

CHATS WITH YOUNG MEN.

Begin every day with a programme and determine that, let what will come, you will carry it out as closely as possible. Follow this up persistently, day after day, and you will be surprised at the result.

Tranquility.

Who does not love a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what misfortunes come to those possessing these blessings, for they are always sweet, serene, and calm.

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,—yes, than even fine gold. How contemptible mere money-wealth looks in comparison with a serene life,—a life which dwells in the ocean of truth, beneath the waves, beyond 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 destroy their poise of character by bad blood! In fact, it is 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 have that exquisite poise which is characteristic of the finished character!

Who are Catholics?

The Church suffers not a little in the estimation of many good people for the lack of a little discrimination between those who are and those who are not Catholics. Who are Catholics is by no means a superfluous question. There are many so-called Catholics who have no real claim to the name. No one is entitled to the name Catholic unless he is a living organism, and the Church is a living organism, and she bestows Catholic life upon those only who are in communion with her, and the means of conveying this life is the Sacraments. These are the only channels of her life, which is grace. Unless, then, a man frequent the Sacraments, in other words, is a practical Catholic, he cannot be said to be leading a Catholic 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 illogical, and his faith alone will not save him nor does it entitle him to Catholic communion. He is cut off from the life of the Church and is not to be accounted a Catholic. Many a recreant to his Catholic duties enjoys the name of Catholic, and his misdeeds are immediately 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 is not a Catholic, nor does he in any sense represent Catholicity. He is no more Catholic than the sneerer himself. It is unfair and unjust to the Church to class such a man as Catholic, and then attribute his failings to the faith which he never practices.—Catholic Columbian.

The Value of Friendship.

It would be interesting to trace the influence 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, or he will fail."

Aside from the importance of friends as developers of character, they are continually aiding us in worldly affairs. They introduce us to men and women who are in positions to advance our interests. They help us in society by opening to us cultured circles which, without their influence, would remain closed to us. They unconsciously advertise our business or profession by telling people what they know about our latest book, our skill in surgery or medicine, 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 in the world.

What is the secret of your life?

asked Elizabeth Barrett Browning of Charles Kingsley. "Tell me, that I may make mine beautiful, too," he answered: "I had a friend."

Optimism as to the Outlook.

The Republic, believing intemperance to be on the wane, gives instant assistance to 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 seriously on the decline. "Business is bad," they say. The old toper is occasionally heard to say that everybody is too busy nowadays to stop for a course of hours' at a tavern, and, indeed, 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 organizations discontinue drinking in their members, while the young women are openly hostile to their men acquaintances who indulge. The intense business competition has made it all his wits for every contestant to have all his wits about him. Thus, the generation now coming into manhood are led to eschew what might 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 railroad building, in laying a track through hilly or mountainous 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

You Are to Be the Judge!



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Address THEO. NOEL, Geologist, Dept. A. D., 101 York-st., Toronto, Ont.

A Mineral Spring at Your Door.

OUR BOYS AND GIRLS. THE LITTLE MAID OF ISRAEL.

CHAPTER IX.

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, made haste to seek her mistress. "Dear mistress," she said, "the caravan of my lord has entered the city and proceeded to the palace of Benhadad, the king." Claudia turned very white. "And—what other tidings dost thou bring?" she faltered. "Speak, child; keep me not in suspense." "I bring no further tidings, my mistress," answered the little maid. Claudia sank on a couch, trembling and 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 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."

"That thou hast indeed great faith, child," 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 see me, for whether Naaman return in sorrow or gladness I will do 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 king. The latter received him most graciously, saying: "What fortune did attend thy journey into the land of Israel, my good Naaman?"

"My lord, I return healed of my leprosy," replied Naaman. "Thou comest indeed with wonderful tidings," exclaimed the king. "Marvelous is the power of this magician of the court of Jehoram. What sayeth thy wife, the beautiful Claudia? great rejoicing must indeed be hers."

"She as yet knows not that I have returned from Samaria," answered Naaman. "I did first seek the presence of my king to have known to him the wonders that have been done unto me."

"Ah," murmured Benhadad, "thou art ever faithful to thy country and thy king." The proud eyes of the Syrian wavered and fell under the king's kind gaze. "Ah," he was thinking, "the king knows not that I have forsaken his land for my country for Jehovah our rulerth over all the earth."

"I will let thee no longer at present," 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 Naaman has returned from Samaria healed of his leprosy that all Syria may rejoice and offer sacrifice to Rimmon. Say to thy wife that Benhadad rejoices with her that Naaman has returned healed."

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 rejoicing were heard upon every side; Benhadad had already sent forth the tidings of the healing of Naaman. Claudia, awaiting the coming of her husband, heard the shouts and cries and turned very pale. "What are those cries?" she asked the little maid. "My lord passes through the streets of Damascus and the people rejoice that he is healed," answered Leah. "Only when I hear from the lips of my husband that he is healed will I believe," again said Claudia. These servants of the palace then took up the joyful cries; Naaman had passed through the gates. A few moments more and the embroidered draperies were put aside and Naaman stood upon the threshold of the great chamber. And as she looked into his face Claudia knew that it was with him. She moved forward and

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