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## OUR BOYS AND GIRLS.

The Monarch of St. Elias.

There were three of us in '94 -Low There were three of us in 94-Low-den from Seattle, Eustach, the French Canadian, and myself. We were not exactly in the Klondike region that season, but in the southwestern portion—the Mount St. Elias district, says the third member of this little party. the third member of this little party, Frank L. Pollock, describing his adventure in the February St. Nicholas. We had prospected that section in July and August, and finding the richest signs on an unknown creek between the head of the Chittyna river and Lake Kiushne, we built a dug-out cabin and applied ourselves to "burning out" our claim. Snow flew in October, but we kept it out of the diggings, and exhumed large quantities of dirt from the "pay streak" in readiness for the spring wash up. We were not too abundantly supplied with provisions, and as our stock diminished we became more dependent upon what game we could shoot in the hills. This method of provi-oning took time, and we disliked it on that account, for hunting weather is mining weather; but it was on these expeditions that we heard of the "Monarch of St. Eilas." The Indians told us of it, and nobody

knew exactly what it was. Their accounts seemed to indicate a sort of pear, but of a weird and novel species. tic size and terrible ferocity, exceeding in these particulars even the northern grizzly. More than that, it was able to climb trees with facility, and did not sleep through the winter, but continued its awful career regardless of season. Few of them had ever seen the beast, and those few had not stayed to examine its peculiarities. Their fear of it was extreme, and not a savage of them would hunt in the region which it had taken for its own.

About the middle of January, on my way back from an eighty miles' trip in quest of provisions, I camped out close under the central peak of Mount St. Elias. . . I was awakened sharply by a nervous sensation-that night mare feeling of peril that becomes an instinct with frontiersmen accustomed to sleep in danger. The bag was close around my head and I could see nothing; but I felt cold. I had an impression that the fire had become low; then I heard a faint underground rumble, and I unfastened the flap of the bag and looked out.

The fire had burned very low, and

had sunk almost out of sight in a hollow of its own making. The heat had laid bare a portion of the neighboring rock wall, and for the first time I observed what appeared to be the upper end of a large crack, or crevice, in the rock. It seemed about three feet wide and the lower part was still concealed by the snow, and from this opening came again the deadened rumble I had

Vague ideas of an earthquake entered my drowsy mind, but I had no time given me for speculation. A huge dark mass seemed to project it-self from the cave. There was a snarl, a powerful wild-beast odor, and the faint light gave me a horrible glimpse of cavernous jaws, gleaming tusks, and a wrinkled, hairy face, about three

feet from my own.
With a startled shout, I executed a wild roll and somersault backward, sleeping bag and all, into the deep snow behind me. I went completely out of sight, I suppose, into the fluffy drifts, and continued to wallow, panic-

conscious that I was not pursued, and paused to look cautiously back. My visitant still stood in the camp, gazing fixedly in my direction. But what was it? In the twilight it loomed as big as an ox-a long, thin flanked, tailless body, with almost the shape of a panther and the attitude of a bear I could not clearly make out its color which was probably a dark gray or

Up to this moment I had not thought of the mysterious beast of the Indians, but at sight of this gigantic unknown creature I recalled the savage stories with a thrill of superstitious Its appearance had been so sudden that my nerves were badly shaken. I endeavored to collect myself, and lay breathing heavily, with my eyes fixed upon the strange animal, that stood still, swinging its head with a sinuous and yet bear-like movement.

I was so involved in the drifts that I suppose I was almost invisible, and after a few curious snorts the beast turned away and walked slowly around my camp. In this promenade it came upon something which it investigated with loud sniffs, and which I afterward ascertained to have been the flour sack.
In a moment more I heard the strong cloth go rrrp. Next it lighted upon the sugar bag, and I immediately heard a piggish sound of feeding.

The action of the beast affected me with an amazing sense of relief; it was so very natural, so very bearish. The gloom and impressiveness of the surroundings, and the dramatic effect and mystery of the animal's appear-

But my fire was in the possession of the adversary, and so were my matches, and, worst of all, my rifle. In spite of my numerous wrappings, I began to shiver, partly with cold and partly with excitement, as I tried to think of some plan for circumventing the beast, which was still guzzling its

-or rather our - sweets.

If I could only get the brute away from the camp long enough for me to get my Winchester and put on my snowshoes, I would have it at a disadvantage in the deep snow. But at present I had little doubt that it could would return to its cave. I did not wish it to do this, in fact, for I became

would return to its cave. I did not wish it to do this, in fact, for I became determined to solve the mys.ery while I had the opportunity, since I had no doubt that this creature was the Indian's legendary terror.

Several minutes passed which I considered the situation and grew numb. Finally I disengaged myself from sleeping bag and blankets, and waded up close to the edge of the trampled camp space. The animal ceased its teaching the sacredness of the life givcamp space. The animal ceased its operations at my approach, and bristled up, standing tensely on guard and snarling victously. In desperate resolution, I packed a large snowball as well as I could from the dry snow, and the private private resolution. and threw it at the animal. The snow hit the animal on the ear.

With a savage roar it rushed at me.
The moment it left the camp it plunged over its back, and I floundered aside from its charge. In the instant thus gained I struggled into the camp, and had time to seize the gun and draw it from its backskin cover before the beast turned. The plunge into the light snow seemed to bewilder it for a made at me, coming through the drifts like a snow plow; and as it came I shot full at its breast.

shot full at its breast.

There was a long streak of dazzling flame, and a crashing report that mingled with a coughing roar.

Through the smoke I hazlly perceived be first in it. There is room at the top the brute still plunging toward me, blood streaming down its chest and shoulders, and its little wicked eyes thrifty. They can save and yet not be fairly blazing in the gloom. I fired again as it came on, and leaped aside to avoid the rush. It went blindly "Warn them not to make mistakes, past me for a few feet, and then drop-

It lay quite still for a few moments, a range of ten feet I fired again, aiming at a fatal spot at the base of the ear; but my hand shook as I pulled.

The shot acted like magic. At the report, the animal sprang bodily into the air, horrible with extended claws and wide, gory jaws. Blood and snow flew in every direction. Without knowing how it happened, I found myself plunging into the snow again with huge strides, frantically wrenching at the level of my rifle, which had for a moment jammed. But when I looked back the foe had not followed. It had started, as if dazed, in the opposite direction, and was plowing through the snow, leaving a trail as if a team of horses had passed.

I hastened to put on my snowshoes and follow; but in the few moments thus lost the beast gained several rods, and was already out of sight in the gloom. I had some idea of what was going to happen, and shuffled over the snow at a run. When I had the ani-After several moments of frenzied endeavor to efface myself, I became conscious that I was not nursed.

After several moments of frenzied endeavor to efface myself, I became other instant over it went. I heard a conscious that I was not nursed. projecting crag, and then there was silence. I might listen long before I would hear the sound of its fall from the bottom of that deep abyss.

The mystery had eluded me to the last.

IMITATION OF CHRIST.

Of the Fervent Amendment of Our A religious man, who exerciseth himself seriously and devoutly in the

most holy life and passion of our Lord, will find there abundantly all things profitable and necessary for him; nor need he seek any better model than that of Jesus. Oh, if our crucified Jesus did but

come into our heart, how quickly and sufficiently learned should we be! A fervent religious man beareth and aketh all things well that are com-

manded him. A negligent and luke warm religious man hath trouble upon trouble, and on every side suffereth anguish; because he hath no comfort within, and is hindered from seeking any without. A religious man, who lives not in discipline, lieth open to dreadful ruin He who seeketh to be more loose and

remiss will always be uneasy, for one thing or other will displease him. How do so many other religious do, who live under strict monastic discip.

They seldom go abroad, they live very retired, their diet is very poor, their habit coarse, they labour much, they speak little, they watch long, they rise early, they spend much time in prayer, they read often, and keep themselves in all kinds of discipline.

## CHATS WITH YOUNG MEN. organs it draws away the excess of

An old man, whose hair is gray and whose days are numbered, was asked yesterday to give the young men who read this department the benefit of some of his experience of life. He

with foul disease, or struck with in-sanity, or sent to early graves, through incontience! They need the fear of God and grit, to fly from the occasions

eaching the sacredness of the life giving power and the fearful vengeance that God takes on those who malicious-ly abuse that function, should be prepared by some sane father and be put in the hands of all adolescents.

"Moreover, young men should be trained to think of matrimony as a sacrament. Some make sport of marriage and talk obscenely of those who enter upon it. I would have them think of it as honorable, as participating in the fatherhood of God.

"Let them respect women for their

own mother's sake.
"They should look forward to their own marriage from the time that they ond. It wheeled, however, and have passed the age of puberty, and de at me, coming through the drifts take the means to keep themselves pure, and make themselves worthy of

everywhere.

"In the third place, bid them be

not to do anything that will, if known, ped, bleeding profusely, upon the injure their reputation, because they snow.

don't know when it will come back at them, and they should be so that they and I approached the possible corpse can aspire to anything honorable with with considerable circumspection. At out fear of any skeleton coming out to haunt them.

"Lastly, tell them never to lose sight of the fact that they must die. best success must be such as they can take with them—a noble soul, a kind heart, a pure body, and a long list of good deeds. There's riches for you that will last. There's success that is eternal."—Catholic Columbian.

To Improve a Bad Memory.

You can cultivate your memory just as you can cultivate your muscle, and it will improve steadily up to a certain point. The science of mnemonics, as it is called, has recently been studied anew in Europe, where some surpris-ing results have been achieved in the experiments that were tried.

It has been found for instance, that a man who had a poor memory from youth was enabled to so strengthen his mind by assiduous cultivation that he could, without the slightest apparent trouble, recall minute facts giving

A French scientist, however, has pointed out that this is done at the exand that the whole of the man's mental energy had been diverted to a single channel. He was so busy remember ing dates and names in history that he

forgot his dinner.

It has also been claimed that a memory for minute facts is cultivated at the expense of the judgment, and that a due sense of proportion of large events rarely accompanies the recollection of

names and dates.

Here are four fundamental facts to e borne in mind by those who would improve a bad memory :

That our remembrance of anything depends principally on the force, duration or iteration of attention we devote to it.

2 That the habit of attention decreases with acts of attention.

3 That ideas are recalled by ideas

which, by likeness, contrast or other-wise, are adapted to suggest them. 4. That the faculty of remembering is strengthened by efforts of remember-

Some men have a remarkable memory for names. Others can readily re-call dates or numbers. There are others who can neither recall names or

dates, but who never forget a face. The Best Stimulant.

Mr. Roberts, the expert physical trainer, says: "I have coaxed many a man who looked half-dead-and-alive as he stood around with his store-clothes on wondering whether he had better get into his gymnasinm suit or go home, to take off his clothes and tense cold. I cannot even attempt to convey to a southerner how cold it was. The air seemed fairly to crackle with the frost. The wind had gone down; so had the moon; and the silence in that ghastly desert was like death itself, and death I knew it would be if I remained long motionless in that temperature without a fire.

\*\*Tree in seemed fairly to crackle with the frost. The wind had gone down; so had the moon; and the silence in that ghastly desert was like death itself, and death I knew it would be if I remained long motionless in that temperature without a fire.

\*\*Tree in seemed fairly to crackle with the frost. The wind had gone down; so had the moon; and the silence in the body into play, therefore all nevous headache had left him. There is no one occupation that calls all parts of the body into play, therefore all nevous headache had left him. There is no one occupation that calls all parts of the body into play, therefore all nevous headache had left him. There is no one occupation that calls all parts of the body into play, therefore all nevous headache had left him. There is no one occupation that calls all parts of the body into play, therefore all nevous headache had left him. There is no one occupation that the body building work to symmetrically develop those parts of the body that the day's work has failed to reach. We use some parts too little in the body that the day's work has failed to reach. We use some parts too little in the body that the day's work has failed to reach. We use some parts too little in the body that the full never all the firm of the body into play, therefore all never beautiful to convey to a southerner how cold it was.

It would to cherish their friendship as some that the full one countries in the back of the head had gone and that his is no one occupation that the body into play, therefore all the body into play the body into play the body into play the body into play

blood that is crowding the brain or some other portion of the body and this rest to these parts, by a change of ac-tion to other unused regions of the body, rests the over-used organs; strengthens the ones used; and the re-

sult is re-invigoration to the whole physical, mental and spiritual man. I have known many a man who has worked hard, physically, all day to have been benefited by taking an hour's active class exercise and a little special work to correct weak or de-formed parts of the body. Every oc-cupation tends to over-work and de-form the most used portions of the body. move with much more facility than I could. Thus I felt a natural reluctance to attract its attention, and at the same time I had no idea that it would return to its cave. I did not would return to its cave. I d ercise. Then rest in a supine position is what you need. But one who works so hard as that, will live only about half his life out. Live too fast and die too soon is as bad as to live too easy and die too soon. Often over-eating and too little sleep may take all the life and snap out of you, or living in too hot or ill ventilated rooms. Or the use of tobacco or strong tea or coffee or dressing too tightly or over using the mental or spiritual nature, or some other thing, right enough when used temperately, but wrong when overdone, has devitalized you so that even the thought of taking off your clothes makes you feel tired, or even in the days that are past you have over-done in your gymnasium exercise and so have worked yourself stale.

upon how much you take. A little more exercise than a little, for you, is all you need to keep you feeling as frisky as a colt all the time; if you do too much it will act as a destroyer and not as a savior. Don't let a day pass over your head till you have exercised, not abused, every part of your body over which your brain has control, and if you don't feel like exercising find out where the screw is loose before it is too late and the casket of your body falls all to pieces and lets out the imprisoned soul before the nat-ural time (somewhere about one hundred years of age one should pass pain-lessly out of this world). Daily hygienic exercise is the safest stimu lant in the world to wake up the powers of body, mind and soul. Use it every day of your life.

The Glass Case Young Man.

Some time, every young man must go out and gather experience for himself. It is well, then, to consider those things most likely to help him in hours of trial. First of all is religion. If he has that, why, let the world shoot its arrows at his soul from dawn till dusk; he will lie down unscathed. God will belp him in every sorrow and struggle and temptation, because his heart will always turn to God and his torture and agony and come forth un-harmed. He will return, moreover, bearing the shield of right wisdom wrested from experience; and possession of it will greatly help him in com-ing hours of conflict. Therefore my faith is strong that if a Catholic young man be truly Catholic we need not fear for his future. He will not need the counsel of men; consciously he will have the counsel of Christ, speaking through the voice of the Church. Bacause his heart is Catholic he will hear that voice and heed; and that voice is Medicine Co., Brockville, Ont.

Most to religion as a safeguard in hours of peril, I would place proper association. Many a man has been made or marred by the company kept by him in youth. It is true there are natures so strong they remain unaffected in the presence of every danger—natures.

Keep Yourself Strong
And you will ward off colds, pneumonia, fevers and other diseases. You need to have pure, rich blood and good digestion. Hood's Sarsaparilla makes the blood rich and pure and the balance on call of the Directors, subject to twenty days' written the whole system. You will keep you strong and well.

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PROFESSIONAL. tures, indeed, so noble that they uplift those about them instead of sinking to their level. But such natures are rare. In a varied experience I have met, perhaps, a half dozen young men gift ed with a singularly magnetic power. able, either consciously or unconscious ly, to kindle a flame of loftiest purpose whitest hope, intensest truth in soul, however sinful or wretched, that touched theirs. They were character builders - warm hearted, generous cheerful-and God's grace was with them. Such young men, it may be, have nothing to fear from association with baser natures; yet, for the vast mass of young people I am sure it is

est to keep far removed from dangerous associates. Personally, I think every young man is greatly helped — uplifted morally and anchored spiritually—who spends his evenings in the company of pure, Catholic young women. I do not beleve in a forward voung man : neither do I very greatly trust the young man who avoids the society of upright young women, on any pretence. I every young man who has won honor-able distinction in any walk of life, must admit that good women have lifted him all the way up. wife, it may be a mother, it may be one who is neither ; yet it is a woman who consoles, re-shapes, uplifts, urges forward in nearly every crisis in man's ife. Because this is so I would advise every young man not in Holy Ocder,

over used parts and think we are tired better, moreover, for him. I have all over. By working the unused known thousands of young men, of

course; yet I have never known a young man, who was kept in a glass case and lectured and warned, and continually "bewared," until thirty or thereabout, that ever amounted to much, or had much practical wisdom, After Church and parents and school acter. I believe God must be trusted to protect those who go out to battle.— Charles J. O'Maliey, in (Young Men's Dept.) Catholic Celumbian.

NOSTALGIA.

BY RICHARD BURTON.

All through their lives men build or dream them homes, Longing for peace and quiet and household love; All through their lives—though offering heca-

tombs
To worldly pleasures and the shows thereof.

And at the last, life sick, with still the same Unconquerable desire within their breast, They yearn for Heaven, and murmur its dear Deeming it, more than mortal homes are

A GIRL'S PERIL.

A Brief Story of Interest to all Young

PALLOR, HEADACHES DIZZINESS AND A FELLING OF CONSTANT LANGUOR OVERCOME - HOPE FOR CIMILAR SUF

There are thousands of young girls

health, if not life itself, to the timely use of Dr. William's Pink Pills for Pal People. Among these is Miss Maud Patterson, whose home is in the vicinity of Strathroy, Ont. To a reporter who interviewed her Miss Patterson said: "Several years ago I began to suffer from headaches, was easily tired out, and could see that my health was not what it had been, At first I did not think there was anything serious the matter, and thought the trouble would pass away. In this, however, I was mistaken, for as time went on l became weaker. The headaches at-tacked me more frequently, my appe tite failed. If I stooped I would grow so dizzy that I would almost fall over. I became very pale, and always felt tired and worn out. I was advised to try Dr. Williams' Pink Pills, and I have reason to rejoice that I followed the advice, and as I continued their use, it seemed as though day by day they were imparting new life to me. My appetite improved, the headaches disappeared, the pallor left my face the dizziness that bothered me so much also disappeared, and I felt altogether like a different person. I feel that I owe my renewed health entirely to Dr. Williams' Pink Pills, and as I know that there are many girls who suffer as I did I would urge them to lose no

time in giving this medicine a fair trial." The case of Miss Patterson certainly soul remain faithful. Like Galahad carries with it a lesson to others who the Pure, he will ride down the lists of torture and agony and come forth un subject to headaches, or the other distressing symptoms that mark the onward progress of anaemia. In cases of this kind Dr. Williams' Pink Pills will give more certain and speedy results than any other medicine. They act promptly and directly, making new, rich red blood, and strengthen the nerves, and correct all the irregularities incident to this critical period

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it a favorite with ladies and children.

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fier.

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