Y 16 1903.



MAY 16, 1903

the result.

ternal calm !

CHATS WITH YOUNG MEN.

Begin every day with a programme and determine that, let what will come, your will carry it out as closely as pos-sible. Follow this up persistently, day

after day, nnd you will be surprised at

does not mister misfortunes come to shines, or what misfortunes come to those possessing these blessings, for they are always sweet, serene, and

That exquisite poise of character which

That exquisite poise of character which we call serenity is the last lesson of culture; it is the flowering of life, the fruitage of the soul. It is as precious as wisdom, more to be desired than gold,—yea, than even fine gold. How contemptible mere money-wealth looks in comparison with a screne life,—a life which dwells in the ocean of truth, beneath the wayes ha

ocean of truth, beneath the waves, be-

yond the reach of tempests, in the

eternal calm : How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who

and beautiful by explosive tempers, who destroy their poise of character by bad blood! In fact, it it a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people

we meet in life who are well-balanced,

Who are Catholics ?

prescribes is impractical and illogical,

The Value of Friendship.

and his faith alone will not save

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The one cent unless you do see the results. You are to be the indices, we know that when vitre Ore has put you on the road to a cure you will be more than willing to pay. We are willing to take the risk.
What Vitac=Ore Is. ORE-mined from the ground like gold and silver in the neighborhoad of a once powerful but cow extinct mineral epring. It requires twenty years for oxidization by exposure to the air, when it slacks down like lime and is then of medicinal value. It contains free iron, free sulbut and free magements of the distribution of the air to be most powerful but cow extinct mineral epring. It requires twenty years for oxidization by exposure to the air, when it slacks down like lime and is then of medicinal value. It contains free iron, free sulbut and free magement are most essential for the retention of health in the human system, and one pack-age-one ounce-cf the ORE, when mixed with a quart of water, will equal in medicinal strength and crative sage-one ounce-cf the ORE, when mixed with a quart of water, will equal in medicinal strength and crative sage-one ounce-cf the ORE, when mixed with a quart of water, will equal in medicinal strength and crative sage-one ounce-cf the ORE, when mixed with a quart of water, will equal in medicinal strength and crative sage-one ounce-cf the ORE, when mixed with a quart of water, will equal in medicinal strength and crative sage-one ounce-cf the oRE. We are allowed and they free the century for curing such diseases as a which there is nothing sided or taken from. It is the marvel of the century for curing such diseases as a constant free and allowed and the strength and a strength and cars the side as no one, answering this, writing for a package, will den after using MEDICAL LaGrippe, Malarial Fever, Nervous Prostration and General Debility, as thousands ean testify, and as no one, answering this, writing for a package, will den after using mineral springs. The substance, the odwest and beast, the newest and learned, acknowledge this to be a fact when

continue to suffer, as the waters deteriorate rapidly, and when transported fail to procure the desired results. A letter to the Theo. Noel Company, Toronto, will bring a healing mineral spring to your door, to your own house, your chamber-will bring to you VIT #0 OIE, a mineral spring condeneed and concentrated, a natural God-made remedy for the relief and cure of the ills with which man is shlicted Why continue to suffer when this natural curing and healing Ore. Nature's remedy, can be had for the atking, when the poor as well as the ruch can have the becefit of healing springs. This offer will challenge attention and consideration and afterwards the graiitude of every living person who desires better health, or who suffers pains, ills and diseases which have defied the medical world and grown worse with age. We care not for your skeptic-ism, but ask only your investigation, and at our expense, regardless of what ills you have by sending to us for a package. In answer to this, ism, but ask only your investigation, and at our expense, regardless of what ills you have by sending to us for a package. In answer to this,

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A Mineral Spring at Your Door.

who have that exquisite poise which is characteristic of the finished characaround long curves, turn aside from every obstruction, no matter how trif-ing, and always follow the line of least THE LITTLE MAID OF ISRAEL. The Church suffers not a little in the estimation of many good people for the

resistance. In our day, however, railroads enlack of a little discrimination between gineers, in laying a track, follow as direct a route as possible. They go through hills, tunnel mountains, and those who are and those who are not Catholics. Who are Catholics is by no

Catholics. Who are Catholics is the catholics is through hills, tunned is a superfluous question. There are many so-called Catholics who have are many so-called Catholics who have are many so-called Catholic who have are many so-called Catholic is the source of the straight line is the shortest distance of straight line is the shortest distance of the second straight line is the second straig In other words, is a practical Catholic, he cannot be said to be leading a Cath-olic life, and therefore has no title to the name Catholic. Faith alone is not sufficient; faith without works is a Protestant, not a Catholic doctrine. A man who believes in the Church and prescribes is impractical and ilbodial

difficulties, but the time saved to its passengers and the risks avoided by following the safest and most direct route more than tables its most direct

nor does it entitle him to Catholie communion. He is cut off from the life of the Church and is not to be acroute more than trebles its profits. So, it costs a young man more in energy and perseverance to span abysses of ignorance, to force his way counted a Catholic. Many a recreant to his Catholic duties enjoys the name of Catholic, and his misdeeds are imabysses of ignorance, to force his way through mountains of difficulty in order to attain a sound education and special training for his work; it takes more effort and self-denial to build a straight, of Catholic, and his misdeeds are har mediately placed to the account of the Church. "This is your Catholic !" is sneeringly remarked by infidel and Protestant. But the fact is that that man Octobelic near does he in any effort and self-denial to build a straight, well-made road through the hilly, rock-strewn country of Life, than to make a long, winding, uneven road by avoiding the hills and rocks of opposition; but, like the engineer, you will find your-self more than trebly repaid for your trouble in foreing your way through all not a Catholis, nor does he in any sense represent Catholicity. He is no more Catholic than the sneerer him-self. It is unfair and unjust to the Church to class such a man as Cath-olic, and then attribute his failings to trouble in forcing your way through all obstacles to your goal. A straight road for one's career faith which he never practices .--

means honesty, the respect of those who have any dealings with you, the confidence of your bank, good credit, a high standing in your bank, good credit, a The Value of Friendship. It would be interesting to trace the in-fluence of friendship in the careers of the successful men of this country. Many of them owed their success almost entirely to strong friendships. "Men are bound together by a great credit system," says a writer, "the foundation of which is mutual respect and esteem. No man can fight the battle for commercial success single-handed against the world; he must have friends. helpers, supporters, confidence of your bank, good creat, a high standing in your community, in-fluence, individual power, enlarged opportunities for doing good, and, crowning good of all, it means self-approval.—Success.

A PATHETIC INCIDENT IN MIN-ING LIFE.

Rev. J. J Curran in May Donohoe's.

Since the re-opening of the mines more than one hundred men have lost their lives in those hideous and un-wholesome caverns. Four members of Aside from the importance of friends as developers of character, they are con-tinually aiding us in worldly affairs. They introduce us to men and women my own congregation have thus perished and left behind them several orphan



BY EMMA HOWARD WIGHT. CHAPTER IX.

was summoned to the presence of Naa-man. Claudia, her beautiful face all aglow with happiness, stood by her husband's side." "Maiden," said Naaman, "Elisha, When fourteen days had passed since his departure for Samaria, the caravan of Naaman again entered the gates of Damascus The little maid, learning of this,

The little maid, learning of this, made haste to seek her mistress. "Dear mistress," she said, "the caravan of my lord has entered the eity and proceedeth to the palace of Benhadad, the king." Claudia turned very white. "And—and what other tidings dost thou bring?" she faltered. "Speak, child; keep menot in suspense." "I bring no further tidings, my mistress," answered the little maid. Claudia saak upon a couch, tremblknown to me, has healed me of my lep-

Claudia sank upon a couch, trembland faint. Leah knelt beside her and kissed her hands. "Why dost thou tremble and grow

pale, dear mistress," she asked. "I did come to thee at once with the tidings of my lord's return, thinking that thou wouldst rejoice and be happy

" If I knew that he were healed then

"If I knew that he were healed then indeed would I rejoice," said Claudia. "But if he be not healed my heart will be filled with sadness and sad indeed our meeting." "Be at peace, my lady," said the little maid, earnestly. "My lord has returned healed of his leprosy." "Thou hast indeed great faith, ehild," said Claudia, with a faint smile. "But only when I hear from the lips of my husband that he is healed will I believe. But, come and array mo, for whether Naaman return in sorrow or gladness I will do him honor." him honor

The little maid hastened to put a rich silken robe upon her mistress, binding back her golden hair with a

circlet of glittering gems. "Come," then said Claudia, " thou shalt await with me the coming of Naaman.

Upon entering Damascus, Naaman had at once sought the palace of the The latter received him most gra-

iously, saying : "What fortune did attend thy journey into the land of Israel, my good Naaman?" "My lord, I return healed of my lep-

rosy," replied Naaman. "Thou cometh indeed with wonder-ful tidings," exclaimed the king.

wished that my parents were not forced to labor so hard."

to labor so hard." "Thy parents shall labor no more," said Naaman, quietly. "What meaneth thou, my lord?" murmured the little maid, bewil-

deredly. "Listen to me, maiden," continuea Naaman. "I did carry with me to Samaria ten talents of silver, six thou-sand pieces of gold and ten changes of raiment with which to reward of raiment with which to reward Susha should he heal me of my lep-Stisha should he heal me of my lep-

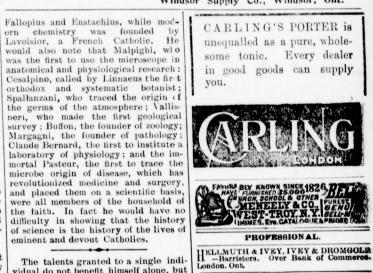
"And Elisha did refuse to accept the treasure which thou didst carry with thee to Samaria," she said. "Yes," replied Naaman, "but the treasure which Elisha did refuse shall them, everyone suffers or benefits by his actions. Genius is a lighthouse



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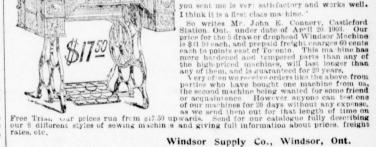
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"My lord, my heart is indeed glad "Any lora, my heart is indeed glad that thou hast returned healed of thy leprosy," said the little maid. "And thou, maiden, shall be re-warded," continued Naaman. "Ask of me what thou wilt and it shall be

THE

RIGHT

TO

SUPPRISE

granted unto thee. The little maid fell upon her knees at his feet. "O, my lord," she cried, "I would return to those who love me and sor-row for me in the dear land of Israel.

freedom.

and lifted her to her feet.

"It grieves me to part from thee, little one," she said. "But I shall be glad that thou art happy with those whom thou dost love."

" I shall never forget thee nor cease to love thee," murmured Leah. " Maiden, hast thou no further de-

"Maiden, hast thou no further de-sire?" asked Naaman. "What more could I desire, my lord, since thou hath given me my freedom?" replied the little maid. "Thou art poor," said Naaman. "Hast thou never craved riches?" "Not for myself, my lord," an-swered Leah. "But I have often wiched that my arents were not forced

rosy." Leah smiled. "And Elisha did refuse to accept

The talents granted to a single indi vidual do not benefit himself alone, but are gifts to the world; every one shares

crave of thee but one thing, my lord -freedom." "It is granted thee," said Naaman. 'Thou art no more a slave." The little maid caught his hand and overed it with kisses. Claudia stooped

whose great powers thou didst make

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who are in positions to advance our interests. They help us in society opening to us cultured circles which, without their influence, would remain closes to us. They unconsciously ad vertise our business or profession by tell-ing people what they know about our latest book, our skill in surgery or medilatest book, our skill in surgery or meat-cine, our success in recent law cases, our "clever" invention, or the rapid growth of our business. In other words, real friends are constantly giving us a boost " and are helping us to get on

"What is the secret of your life ?" asked Elizabeth Barrett Browning of Charles Kingslev. "Tell me, that I may make mine beautiful, too." He an-swered : "I had a friend."

Optimism as to the Outlook. lives in peace and prosperity in the service of God and country. This said, he reached his hand into his trousers The Republic, believing intemper-ance to be on the wane, gives instances as follows : "It is no less than a genpocket and drew forth his prayer beads and began the recitation of the rosary. Prostrate on the cold floor of the cham-ber of death, he breathed out his soul to God, amid the tears of his stout-hearted comrades who on bended knees prayed for the eternal repose of the de-parted miner. Father O'Byrne, the assistant priest, arrived too late to ad-minister the sacraments. But happily, Edward Loftus had received Holy Com-munion that very morning at the 5 pocket and drew forth his prayer beads eral complaint from the saloon-keepers that what may be called the 'social drink ' has with so many men become a thing of the past that the sales are ser-iously on the decline. 'Business is bad,' they say. The old toper is oc-casionally heard to say that everybody casionally heard to say that everybody is too busy nowadays to stop for 'a course of hours ' at a tavern, and, in-deed, if he wants a cocktail he must drink it alone or go without. The Catholic clergy never were so earnest or persistent in their appeals on behalf of temperance as now, and they seem to be getting a strong hold on most of the young men. Some Catholic organiza-tions discountenance drinking in their members, while the young women are openly hostile to their men acquaint-ances who indulge. The intense busimunion that very morning at the 5 o'clock Mass in the Church of the Most Holy Saviour, where the devotions of the Forty Hours were in progress. May he rest in peace !

openly hostile to their men acquainter ances who indulge. The intense busi-ness competition has made it necessary for every contestant to have all his wits about him. Thus, on many grounds, the generation now coming into man-hood are led to eschew what might otherwise he their worst enemy, as it is otherwise be their worst enemy, as it is many a man's.—Sacred Heart Review. Take the Straight |Road to Your Goal In the early days of railroading, in laying a track through hilly or moun-

laying a track through hilly or moun-tainous regions, engineers went around most of the hills and curves, followed the valleys, and often turned aside from even slight obstructions. Many young men, in laying the tracks of their careers, follow the methods of early railroad construction. They avoid every hill of difficulty, go

children to struggle helplessly with the world. An incident accompanying the death of one of these men is worthy of Marvelous is the power of this magi ian of the court of Jehoram. What cian sayeth thy wife, the beautiful Claudia great rejoicing must indeed be hers.

world. An infection mean is worthy of death of one of these men is worthy of mention, as its uncommon pathos may edify the sympathizing readers of this paper. Edward Loftus, a skilled miner, and a splendid specimen of middle-aged manhood, was caught by a belt of rock recently, in the old Black Diamond mine, and crushed to the earth without a moment's warning. His comrades hastening to the rescue succeeded in extricating the bruised form of the dy-ing man. Still retaining consciousness, Mr. Loftus dictated a last, pathetic farewell, sending word to his wife and little one at home that, though dying, he was happy, and wished them long lives in peace and prosperity in the " She as yet knows not that I have returned from Samaria," answered Naaman. "I did first seek the presence of my king to made known to him the wonders that have been done

unto me." " " Ah," murmured Benhadad " thou people in darkness and ignorance, in art ever faithful to thy country and thy king." over and over in non-Catholic litera-ture. It has been refuted hundreds of

The proud eyes of the Syrian wa-vered and fell under the king's kind gaze.

"Ah," he was thinking, " the king "Ah, ne was thinking, "the king knows not that I have forsaken the god of my country for Jehovah Who ruleth over all the earth." "I will detain thee no longer at pre-sent," said Benhadad. "Make haste

sent," said Benhadad. " Make haste to the presence of thy wife with thy tidings of joy. Meanwhile the news shall go abroad over all the land that shall go abroad over all the land that Naaman has returned from Samaria healed of his leprosy that all Syria may rejoice and offer sacrafice to Rim-mon. Say to thy wife that Benhadad reloices with her that Naaman has returned healed."

it would be an easy task to show the ab-surdity of the charge. Beginning with astronomy, he could point out that it owed its basis as a science to Copernicus, a Polish priest, and to Galileo, the story of whose per-secution is a fable, as he was granted a pension by Pope Urban VIII. to pro-secute his studies. These two geniuses proved the sun was the center of the solar system, that the sun rotated on Naaman bent his head to kiss the hand of the king and then left the palace. As the chariot passed through the streets of Damascus shouts of

leal facts. Their work was carried on by the Jesuits, the Benedictines and the Augustinians. These religious orders were the first to found observatories in a study of the the streets of Damascus Shows of every side; Benhadad had already sent forth the tidings of the healing of Naaman. Claudia, awaiting the coming of her husand, heard the shouts and cries and

be rest in peace!
A CURE FOR COSTIVENESS. — Costiveness to portor their duites regularly from control the exceedery organs to be proven their duites regularly from control the proventies. The section interredients prepared to best to the proventies to power in this respect.
TATURES STORENOUSE THERE ARE CONSTRATON.
Dicting were head upon every side; Benhadad had already sent forth the tidings of the healing of Naaman.
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Disting were head upon every side; Benhadad had already sent forth the tidings of the healing of Naaman.
Disting were head upon every side; Benhadad had already sent forth the tidings of the healing of Naaman.
What means those cries?" she is seled of the little maid.
"My lord passes through the streets of Damascus and the people rejoices in the be healed will be of the instruments incert, this meld by some that Nature for every disease which ner remedies to reprovides are used for every disease which nerver the section to may be, it is well known that all disordered of the discust or the joyous cries; Naaman had Naaman stood upon the threshold of the instruments now used in electro-magnetism, while the names of Cauchy. Passeal and Naaman stood upon the threshold of the grates.
A few moments more and the erol of the grates are found among other great Naaman tood upon the threshold of the masse of Cauchy. Passeal and Naaman stood upon the threshold of the masse

be thine.' TO BE CONTINUED.

LEADERS IN SCIENCE.

order that she may exercise greater power over them, is a charge repeated

times, but the prejudice is not yet dead. Hollow heads, who have never taken the trouble to study the history

of science, have decreed that thus it be, and a thoughtless multitude accepts their verdict as final. But for an im-

partial student of the history or science

it would be an easy task to show the ab-

solar system, that the sun rotated on

its own axis, and many other astronom-

ical facts.

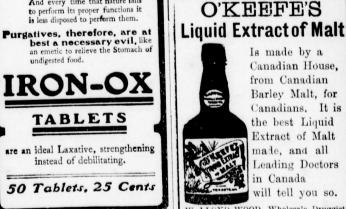
who bears it is but the rock upon which the lighthouse is built.— Emile Souvestre



between Laxatives and Purgatives cannot be too clearly understood. The former are GENTLE, the latter VIOLENT. A LAXA-TIVE assists the organs; a PUR-GATIVE takes the work out of nature's hands. And every time that nature fails to perform its proper functions it is less disposed to perform them.

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