SEPTEMBER 8, 1917

CHATS WITH YOUNG MEN

I'M SORRY ; I WAS WRONG There may be virtue in the man Who's always sure he's right

Who'll never hear another's plan, And seek for further light ; But I like more the chap who sings somewhat different song, Who says when he has messed up

things, "I'm sorry ; I was wrong."

It's hard for any one to say That failure's due to him— That he has lost the fight or way, Because his light burned dim. It takes a man aside to throw, The vanity that's strong, Confessing : "That's my fault. I know, I'm sorry ; I was wrong."

And so I figure, those who use

This honest, manly phrase Hate it too much their way to lose On many future days. They'll keep the path and make the

fight. Because they do not long To have to say when they're not

right, "I'm sorry ; I was wrong."

- Chicago Evening Post

PHYSICAL UNFITNESS

It is the experience of recruiting officers that many men anxiously desire to enlist who, it only needs a Yet, boys, just remember, ring true! glance to know, are physically unfit. They have the fighting spirit, but not the bodily strength to justify it.

A New York sergeant of marines looking at a group gathered in front of a recruiting office, spoke of this discrepancy between the spirit and the power as a common thing. Often men plead to be taken, but their flat feet or flat chests or defective teeth or eyesight prevent their acceptance. The sergeant accounts for their deficiencies in this way :

"Look at that crowd-nearly all the young ones pasty and flabby. Before I joined out in Erie, when I got out of the shop it was to swim or play ball. But those fellows go to movies, dance-halls, theaters. Did you ever smell the air of a movie ? Now, if we could get them when they are young we'd make men of them. we'd get their blood moving. They have never had a real chance. Uni versal service would have given it to them.

Doubtless the officer was right. Probably the greatest benefit universal military training can provide will be the improvement of the general physical condition of the men of the country. It will do away with stooped shoulders, narrow chests and slouching gait. Heads will be held erect, the feet will be lifted in walking, the shoulders will be thrown back. It will add health and strength to the multitude and a prospect of long life.

THE EASIEST WAY

Never did an insatiable longing for an easy life accompany greatness in any line. The young man who is enamored of the easy chair, who is who cannot bear to get away from his regular routine, to miss his meals or his soft bed, is not the man who is willing to make sacrifices, to pay the price for the larger success. He the price for the larger success. wants something easy, something cheap. He is cut out for mediocrity, for a job that has no advancement in He belongs to the great army who are looking for the "easiest way

progress, all distinction. The easiest way is the path of the weak, the in-

OUR BOYS AND GIRLS
RING TRUE
Say, boys! can you tell when a coun- terfeit coin Is tossed on the counter to you? Of course you can tell, for you know every time That it strikes it doesn't ring true.
And, boys ! do you know that counter- feit life
That's a regular sham through and through Is as simply detected in every-day strife As the coin? for it doesn't ring true.
Ab, boys! if you want to be manly men, To be honored in all that you do, Just make up your mind that ten times out of ten You will always be found to ring true.
And, boys! if you know how your country respects A genuine man, then you, too, Will endeavor to live a life that reflects
God's image—and always ring true. Ring true in your contests and games
on the field, In your homes, with a crowd or a few; Though others may try their short-

their short comings to shield,

> -Sunday Companion, ST. ROSE

The merciful designs of God's providence upon America were never more clearly manifested than when he planted St. Rose in the virginal soil of this new continent. Not only does God give the saints grace to lead a holy life because this is pleasing in His sight, but He also expects them to exercise a beneficient influence upon their contemporaries and the generations that follow. Hence it is an absolute historical truth that even the hidden saints of Christendom play a very important social role, inasmuch as they teach men how to lead better lives. And therefore, we may say that every saint vouchsafed to the people by God is a special exhibition of His interest and concern in that nation.

Now, the hidden interior life of St. Rose of Lima would seem to have had little relation with the wild, turbulent manner of living that obtained in her country in her day. To all practical intents and purposes she was completely out of joint with her times, and was necessarily considered by her contemporaries as a being apart, so far removed from the ordinary interests of her day as to make appeal to cloistered and interior souls only. And yet St. Rose did wield a powerful influence upon her times.

Her life was cast in that period of Peruvian history which synchronized with its era of greatest prosperity. The land was filled with men in search for gold and other rich miner-als so abundantly found in the Perwedded to his little daily comforts, uvian soil. The rapidity with which great fortunes were amassed made the wildest kind of carousal possible and popular. Men possessed the means to indulge their most extravagant whims and most unbridled passions. Furthermore, many of the settlers were nothing else than adventurers who had come from faroff countries, Spain and otherwhere. to find in the fast-growing cities of ditions after the war will accentuate the American Southlands the excite. rather than alleviate it. Every one Now the easiest way is the danger. ous way, the way that is fatal to all the staid and regulated surroundings forth from this fray shorn not only and customs of civilized life and well-established governments obtained. cripples and widows and orphans on Then, too, the Indian, scandalized at the conduct of the European settlers, could always be counted upon to contribute his amount of excitement to the stirring times. Amongst such men one looked in vain for piety. While all the settlers were Catholics and on occasion manifested their faith in an orthodox way, the records of the times show that very few of them lived consistent lives of piety. Now, St. Rose's life was eminently one of the spirit. She lived to pray. Communion with God was the de-light of her soul, and the means by which she was lifted out of herself into a rare atmosphere of sanctity. Because she had looked so long upon the Crucified Master she wished to conform herself even in her body to the Man of Sorrows. The high value then, which she put upon prayer, together with her relentless crucifixion of her flesh, came like a thunder-bolt from the blue to the worldly-minded men and women of her day, who had no understanding of such whole-souled striving after a realiz-ation of the Gospel precepts. The beauty and unselfishness of her life made a puissant appeal to men the made a puissant appeal to men the end of whose existence was self. indulgence. Whilst, no doubt, few indulgence over made a of her contemporaries ever made a resolution to imitate her manner of Chancellor hated both of these forces life, all were struck by its beauty with the same measure of enmity, and the first step toward a God fear. ing life is to admire sanctity. We the might of a political autocracy. ing life is to admire sanctity. We never imitate persons whom we do not admire; and admiration inevitably leads to love. So, then, it is true to say that quite imperceptibly marck is gone. The iron autocracy

THE CATHOLIC RECORD

society from its foundation—it calls for the abolition of the whole present

industrial system. Catholic sociol-ogy aims not at destruction but at

reform-it would retain the present

industrial arrangement but elimin-

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By "Fruit-a-tives" 382 St. VALIER St., MONTREAL. "In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated

by several physicians for nearly two of my friends advised me to try "Fruita-tives". I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble-and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruita-tives" enough". H. WHITMAN. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita-tives Limited, Ottawa.

WHEN THE DAY OF RECKONING COMES

If there is one thing more than another that this present war is making plain to us, it is that the remnants of the millions who are toiling and battling in the trenches will come home far different than they were when they left to take their part in this titanic struggle. The Socialism of the world, the old Internationale itself, is beginning to manifest its activities everywhere and the end of this war will not simply mean the rearranging of national frontiers, and of political states and conditions, but it is going to mean the readjustment of condi tions in the social and industrial

world. For long centuries under various politics, monarchical, aristo cratic, bureaucratic or plutocratic, the political power has been in the hands of men who have governed mainly in their own interests, and who have ignored, except under pressure, the interests and rights of the workers. Until very recently the general trend of conservative and orthodox, sociological and economic teaching has been that the employer perfectly within his rights in getting labor done at the lowest possible cost, that the reckoning of profits should come before any consideration of the rights of the laborer as a moral being, and that therefore the employer has been justified in obtaining his labor at the cheapest possible market and in controlling industrial conditions so as to have the labor market at his command. If there has been any exception to this teaching it has been on the part of Catholic sociologists who with the powerful document of Leo XIII. before them, have been guided by Christian principles, and have made the Moral Personality of the laborer the center of their sociological and economic teaching, and hence have insisted that a just wage for the laborer must come before all consideration of profit. Recently the Federal Commission of Industrial Relations in the United States has declared that the first cause of unrest is the "unjust distribution of wealth and income." That this industrial unrest exists no one can deny—con-

ate and rectify its abuses through remedial legislation and then bring about a more equitable distribution of the profits by either co-operative ownership or profit-sharing. It is all very well to rail at Socialism. Un-doubtedly a great measure of the stigme that attaches to the property stigma that attaches to the name of Socialism is well deserved. It claimed to be not only a system of sociology, but also a philosophy of life-as such both its principles and years, and my weight dropped from 225 its authors were frankly irreligious nounds to 160 pounds. Then several and immoral. Many leading modern Socialists have had the sense to see the futility of this program and have therefore discarded the whole Marxian philosophy and insist that modern Socialism is purely an economic question. As such we must be prered to meet it-not by abuse but frankly and honestly showing that it is not a panacea for our industrial ills-that the future of human society-its contentment and happiness, has far more to expect from the teaching of Catholic sociology founded as it is on the fundamental Christian

principles of justice, right and Chris-tian charity.—The Monitor.

SALVATION

IS THROUGH JESUS CHRIST IN HIS CHURCH

Brownson, formerly Protestant Minister That Protestantism in most countries, especially in this country, is developing into infidelity, irreligion, naturism, rejecting and losing even all reminiscences of the order of grace, is too obvious and too well known to be denied, or to demand any proof. It is stated in a recent number of the American Almanac, that over one half of the adult population of the United States make no profession of religion, are connected with no real or pretended church, and therefore helong at best to the class expressively denominated Nothingarians. The majority, then, it is fair to presume, either believe that they have no souls, or that their souls are not worth saving, or that they can save them without religion; and the great mass of those who may nominally belong to the sects, we know, hold that salvation is attain. able without any form. The point, then, at which we are to aim cannot be doubtful. We are called specially to convince the American population that they have souls, souls to be saved or lost, and which cannot be saved without Jesus Christ in His Church. Controversial works which overlook this fact and assume that Protestants still retain some elements of Christianity, can avail us but little. They do not lay the axe at the foot of the tree; do not strike the heart of the evil; are not adapted to the questions of the day; and, however logical they may be, they fail to convince, because their premises are not conceded. It is of the greatest importance that we bear this in mind and govern ourselves accordingly. The work assigned us here and

now is a great and painful work. We cannot address those out of the Church as men who err merely as to the form of Christianity, and are yet resolved not to part with the substance. Unhappily, we are required to present our Church, not merely under the relations of the true and beautiful, but under the relation of the necessary and indispensable. We are compelled by the existing state of thought and feeling to pre-



The Wonderful Mission of the Internal Bath By C. G. Percival, M. D.

dred thousand Americans and Canadians are at the present time seeking favorable to the development of canfreedom from small, as well as serious, ailments, by the practice of Internal Bathing ? Do you know that hosts of enlight-

ened physicians all over the country, as well as osteopaths, physical culturists, etc., etc., are recommending

sons for this practice and these opinions, and these reasons will be

very interesting to everyone. In the first place, every physician

realizes and agrees that 95 per cent. of human illness is caused directly or indirectly by accumulated waste oughly eliminate the waste unaided.

ill the physician always gives you something to remove this accumulation of waste before commencing to treat your specific trouble.

It's ten to one that no specific trouble would have developed if there were no accumulation of waste they cease to be effective at all. in the colon -

And that's the reason that the famous Professor Metchnikoff, one of human ills combined, which simply world's greatest scientists, has goes to prove how universal the boldly and specifically stated that if trouble caused by accumulated waste our colons were taken away in infancy, the length of our lives would e increased to probably 150 years. known-

You see, this waste is extremely poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them yourself, what a wonderful bracer an through the circulation-that's what causes Auto-Intoxication, with all night, you awake in the morning its pernicious enervating and weak- with a feeling of lightness and buoyening results. These pull down our powers of resistance and render us are absolutely clean, everything is subject to almost any serious com-plaint which may be prevalent at the time. And the worst feature of it is clearer, and you feel full of vim and that there are few of us who know confidence for the day's duties.

when we are Auto Intoxicated. that is sure.

It is Nature's own relief and cor. fully using the method then in rector—just warm water, which, used vogue, that he made Internal Baths in the right way, cleanses the colon his special study, and improved

Do you know that over five hun- | gested that the lowering of the vitality resulting from such poisoning is cer and tuberculosis.

"At the Guy's Hospital Sir William Arbuthnot Lane decided on the heroic plan of removing the diseased organ. A child who appeared in the final stage of what was believed to turists, etc., etc., are recommended in joint disease, was operated on. The joint disease, was operated on. The lower intestine, with the exception of nine inches, was removed, and the smaller portion left was joined to the smaller intestine.

"The result was astonishing. In a week's time the internal organs resumed all their normal functions, and in a few weeks the patient was

apparently in perfect health." You undoubtedly know, from your in the colon; this is bound to accume and unfit to work or think property, and unfit to work or think property, biliousness and many other appar-eat the kind of food nor take the ently simple troubles make you feel. And you probably know, too, that these irregularities, all directly trace-That's the reason when you are able to accumulated waste, make you really sick if permitted to continue. You also probably know that the

old fashioned method of drugging for these complaints is at best only partially effective; the doses must increased if continued, and finally

It is true that more drugs are probably used for this than all other really is-but there is not a doubt that drugs are being dropped as Internal Bathing is becoming better

For it is not possible to conceive until you have had the experience Internal Bath really is; taken at

Dr. Tyrrell, in his practice and re-

There is nothing new about Inter But you never can be Auto-Intoxi- nal Baths except the way of admin cated if you periodically use the istering them. Some years ago Dr. proper kind of an Internal Bath- Chas. A. Tyrrell, of New York, was so miraculously benefited by faith.

thoroughly its entire length and materially in administering the Bath makes and keeps it sweet, clean, and and in getting the result desired.



SEVEN

efficient, the superficial, the indolent, the lazy. It is the nobody's path which leads nowhere.

The real reason, why you, my complaining friend, have not gotten on better is not because of your hard luck, not because you did not have a chance like other people but because you were not willing to pay the price in downright hard work, in deprivation, in sacrifice of the things that conflict with your highest possibili-

How many of the multitudes of youths who envied Abraham Lincoln in his time would be willing to work as he did, to undergo the agony, to suffer the humiliation, the chagrin. the shame of denunciation, the cruel criticism and caricaturing of the press that he endured on his way to greatness ?

How many youths who, perhaps, have it in them to be inventors would endure the hardships, the pains, the humiliations of a Bernard Palissy, of Charles Goodyear, of an Elias Howe, to develop their talent and achieve distinction in their line? How many today would be willing to plod along through weary years misunderstood, even by one's own family, ridiculed by the public as of unsound mind, as have so many of the world's greatest inventors and achievers ?

It is not the easiest way, my boy, but the hardships, the sacrifice of ease and comfort, struggling with difficulties, that make stalwart characters. An idle, luxurious life never develops the real man, never makes a great man. There is only one price for masterfulness—downright

tunities for achieving greatness as there are today. Never was the call example of her virtues, in this the for men-real men-so loud and so insistent. Are you ready to answer the call? Are you ready to pay the over whom she has been appointed as price for greatness ?-Catholic Col-

price for masterfulness—downright hard work, persistent endeavor, no men what opposes or who con-demns. Never were there so many oppor-

teaching concrete to ner times. And as she captivated the hearts of her contemporaries, so may she, by the of democracy. At all events either Catholic sociology or Socialism is catholic sociology of the charm the hearts of all Americans, special patroness and protectress.— Rosary Magazine.

its hands and with a burden of taxsent it, not merely to men who hold the truth in error, as the corrective ation whose extent is appalling. Who is going to pay these taxes? of their intellectual aberrations, but to men under the wrath of God, as Heretofore it has mainly been the the grand and only medium of salva-tion. We must address the world consumer and the worker. If he did not pay them directly in so much cash to the Government he has paid around us, not merely as aliens from the Church, but as being therefore them indirectly in the increased prices he has had to offer for clothes aliens from God, without hope, charity, without the first and simplest elements of the Christian life, as and rents and the necessities of life. The Government has gouged the wealthy citizen, he in turn has redead in trespasses and sins, and with no possible means of attaining to cuperated his losses at the expense eternal life, but in embracing heartof the consumer and the worker. All these conditions bring us face to ily and faithfully and perseveringly the religion we offer them. We face with the problem that mankind will have to face after the war in the must show them that they have souls, that these souls will live forever, in eternal bliss or eternal woe; that readjustment of human society. Now these may be very unpalatable they are now in sin, and in sin which truths but that they are truths any deserves eternal wrath, and from student of human conditions would which there is no deliverence save in hardly deny. In the solution of this being joined to our Church. In a problem we are brought face to face word, we must address them, in regard to these matters, in the same with two great forces and organizations, both international, who will language and tone in which we grapple with it from different viewshould if they were Turks and Pagans. points, Socialism and the Catholic No account can be made of the Church. Bismarck, Germany's Iron Christianity they may nominally pro-Chancellor, once declared that there were two great international forces -the Red International and the fess; no reliance can be placed on it and no appeal can be safely made to it.

> THE STRENGTH OF UNITED CATHOLIC PRESS

The Catholic Columbian remarks apropos of the Catholic Press Con-vention: "Many men of many Socialism he crushed down for th time. In his struggle with the minds cannot fail to advance the good and great projects of Catholic journalism, when they religiously amalga-mate their forces for such important and statedespotism which he labored to build up-and to the construction and thrice blessed work."

If you have understood our Lord rightly, if your intercourse with Him is intimate, your life may be a marindustrial world after the war. Well thank Thee !" it might be a continu ous state of suffering, and you would say, "Amen—so be it !"—Father de may we ask what solution do they bring to the problem ? Socialism would reconstruct human Regnon

This perfected Bath he called the "J. B. D." Cascade, and it is the one pure, as Nature demands it shall be

for the entire system to work properly. The following enlightening news which has so quickly popularized and recommended itself that hundreds of article is quoted from the New York thousands are to-day using it.

Times

"What may lead to a remarkable searches discovered many unique advance in the operative treatment of certain forms of tuberculosis is said to have been achieved at Guy's Lected in a little book, "The What, Hospital. Briefly, the operation of the removal of the lower intestine has been applied to cases of tubor ing," which will be sent free on request if you address Chas. A. Tyrhas been applied to cases of tuberculosis, and the results are said to rell, M. D., Room 454, 163 College St Toronto, and mention having read be in every way satisfactory. "The principle of the treatment is this in The Catholic Record.

the removal of the cause of the dis-This book tells us facts that we ease. Recent researches of Metchninever knew about ourselves before, koff and others have led doctors to and there is no doubt that everyone suppose that many conditions of who has an interest in his or her chronic ill-health, such as nervous own physical well-being, or that of debility, rheumatism, and other dis orders, are due to poisoning set up by unhealthy conditions in the large integring and scientifiintestine, and it has even been sug- | cally correct little book.

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