relase to steer by the pointing of his compass, saying that it is all nonsense that the needle should always point north, and should pull it around so that it would point in some other direction, fasten it there, and then sail by it? He would never reach port in safety.—O. S. Mar-den in Success.

Thoughts by the Way. Thoughts by the Way. One may be insupportable even with virtue, talent and good conduct. Man-ners, which one neglects sometimes as little things not worthy of notice, are and example spread abread and actively support, at all times, the principles of vie virtue and honest government. Catholic citizens everywhere should be pre emine t in this work. Thus can we hope to allay the fears of those who the description of the second states of the second sta just those very things from which men often decide our character, whether it be good or bad; a slight attention to consider us proud, uncivil, scornful, and disobliging, and still less will cause us to be esteemed quite the reverse .-La Bruyere.

A little pause to be kind will not only help those who need it most, but will also strengthen the spirit for renewed effort.

"I tread the stage," said a character in recent fiction, "as a fine gentleman. It is the part for which I was cast, and I play it well with proper mien and gait. I was not asked it I would like Take No Chances. No, do not hypnotize yourself by the expectation of making clean money in a dirty occupation. Do not deceive yourself, either, by thinking that you the part . . . but seeing that I must play it, and that there is that within me which cries out against slovenliness, yourself, effect, by turning that you can elevate a had business or make it respectable. Many a man has been thus dragged down to his ruin. Some I play it as an artist should." On the mimic stage we all admire an actor who enters into the spirit of his part, who occupations are so demoralizing, brutal-izing, and hardening that even a Liabrings all his art and enthusiasm to the portrayal of the character he repre-sents. We admire still more the man oln could not make them respectable. If what you are doing is wrong, stop it. Have nothing to do with it. If you are who throws his whole soul into the fine art of living. Have nothing to do with it. If you are in doubt, or if you suspect that you are warping your conscience, give yourself the benefit of the doubt. Take no chances with it. Leave it before it is too late.-O. S. Marden in "Success."

An Insidious Foe. If indecision runs in the blood you If indecision runs in the blood you inherit, arouse yourself and strangle this insidious foe to your achievement before it, saps your energy and ruins your life chance. Do not wait until to-morrow, but begin to-day. Compel yourself to develop the opposite quality by the constant practice of firm decis-ion. No matter how simple the thing you are called upon to decide, be it the choice of a hat or the color or style of a garment, do not vacillate. Throw all the light possible on whatever you have in hand for decision ; weigh and consider it from every point of view ; call your common sense and best judg-Vegetarianism Attacked and Defended. The vegetarians have recently been stirred up by Professor Ferdinand Heuppe, a German investigator. A vegetarian diet, the professor asserts, does not give the requisite strength for hard work, nor is it capable of furnish-ing a well-balanced bill of fare. The ing a well-balanced bin of lafe. The digestive system of the vegetarian has to deal with an excessive bulk of food and thus wastes energy. Finally, modern vegetarians are almost exclu-sively neurotics, "who, falling out amid the strain of town life, ever seek for a teal of a non-or another crank." call your common sense and best judg-ment to your aid before reaching a conclusion, and then, when you have once made your decision, let it be final. Let there be no going back, no reconheal all in one or another crank." These assertions are one and all op-posed by Dr. John Harvey Kellogg. the editor of "Good Health." The vegetar-ian, he says, may subsite partly cr wholly on fruits, nuts and grain. That a vegetable diet does not imply feeb'e ness, he says, is abundantly proved by the vegetarian Indians of South Amer-ica, one of whom will carry on his sidering, and no opening the matter up for further discussion. Be firm and positive. Declare the polls closed.— O. S. Marden in Success.

OUR BOYS AND GIRLS. STORIES ON THE ROSARY

BY LOUISA EMILY DOBRER. The Annunciation

DOROTHY. "Yes. And I felt mad with you,' said Dorothy frankly.

Bess smiled. "I gnessed something was up, Doro-thy, but I didn't know what it was. It wouldn't have mattered, to me at least, it it has been up. if it had been me." "Why not?" asked Dorothy quickly,

detecting, she fancied, a slight to her beloved in the cool tones of Bess.

Bess looked at her gravely. "Why, Dorothy, you know I'm bound to be a nun.

" No. I never knew it," said Dorothy.

"No, I never knew it," said Dorodry. "I always assumed that you did, and that you didn't like to talk about it to me," said Bess, " and I didn't want to speak about it myself." "But if you are going to be a nun, why do you go about to parties and travel like this?" " A he that's just father's wish. He

want a chance for retreat in case they have made a mistake. They can not bear the thought of cutting off all pos-sibility of turning back. They lack the power to decide conclusively what course they will take. These young people are in danger of wrecking their lives by their hesitation. If they would only make up their minds to barn their bridges behind them, and thus concentrate their powers on one definite point, they would immeasurably strengthen their chances of success. to barn their bridges behind them, and thus concentrate their powers on one definite point, they would immeasurably strengthen their chances of success. All of their resources would then rush to their assistance, buttress them against obstacles, and make their vic-tory certain. But while there is a doubt in their mine, and they hold the -and," she added, with a faint colour coming into her cheeks, " human love and all that means to a woman ?" Bess was silent for a minute. "Yes, parts of it are trying, and there's there's a lot that's kind of hard, doubt in their minds, and they hold the path of retreat open, they will never amount to much.-O. S. Marden in but still I intend to try my vocation. I cannot hold back, for when the thought first came to me it was just like an annunciation, as if it was too great an honor for me. It seemed quite im-possible that such a life should be for Our Duties and Responsibilities Let Catholics be first in every good movement for purer and better governme, for though the world is elegant, and there's things I'll hate to leave, ment in city, state and nation. Let them unite with the capable and honest and there's things in face to reave, still—well, to be a Bride of Christ seems too great, too wonderful anyway !' Bess's beautiful face was lighted with a look which Dorothy had never seen or it form citizens in every neighborhood and vil-lage, as well as in the cities to promote

THE CATHOLIC RECORD

ginity holds a high place of honor.

lectively, not individually.

them that afternoon.

Perhaps it was to say that he could not come. For some moments Dorothy stood transfixed as she read a brief cool note stating that, all things considered, he thought their engagement must be at an end, and he was sure that her ex-cellent sense would lead her to see the wisdom of this decision. Then there were some formal expressions of regret, and the note closed, leaving Dorothy as much in the dark as before. The whole world seemed suddenly to have darkened to her as she stood there,

though the beautiful sunshine poured in and the flowers before her told of the bright spring tide, nowhere so lovely At that moment Mrs. Fuller, who now was able to walk, although lamely,

came into the room, a telegram and a ewspaper in her hand. "Dorothy, just look here. Ain't the

newspaper people fools this side, they've gone and put in here that Esaias Faller has lost all he possessed in that Chicago business. Your father thought we'd be scared, and sent a cable to say that it's his cousin Eneas Faller. The cable came first of all or I'd have been law in my mind for fear we had lost any; but now it's all right, and it's quite lovely. Are you listening, Dorothy

Yes. momma. "Why, daughter, what makes you look like that?" said Mrs. Fuller, alarmed at the whiteness of Dorothy's

face. And Dorothy told her. Only one conclusion could be come to, and that was the right one, namely, that Alan Stevens was not the man

that Alan Stevens was not the man-they had thought him, and that Doro-thy was well quit of such a lover. But that, of course, she could not feel at first, for her heart was torn and bleeding, and her pride humbled to the very earth. She had really thought too much of herself to imagine that the accident of wealth had anything to do

with Mr. Stevens' supposed love for her, and her cheeks burnt with shame when she thought of the way in which she had been deceived and humiliated. Humiliation, if rightly taken, is a means of acquiring humility, and in ready been uttered. It is the bane of all society, the hydra-headed serpent which gnaws away the lives of millions. It renders the bodies of its followers Dorothy's case it was so. In days to come, when she was a happy wife and mother, and had quite got over that time when she drank the cup of humiliation to the very dregs, she wondered whether such a trial had

been sent her, coming as it did through no fault of her own, to show her the real value of earthly things, and the futility of setting her heart upon anything short of God.

DOMESTIC SOCIETY.

Among the various societies which have existence among men, in a phil-osophical point of view, the most imosophical point of view, the most fin-portant, the source, in fact, of all t e others is domestic society. This so-ciety may be defined as that society formed through the union of man and woman. It is properly denominated 'society," since it is the cooperation of two beings endowed with intelligence to obtain the same end by common

means. In its origin domestic society is to be traced back to God Himself. He wishes to propagate the human race : to bring forth multitudes of men to His own glory and their happiness: and as the means of accomplishing His design, He has instituted domestic society. This has instituted domestic society. This He desires to be permanent, for other-wise it would be fraught with direful consequences. If stability were lack-ing, the condition of the offspring would be one of neglect: they would be without food to sustain their bodies and instruction to guide their minds and hearts, and their lot generally, little better than the lowest animals. little better than the lowest animals. Morover, the mother would suffer if this union were not lasting. Before, and after the accomplishment of her holy office she is weak and helpless. In this state she must depend on her extract for the necessary of life and

their children is mannesced by con-stant care for their proper education, by nurturing them in their helpless-ness, and, as they become older, by at-tention to the forming of their charac-

PROFANITY.

Church commends it, enjoins it on her priests and religious, and domands for it the respect of all the laity. Finally St Paul says that virginity is prefer A Buffalo man was arrested the other day and fined \$5 for using profane language, which, it seems, is a violation of a city ordinance. Just why this par-ticular individual was singled out is able to marriage, from which and all else that has been said, it must cer-tainly be admitted that marriage is binding on the human race only col-loguized, net individually. not made plain. The newspapers say he profanely abused his wife. This, of course, may have had something to do with the case. But is not profanity the same, whether used in abusing the woman whom the man has vowed to pro-The nature of domestic society is such that it excludes all multiplicity of wives or husbands, either simultan-eously or successively: that is to say, tect or used toward any one else At all events, it is a vile habit, alarm-

no man may have more wives than one at one time, no woman more husbands ingly on the increase-a sin not only against the city ordinances, but against that one at one time. Death alone can the Creator. break the tie of union. Therefore, it follows that polygamy is against the

the Creasor. Father Coppens, S. J., recently said this on the subject of swearing : "It has become like a mother tongue to some. If you walk along the spirit of domestic society while polyan-dry is against all nature, and merits the horror and detestation of all. The

street and hear passersby speak Italian, you know they probably come from the dominions of King Humbert; if you former is opposed to matrimony since it does not permit of mutual love so necessary for the existence of true marriage. Moreover it admits of in equality the woman giving horself wholly to the man, while he divides his affections between many women. From this inequality must for missay to the woman for she have hear others converse fluently in French, German, Polish, etc., you are reminded of the lands where those tongues have their respective homes. What is the region where profane language, cursing, swearing, biaspheming, etc., has its natural home? I know of none but hell; it is the language of the devils and those who speak it as their mother tongue appear to be the children of God's lasting foe." flow misery to the woman for she be-comes a slave instead of a companion, while from the plurality of wives must

arise misunderstanding, jealousy, hatred and thus peace would be a stranger to the family circle. Polygamy is not ab solutely opposed to the end of matri-mony inasmuch as it effects procreation, but an account of the things above montioned its practica is forbidden. All of which is sad'y too true. It is quite impossible for many men nowadays to carry on ordinary conversation without using the sacred name of our divine Lord in almost every sentence, and even little boys on the street and elsementioned its practice is forbidden. Some quote the example of some of the patriarchs in justification of it, but their case is quite different. God per-mitted them to have more than one if for this per more but Oven where use language that is appaling in its brutality. Thank God, the Church is persist-

Thank God, the Church is persist-ently wielding her powerful influence against the prevalence of the awful habit. Holy Name societies are being organized everywhere. Their object is to do away with the senseless and de-plorable use of profanity. In many cities these organizations have annual parades in which thousands of Catholic men take part. They are inspiring ob-ject lessons. — Catholic Union and Times. wife for His own wise reasons, but ever in some of these instances occured similar effects to those already mendefence : it rests in the sinks of im purity, and should not be tolerated in in regard to polyandry hardly any more need be said than what has al-

Times.

THE SIN OF ENVY.

A common sin of the day is envy. In far below those beasts while it defies their souls to such a degree that re generation becomes almost impossible, In cases where offspring are begotten, fact, it is common in more particulars than one. It is common not only in its generation becomes almost impossible, In cases where offspring are begotten, their proper raising would be wanting because from the nature of the case it would be difficult to say on whom that responsibility devolved. Such is polyandry that it is absolutely abhor-red by all people having even the least spark of self-respect or love of virtue and order. As has been said, matrimony will not permit of dissolution, except by death frequent commission, but we fear also common in its infrequent mention in the tribunal of penance. In fact, it is the tribunal of penance. In fact, to is to be feared that many have come to regard it always and under all condi-tions as a venial sin only. Forgetful of their early instructions in Chris-tian Doctrine they no longer regard it

as one of seven deadly sins. It is defined as the repining at another's spiritual or temporal good, permit of dissolution, except by death of one of the parties to the contract, and therefore it follows that divorce in illust for the reason that it appears to lessen the glory after which we are striving in our efforts to excel others. Hence is illicit. Separation is allowed. That is, the married may live apart, if there be legitimate reasons, but no new mar-riage can be effected on the part of either with other parties during the life of their regularly espoused. This rule suffers an exception, namely, in case where two pagans having been married one turns from his or her it is a sorrow that others are better than we are ; that they have more ad vantages than we have, and that they are above us. From this it is evident that it is a product of pride.

Perhaps it is more readily recognized by its serious and sinful results. The most common of these are detraction married, one turns from his or her and slander, joy at our neighbor's ad-versity and aggravation at his prosper-ity. Envious at their happiness, the false religion and joins the true faith, for which act his or her partner as in ity. Envious at their happiness, the devil tempted our first parents to sin ; may happen quarrels, and refuses to live peaceably. Then the marriage may be nullified and new matrimony envious of his good works prompted Cain to murder his brother Abel, and may be embraced. There is another exception, namely, when a baptized and an unbaptized are married extra Cain to murder his brother Abel, and it was envy which caused the Jews to condemn and crucify our Lord. Such are its results. The remedy by which we may avoid them as well as the

ecclesium. Therefore, failure in pro-creation, hatred between the parties, which we may avoid them as which as the sin itself is charity. Charity, we are told, envieth not. "By this shall all men know that you are My disciples, if you have love one for another." Where charity reigns, where this love exists, envy can not enter.—Church Progress. infaithfulness on the part of one toward the other, will not dissolve the In the reception of matrimony the till death ; this they did of their own free wills, but their assent once given,

SICKLY CHILDREN.

God alone can relieve them of their obligations. This we see in Scripture in the text "What God has joined to-gether let no man put asunder." The end of matrimony, viz, creation and education of progeny, demands per-manency. Peace of the family demands it; the good of society demands it Divorce is destructive of all this, and it provide the condemna-tion of the season of the season of the season of the season of the stomach trouble may prove fatal in a few hours. For this reason no home in which there are young children



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a purer, more generous, more intelligent life. Let them set their face like flint against dishonesty, greed, political cor-

a liok which before. "And when do you go?" "This May, if all goes well," said Bess. "I am not worthy, I know, but still must go if God calls me." Durothy comperement was soon known

still must go if God calls me." Dorothy's engagement was soon known in the English and American society of Florence, and congratulations poured in on every side. Mr. Fuller had not returned by the end of March, and as Mrs. Fuller was better, they began to think of moving on. One glorious day, when all Florence, "the flower of cities and city of flowers," was radiant with the glory of early spring, Dorothy's heart answered

early spring, Dorothy's heart answered to it all, for never had she ever experi-enced such happiness. It had taken up

ter. Thus it will be seen that the family Thus it will be seen that the family may be termed a society, and phil-osophically speaking, a moral person, having true authority and also that it has been instituted by God Himself. Although God wills and has Himself instituted matrimony, He has not com-manded that all ombrace, that state instituted matrimony, he has not com-manded that all embrace that state. He has left man free, well knowing that there would be no danger what-ever of the human species becoming extinct by an overplus of individuals

extinct by an overplus of individuals leading single lives, because and as ex-perience teaches us, the greater part of mankind enters matrimony. This state is necessary for the hu-man race, but not for single individ-uals, since propagation will not cease thereby, and since single individuals can attain their nitimate end without attain their ultimate end without it. But some say that all should em-trace the married state. These should consider that many through poverty are unable to support themselves, let alone a family. It is a wise axism are unable to support characteristic and a support a wise axism "never to marry until you are able to support a wife." Again, some declare in condemnation and pride of

of cellbacy the strength and pride of our Holy Church that it is impossible our Holy Church that it is impossible to restrain one's passions. Alas! for these, they have but a low opinion of man. Let us hope their assertion is founded in their imaginations only, and not in sad personal experience. Man is not a beast. He has reason. He has will. If he employs these weap ons he will overcome all his passions, and be a true man. As a last resort, some will urge that virginity is injur-ious to the health of man. But here again is falsity. Numbers whole whole take a stand for the right, regardless of consequences, will help you immeasur-ably. The greater self - respect, in-creased self confidence, and the tonic influence which will come from the sense of victory, will give you the air of a conqueror instead of that of one con-quered. Nobody ever loses anything by standing for the right with decision, with firmness, and with vigor. You have a compass within you, the needle of which points more surely to the right and to the true than the needle of the mariner points to the pole star. If you do not follow it you are in perpetual danger of going to pieces on

therefore should receive the condemna- in which there are young tion of all governments.

bond.

is illicit. Separation is allowed.

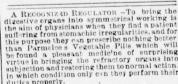
Domestic society having been forme', anterior to civil society is not subor-dinate to it. God instituted matrimony anate to it. God instituted instandary or domestic society and from it civil society originated. It is the duty of civil society to protect the rights of matrimony as a child would detend its mother, but by no means to interfere with it. Of course, all things should

God alone can relieve them of their

armonize with civil society, inasmuch as they should all tend to the one end. In this point civil society takes preced-ence; but with matrimony it ought not to interfere. It has no right to deter-

that leave do nestic society to itself. Where it does attempt to dictate im-pediments if they are not forbidden by matrimony itself, they are not to be regarded. Matrimony contains in itself all that is necessary, and should always be free from state interference. From all the above it will be seen that domestic society is of the greatest immediate both wits institution, obimportance both by its institution, object and results. It should be held in he greatest reverence and never be allowed to suffer encroachments. For on it depends the good of all society, the welfare of government, and through its proper observance for most of man-kind it is the means of obtaining their altimate end; the key to temporal and eternal happiness.— Bishop Colton in

should be without a box of Baby's Own Tablets, which promptly c stomach and bowel troubles. cure all Tablets are given to a well child they will prevent these ailments and keep the little one well and strong. Mrs. the little one well and shough this Joseph T. Pigeon, Bryson, Que, says: "My little one was attacked with colic and diarrhoea, and I found Baby's Own Tablets so satisfactory that I would not now be without them in the house. These Tablets not only cure summer troubles, but all the minor ail-ments that afflict infants and young to interiere. It has no right to deter-mine the impediments of matrimony, lor this would be infringing on do-mestic society. It may, and shoud aid by preventing parties from con-tracting marriage who are forbidden to do so by natural law, but outside of taat leave do nestic society to itself. Wane it does not not solve at the minor ail-ments that afflict infants and young children. The contain no opiate or well grown child. There are imitations that the words "Baby's Own Tablets" and the four-leaf clover with child. that the words " baby sown races" and the four-leaf clover with child's head on each leaf is found on the wrapper around each box. As you value your child's life do not be per-suaded to take a substitute for Baby's Own Tablets—the one medicine that makes children well and keeps them well. Sold by all druggists, or you can get them by mall at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.



and it is the key to temporal and eternal happiness. — Bishop Colton in a while clon and restoring them to normal action.
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