

CHATS WITH YOUNG MEN. UNDERWORK AS HARMFUL AS OVERWORK.

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

Hitherto I have said much about work and little about rest. But proper rest is of exceeding importance. Any excess of work decreases instead of increasing strength.

When muscles work, among heat is generated, their combustion being the products and some other acids. Now carbonic acid hinders further action, as these acids hinder the combustion of coal.

There is every reason to believe that when fatigue is profound and too frequently repeated, renovation is not thoroughly accomplished.

On the other hand, if rest is excessive, as when one works too little, we still have a loss of energy, for in this case, although the expenditure is comparatively slight, it is constant, and is not fully reformed.

To be beneficial, exercise should be stimulative and not exhaustive. Let me again explain just what I mean.

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.

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.

The length of time required by proper exercise is insignificant, half an hour three times a week of real work being sufficient.

For the hands: Do all the honest, helpful work that comes in your way. It is wonderful what beautiful and skillful hands you will have as a result.

OUR BOYS AND GIRLS. 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.

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.

But his music always had a spice of patriotism in it (a quality much prized at the time of the Revolution) and so greatly did the colonists like his work that the strains of his inspiring tunes were heard from every pipe in the New England ranks.

MIXED MARRIAGES

The mixed marriage menace is, according to unanimous verdict, alarming in the increase.

Mixed marriages, or the union of persons of different faith, ventures, counted extremely unwise.

He died in Boston on Sept. 26, 1800, and published almost to the last. His is probably one of the unmarked graves on Boston Common.

At three years of age Mozart would amuse himself for hours together in picking out thirds on the piano with his wonderful ear.

Our Tom is as fine and brave a Maltese house cat as one ever had, and a fighter but the other evening he entered into a scrap from which he has not recovered yet.

Now that the books are closed and 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.

Observation teaches the sad lesson that faith declines as mixed marriages increase. Catholic parents do not in deed favor their position.

How many homes have been made desolate by disobedience! The child that does not obey, as a consequence risks his life and often loses it.

How many children have been drowned as a result of disobedience, have been sunstruck, have been run over, have met injury and death in a thousand ways.

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THE VALUE OF EDUCATION.

The value of an education is appreciated not only by the man who in his youth was given his high privileges, but by the man who by force of circumstances was denied early educational advantages.

Men and women who are to spend their lives under the same roof, sharing each other's confidences, hopes, ambitions, destiny, should be in agreement at least on essential points.

It will be admitted by all that husband and wife should at least be good friends. But this old Roman sage declares, and his assertion cannot be gainsaid, that there can be no friendship worthy of the name where there is not absolute accord in all things divine.

Now to the mind which rejects nearly every one of these truths, such belief is superstition, pure and persistent. 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 betraying some sort of contempt for the sacred tenets of the Catholic party.

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METHODISTS IN FAVOR OF RELIGIOUS EDUCATION.

Our Methodist brethren in the United States are beginning to realize that the public school system is a failure as far as the most desirable results of education are concerned.

Our State institutions, as a general thing, are the hotbeds of infidelity, not less than of vice. We have said and we thoroughly believe that our Church should spend \$10,000,000 in the next ten years in denominational schools.

Why? Because we believe that this system is the American one and the only safe one. —Antigonish Casket.

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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.

Carmelite nuns were solemnly declared Blessed, and raised to the altars of the Church. Their story is a peculiarly interesting one just now.

On June 21 the nuns were arrested in their lodgings and imprisoned in an ex-convent of the Visitation. A month later they were tried and found guilty of being heretics.

They received their sentence of death by singing the hymn "Veni, Creator Spiritus." On reaching the place of execution the sixteen nuns gathered round their Prioress and renewed their religious vows.

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Where there are two or three gathered together in My name, there I am in the midst of them.—Matt. xviii., 20.

Since a child 6 years old I was subject to St. Vitus Dance and Spasms, and seeing an advertisement of Pastor Koenig's Nerve Tonic I concluded to try it. Its effect has been wonderful. Before using I had spasms almost daily, but after taking this remedy I have had an attack for twelve days, and shall continue its use.

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Mr. C. Noyes, of Brookville, writes that he didn't have a fit in 13 weeks since he took Pastor Koenig's Nerve Tonic, while before that he had attacks every week.

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