JULY 28, 1906.

CHATS WITH YOUNG MEN. at the time of the Revolution,) and so UNDERWORK AS HARMFUL AS OVERWORK.

victory on many a hard-fought field. Billings is said to have been

and published almost to the last.

Precocious Mozart.

of the most important capitals

Europe-Vienna, the Hague, Paris and

was only ten years old. Mozart ful-

early years, but at the age of thirty-

five, passed away, engaged on a Requiem which he gradually learned was to be

The Cat and X-Rays

Our Tom is as fine and brave a Mal-

tese house cat as one ever had, and a fighter but the other evening he entered

into a scrap from which he has not re covered yet. It seems that Milancie, our "queen of the kitchen," had polished up her stove with new X Ray

polished up her stove with new A hay Stove Polish, which has the peculiar faculty of not burning off from a hot stove. Tom came in and discovered what he thought was another cat on his

stamping ground, but which was his own reflection in the stove. A fight

was on in an instant, and, according to Tom, the other cat was as ready as he.

The result was a sad one. Poor Tom burned his paws, upset a dish of hot

sault backward out of the kitchen, and has now transferred his domicile to the

woodshed, and no amount of coaxing can bring him back to the kitchen.

Housewives must not use X Ray Stove

Polish unless they introduce their house cat by degrees, otherwise a catas

To Children on Vacation.

Now that the books are closed and

The child that does not obey,

bedience, have been sunstruck, have

will be angels in the household and make of your homes very vestibules of heaven. Disobey them, and tears in faces that cught to smile, and perhaps crape and gloom, will be the legacy of

How To Be Lovable.

devotion to them.

your disobedience.

will

fat, and finally turned a double some

for himself.

By G. Elliot Flint, Author of "Power and Health Through Progressive Exercise."

Hitherto I have said much about work Hitherto I nave sate much about work and little about rest. But proper rest is of exceeding importance. Any ex-cess of work decreases instead of in-creasing strength. When muscles work heat is generated; they burn, among heat is generated; they burn, among the products of their combustion being carbonic and some other acids. Now these acids hinder further action, as the product of the combustion of coal

-ashes-deadens a fire. The sensa-tion we experience from this physiotion we experience from this physio-logical clogging is fatigue — Nature's warning to rest or suffer the consequ ences. If, when fatigue is felt, further action ceases, the blood impenetrating action ceases, the blood imperetrating the muscles carries away their products, fatigue then disappears and the muscles are in a condition to renew their activity. So periods of rest after

exertion are absolutely necessary. In some muscles, like those of the heart and breathing organs, the periods of rest between the rhymical efforts balance the effects of the efforts ; hence, in our normal condition, our heart and lungs never feel tired.

heart and lungs never test tired. There is every reason to believe that when fatigue is profound and too fre-quently repeated, renovation is not thorough, and there is consequently a loss of strength. More of this later Constant physical strain, even though

Constant physical statis, of the slight, says nervous force. To feel well, more energy must be formed than is expended. Now, while work, by stimulating the heart and lungs, by stimulating the same time it produces energy, at the same time it expends it; yet during work, more energy is necessarily expended than is energy is necessarily expended than is formed. Energy accumulates in the rest after work ; but only when rest is sufficient will the total energy formed exceed the total expended. When work is excessive rest cannot be sufficient

and we have a loss of energy. On the other hand, if rest is excess ive, as when one works too little, we still have a loss of energy, for in this case, although the expenditure is com-paratively slight, it is constant, and is not fully re-formed, because there is little stimulation of the sources of

Unless rest has been preceded by work, but little energy forms in

trophe is likely to occur. quiescence. To be beneficial, exercise should be stimulative and not exhaustive. Let me again explain just what I mean. An exercise is stimulative when the Now that the books are observed must the doors are opened for all the lawful joys that Nature has for youth, says the Catholic Union and Times, we would offer a word of counsel to the children. "Honer thy father and thy An exercise is stimulative when the fatigue caused by it is partial, and is at the same time exciting enough to attract much nutriment, and oxygen to the parts involved : thus will the gain arcoad the large. would offer a word to connor the father and thy mother !' No man can add to the weight of this command ; so let God's own word press on your hearts and stamp your minds. How many homes have been made desolate by disobedi-ence ! The child that does not obey, exceed the loss. All vigorous exercises are stimulative. They cannot be ex-haustive, for, being vigorous, they require in their performance fairly fresh muscles; one has to discontinue such exercise when but partially tired. such exercise when but partially dread. They are stimulative, because the blood flow to parts vigorously exerted is far greater and more prolonged than would be the blood flow to parts slightly exerted. Exhaustive exercises are those that are prolonged for many hours; and these, not being vigorous, may be continued to the point of ex-

Economy of energy, which we hear so much about, is desirable only when one performs as much work as he should, and when, therefore, any excess is injurious. Such a one may acquire the habit of resting. He should, when he can, at odd times during the day, the budy relax himself - learn to Do not rush and "take things easy." Do not rush and "take things easy." Do not rush and tear when mere habit is the only ex-cuse for it. Some persons go always cuse for it. Some persons go atways though for a doctor or to catch a train.

As to the amount of sleep required by the average man, I think that seven hours is sufficient. Some constitutions may need an hour more; some may do with an hour less. Growing youths and children require ten or twelve and children require ten of emeral hours' sleep. A fairly good general rule is to go to bed at such a time that you can get up at the necessary hour without an alarm clock. rule is to go

THE CATHOLIC RECORD.

MIXED MARBIAGES

The mixed marriage menace is, ac-cording to unanimous verdict, alarm-ingly on the increase. Mixed marriages, or the union of persons of different faith, aie now counted extremely unsafe ventures. The happiness of the contracting par-tice is extended isconardized. greatly did the colonists like his work that the strains of his inspiring tunes were heard from every pipe in the New England ranks, and led the way to interve meany a hard cought field. first to introduce the vicloncello into New England churches, a great step toward the eventual introduction of

The happiness of the state of t the organ. Ho also was probably the first to use the pitch pipe to " set the He died in Boston on Sept. 26, 1800, ment at least on essential points. His

There is nothing, in the minds of the vast majority of mankind, as essential as the things that bear upon eternity. Religion is altogether concerned with these things is probably one of the unmarked graves on Boston Common.-Boston Pilot. At three years of age Mozart would amuse himself for hours together in picking out thirds on the piano with his wonderful ear; at four years he learned minuets and before six played

these things. Cicero, in his immortal treatise on friendship, declares that there can be no friendship where there is not a per-fect accord in all things human and all things durings some of his own compositions, actually starting on a concert tour with his sister at that age. Before three years things divine. It will be admitted by all that husband and wife should at least be good friends. Bat this old Roman sage dehas elapsed he had taken by storm four

and his assertion cannot be d. that there can be no friendclares, a London. His reputation as a composer was established by the time that he ship worthy of the name where there is not absolute accord in all things divine. In alliances where there is disagree filled in maturity the promise of his

ment respecting things eternal, the heaviest burden falls upon the Catholic neaviest ourden tails upon the Catholic party. His point of view is altogether different. His creed forces him to the position that the Catholic religion is the only true religion. Non-Catholics admit that one faith is as good as an other. They can be at once liberal and logical. When a Catholic becomes liberal he becomes illogical and lacking

in allegiance. The Catholic religion postulates It believes in myssupernatural order. It believes in mys-teries. It stands for the existence of a future life, of heaven and of hell. It incultates faith in a personal God, in a personal devil, in the life of the soul even when separated from the body. It requires its votaries to sub scribe to the dogma of the divinity of Christ, His resurrection, His coming to judge the world at the end of time. It is full of dogmas, dogma which. is full of dogmas-dogmas which must be accepted under pain of excommuni-

Now to the mind which rejects nearly every one of these truths, such belief is superstition, pure and pernicious. And it will require consummate acting and superb tact on the part of a dis-senting husband or wife to run through a lifetime without betraving some sort

a lifetime without betraying some sort of contempt for the sacred tenets of the Catholic party. Distrust, disquistthe Catholic party. Distruct, disquiet-ude, pity and impatience at the weak-mindedness of all who seriously sub-scribe to such absurdities are but natural to those who look on and doubt. There is nothing that inflicts such an irreparable shock many the sensitive as There is nothing that inners such an irreparable shock upon the sensitive as the full realization that what is dear-est to them in life is held in suspicion and slight esteem by those who are nearest.

Then there are generations yet unborn to be looked to. The child ac-cepts his father as his hero. A word as a consequence risks his life and often loses it. How many children have been drowned as a result of discepts his father as his hero. A word from either parent has the force of an oracle from on high. When the hus-band and wife are not in agreement respecting the eternals, to whom can the offspring appeal for light? Whichever een run over, have met injury and death in a thousand ways. We hope that every child will thoroughly enjoy way he goes he turns his back upon father or mother. His filial piety is but they cannot enjoy it vacation ; but they cannot enjoy it without "the testimony of a good con-science," and they cannot have this without obedience to those who are all lather or mother. His final piety is submitted to the severest test. His loyalty to the faith of his father is dis-loyalty to the faith of his mother. One need not investigate far before finding the natural results of such anomalous execution. Obey your parents, then, and you till be angels in the household and

association. Observation teaches the sad lesson that faith declines as mixed marriages deed favor them, but they frequently reserve their opposition till attachments are formed, till promises are exchanged and till the young people grow so far How to is a containt. I know that, like every girl, you want to be sweet and gracious and at-tractive in manner and to have a beau-tiful face, says a woman writer in an exchange. I should not wonder if you know some particularly lovely woman and think to yourself: "Oh, if I could enamored of each other as to tically convinced that the evils which naturally attend mixed marriages will not obtain in their altogether excep-tional case. And so the die is cast.

It is true to say of such alliances know some particularly lovery would and think to yourself: "Oh, if I could only be like her." Now, my dear young girl, let your heart grow sweet and loving, and then that the die is cast. They are pre-eminently a hazard. You make your eminently a hazard. You make your throw and await your possible chance of winning, while the chances are ten neart grow sweet and ioving, and then your manners will be gracious. Love speaks in a thousand ways. If you wish to be lovely you must be lovable. Nor will it avail to say that there

THE VALUE OF EDUCATION The value of an education is ap preciated not only by the man who in his youth was given its high privileges, but by the man who by force of circum stances was denied early educational advantages. Men of experience in any line of business will advise their any line of business will advise their young friends to grasp every opportun-ity for educational training offered in ea ly life. The educated man well knows what his early training has done uneducated knows for him, and the uneducated knows that men who were denied the privilege of an early education are irequently in the course of life's experiences forced to face serious embarassments and obstacles. Wilmott said that "education is the apprenticeship of experience

life." Franklin said : "If a man empties his purse into his head no man can take it away from him. An invest ment in knowledge always pays the best interest." Ruskin said that "edu pays the "edu

cation, briefly, is leading the human mind and soul to what is right and best and to make what is best out of them, and these two objects are always obtainable together and by the same means. The training which makes men happiest in themselves also makes them most serviceable to others." Channing said: "He is to be educated, not because he is to make shoes, nails, or pins, but because he is a man." Education to man." Education is never finished, and no one knows this better than the really no one knows this better that the really educated and cultured man. One may be the graduate of the highest educa-tional institution in the land, but still he finds that " there is more to learn." The storehouse of knowledge is never depleted, and there is none so rich or

so poor that he may not draw some-thing therefrom. Those who were denied the advantages of an early education may in the course of later life, by devoting only a few hours every week to study at home, acquire an education along special or general an education along special of general of lines. Books are now within the reach of all, and every home, however humble, may have a library. The humble, may have a library. "home-study" will make home nome-study will make home file more attractive to both young and old. If we make "live and learn" our life motto, we shall always find life worth living.-Catholic Citizen.

BISHOP LUDDEN'S ADVICE.

SUGGESTS THE SECTS LEAVE THE ITALIAN ALONE AND TEACH THE PURE GOSPEL TO THEIR OWN UN-CHURCHED.

A daily paper statement has it that the sects are to unite in building a Protestant church for the Italian colony to replace the Methodist Italian chapel recently opened in Syracuse he following letter bears on it. To the Editor-The ministers here an-The nounce that they are going to after the spiritual welfare of the " unchurched foreigners of this city " and for this purpose they are to import an "expert Evangelist." Have they no bowels of compassion for the unfor the the why not these churched native element ? import an expert to enlighten natives who comprise two-thirds our population ? Are they to be abandoned to the devices of satan, un-washed and unchurched? Must the preachers say to them in despair, with Paul and Barnabus, "To you it behooved us first to speak the word of God, but because you reject it and God, but because you reject it and judge yourselves unworthy of eternal life; behold we turn to the gentiles." But perhaps these unchurched and yet unwashed native born are not hope-lessly incorrigible. Let the sects lessly incorrigible. Let the prob-unite in one grand effort, the "Presby-terians helping the Methodists," and preach to them the pure gospel, not a meaningless non-sectarianism. Or if they persist in calling it non dogmatic and creedless let it be of such a char-acter as used by St. Paul before the

terrified Felix as to cause them to tremble and strike to their hearts the fear of God which is the beginning the fear of God which is the beginning of wisdom—speak to them, as St. Paul did, " of justice and judgment and of the wrath to come." Let the invited expert be some exhorter of fame, a Doweyite recently commissioned from on high. An apostate ex priest or an escaped nun : a McNamara or a Maria ou nigh. An apostate ex priest or an escaped nun; a McNamara or a Maria Monk won't succeed. These have been tried and found wanting. Then instead of work avoid approximity instead of vague, vapid nonsectarian ism let them preach the Ten Commandaents or the Sermon on the Mount, 'Blessed are the poor.'' Let them preach against cheating in business and graft in politics. Lot them preach against cheating in business and graft in politics. Let them say to the rich who grow fat on the miseries of the poor how difficult it is to send the camel through the needle's eye; "Your gold and your silver is cankered and the rust shall be a tostimony against you and shall eat your flesh like fire." Let them be loud against the shame and scandal of bigamy, and our peculiarly national crime of our peculiarly national crime of divorce. Then if the native born will divorce. Then if the native born will not hearken let them shake against them the dust from off their feet and tarn for better success to the "un-churched foreigners." But success in There exists a success in this direction is hopeless. These poor this direction is hopeless. These por people are not wanted among the nice people and the few elite that go to Protestant churches, carpoted and with cushioned pews. "Woe to you Pharisees, hypocrites, you go over Pharisees, hyporites, you go over land and sea to make one proselyte, etc."-Bishop Ludden.

Education.



HELLMUTH & IVEY, IVEY & DROMGOLE -Barristers, Over Bank of Commerce

DR. STEVENSON, 391 DUNDAS STREE7 London. Specialty-Surgery and X. R. y Work. Phone 510.

JOHN FERGUSON & SONS

180 King Street

The Leading Undertakers and Embalmers Open Night and Day.

Telephone-House, 373 ; Factory, 541,

W. J. SMITH & SON

UNDERTAKERS AND EMBALMERA

113 Dundas Street

D. A. STEWART

Successor to John T. Stephenson Funeral Director and Embalmes

Charges moderate. Open day and night. Residence on premises. 104 Dundas St. 'Phone 459

GEO. E. LOGAN, Asst. Manager.

WINNIPEG LEGAL CARDS.

DONOVAN & MURRAY, BARRISTERS, Solicitors, etc. Offices, Aikens Building 22 McDermot ave., Man. William J. Dono van, Thomas J Murray. 1442-13

TELEGRAPHY

TAUGHT QUICKLY

NAME OF THE OWNER OF THE OWNER OF

CONTRACTOR OF A STATE

OPEN DAY AND NIGHT.

AND THEY THAT HUMBLE THEMSELVES SHALL BE EXALTED."

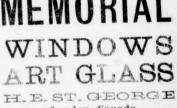
On Sunday, May 27, for the third time in a month, St. Peter's was the scene of one of those great functions to be witnessed only in Rome. Sixteen Carmelite nuns were solemnly declared Blessed, and raised to the altars of the Church. Their story is a peculiarly interesting one just now. On August 5, 1790, the Constituent Assembly of France pronounced in favor of the abolition of religious vows; on Feb uary 13, 1791, a decree was passed formally annulling all vows. An in-ventory was made of all the property An in possessed by the religious orders, and among these were included the com-munity of Carmelite nuns at Complegne in France. On Sentember 11 1999 munity of Carmelite nuns at Complegue in France. On September 14, 1792, the Sisters were expelled from their cloister and had to seek lodgings in private houses in the same neighbor-hood, where they continued to live for over a year and a balf. The time store over a year and a half. The time grew from bad to worse for the Church in Then one day the Prioress, France. Mother Teresa of St. Augustine, proposed to her community that they should offer up their lives to God for the salvation of France. The "Law of the salvation of France. The "Law of the Saspects" was passed soon after, and the guillotine was busy in Com-piegne. On June 21 the nuns were arrested in their lodgings and im-prisoned in an ex-convent of the Visita-tion. A month later they were tried The "Law of

brisoned in an ex-convent of the Visita-tion. A month later they were tried and found guilty—of being attached to their religion and their religious life. They received their sentence of death by singing the hymn "Veni, Creator Spiritus." On reaching the place of











BREVIARIES

The Pocket Edition

No. 22-48 mo.; very clear and bold

No. 22-48 mo.; very clear and bold type, few references; 4 vol. 44x24 inches; thickness 4-inch; real India paper; red border; flexible, black morocco, round corners, red under gold edges. Post-paid \$5.40.

without an alarm clock. It is not hard work but overwork that kills. Severe work should not be practiced more than three quarters of an hour three times a week. Easier exercise may be done every day. If one wishes health and long life he chould not force himself to work after

should not force himself to work after should not force himself to work after he is fatigued by exercise, and he should never attempt anything that is beyond his strength. If it be true that "grinding" is wearing, it is indisput-able that proper exercise is vitalizing and conduces more than all else to a leave and vigorous life. long and vigorous life. The length of time required by pro-

per exercise is insignificant, half being sufficient. Let the business or professional man who has no time for gymnasium keep two or three pairs of gymnasium keep two or three pairs of moderately heavy dumbells under his bed. Let him exercise with these in the various ways I have suggested. He may also, if he can spare the time, He may also, if he can spare the time, perform some of the home exercises already given. Nor is there anything to prevent his hanging a punching bag in an open doorway. If he will not run in the street, he can run up and down his own stairs, taking two steps at a time, and thus finely exercise his legs and lungs.

OUR BOYS AND GIRLS.

The First Composer in the United States.

The First Composer in the United States. Music scarcely had a voice before the time of William Billings, born in Boston, on Oct. 7, 1764, says The Na tional Magazine. Yet, by trade, this man was a tanner, an eccentric and un-couth character, easily ridiculed even in his our day

in his own day. He is said to have chalked down his earliest compositions upon sides of leather. He was deformed in person, blind in one eye, untidy in dress, with one leg shorter than the other. A one leg shorter than the other. A tremendous snuff taker, he carried tobacco as well around with him in his

wish to be lovely you must be lovable. Beauty of character grows from the inside. First the heart grows beauti-ful and then it shines out through the face; and loving thoughts are sure to bloom into kind and loving deeds.

You might take a small, green You might take a small, green rose-bud and patch bits of rose-colored vel-vet on the outside of it, but you could not thus make a bloom one would care for. The rosebud must grow and un fold its own beauty from the heart. That is the area it because a flower that is is the way it becomes a flower that is prized. You must grow in the same

prizea. For must grow in the same way—from the heart ont. It is very nice to take Delsarie les-sons in gracefulness, to study etiquette and to practice locking pleasant; but if these things are only patched on the outside of an unlovely spirit they will fail to deceive anyone. Even homely people are often made beautiful to us the love-light in their faces, and there is no attractiveness like a sweet

and noble character. The rose unfolds slowly. So does character.

Beauty Hints

For the hands : Do all the honest, For the natures: Do an the holesty, helpful work that comes in your way. It is wonderful what beautiful and skilful hands you will have as a result. For the eyes: Think only of those things that are good and pure and pleasant, and your thoughts will shine out in your eyes, making them beautiful

those of the angels. For the mouth : Be cheerful at all times, knowing that the sun is in the sky somewhere. Let your cheerfulness speak itself in the smile upon your ace.-The Christian Family.

An act of kindness, a word of sympa-thy, may render the whole line of life different from what it otherwise would have been. There are times in many a life when the course it shall take for tobacco as well around with him in his coat, the pocket of which was purposely made of leather. But his music always had a spice of patriotism in it (a quality much prized

are plenty of unions between men and ien of the same faith which are far from being cast in pleasant places. Admitted. But why should depth be added to depth? Why should extraneous and grievous causes for heartburn ing and discontent be deliberately in voked ? If it is dangerous to toy with a revolver, the hazard is heightened when you play with two — especially if the second is loaded and cocked. — The Catholic Transcript.

CAN THE SOULS OF THE DEPARTED RETURN TO EARTH.

According to St. Augustine, it would be a great temerity to deny that the souls of the departed cannot with God's permission return to us. St. Thomas and St Augustine both in cline to the opinion that in many that in many cline to the opinion cases there occurs a supernatura action of angels on the mind of those o whom such manifestations to whom such manifestations are granted. Moreover, it is likely that the souls, like the angels, can mani-fest themselves in such a manner that they produce perceptible images on a person's mind without appearing visibly to him. 81

to him. Whenever our attention is directed Whenever our attention is directed to the departed souls by manifes-tation of any kind, it is a sign of the great mercy of God towards the suffering souls and towards us. They make us aware of the great distress of the Church suffering. A Holy Mass, a Rosary, an alms, a mortification, some other good work, even a compassionate ejaculation or pious thought offered up confidently to the Sacred Heart of Jesus for the suffering souls, is powerful to create

to the Sacred Heart of Jesus for the suffering souls, is powerful to create an ineffable joy in that mystic abode. At the same time, a visible manifesta-tion of the distress of a suffering soul is a salutary admonition for the living whereby they are reminded most imtion of the distress of a suffering soul is a salutary admonition for the living whereby they are reminded most im-pressively amid their carelessness, frivolity and trepidity, of the severe judgments of God. — Parish Monthly.



Daily Spasms.

Bince a child 6 years old 1 was subject to St vitus Dance and Spasms, and seeing an adverti-ment of Pastor Koenig's Nerve Tonic I con-cluded to try it. Its effect has been wonderful-for before using I had spasms almost daily, but for before using I had spasms almost daily, but for twelve days, and shall continue its use. Miss Lynta Runy. MISS LYDIA RUDY.

Mr. W. F. Hackey, of Bathurst Village, N. Br. ays that his little girl had from two to three Mr. W. P. Hackey, of Bathurst says that this little girl had from thice she took Pastor Koenig's N. only one in 10 months and none s Mr. C. Noyes, of Brockville, didn't have a fit in 13 weeks since Koenig's Nerve Tonic, while bef-titacks every week.

A Valuable Book on Nervous Diseases and a Sample bottle to any address. Poor patients also get the medicine Fore. Prepared by the Rev. FAULURE pow by the KOENIG MED. CO., CHICAGO, ILL.

dd by Druggists at \$1.00 per bottle, 6 for \$5.00, nts in Canada:-THE LYMAN BROS. & Co., , TORONTO; THE WINGATE CHEMICAL Co., LTD., MONTRE



DIURNALS Horae Diurnae—No. 39—41x3 ins.; printed on real India paper; weight, bound, only 5 ounces. In black, flexible morocco, round corners, red under gold edges. Post-paid \$1.60. THE CATHOLIC RECORD London, Canada SPECIAL_____ Pearl Rosaries Nineteen inches in length. Post-paid. 50 Cents HOLIC RECORD. LONDON. ONT. JUST RECEIVED Beautiful Photos of following subjects : Sacred Heart of Jesus. Immaculate Heart of Mary. St. Joseph. Immaculate Conception. Infant Jesus. St. Anthony. Size 41 x 23 Price 10c. each, Post CATHOLIC RECORD, LONDON, CANADA