

CHATS WITH YOUNG MEN

WHAT IS IT ALL? What is it all when all is told, This ceaseless toiling for fame or gold, The fleeting joy or bitter tears? We are only here a few short years; Nothing our own but the silent past; Loving or hating, nothing can last. Each pathway leads to the silent fold, Oh! what is it all when all is told? What is it all? A grassy mound, Where day or night there is never a sound; Save the soft low mourn of the passing breeze, As it lovingly rustles the silent trees. Or a thoughtful friend with whispered prayer, May sometimes break the stillness there, Then hurry away from the gloom and cold. Oh! what is it all when all is told? What is it all?—just passing through— A cross for me and a cross for you, Ours seem heavy while others seem light, But God in the end makes all things right; He "tempers the wind" with such loving care, Then changes life's gray into heavenly gold. Ah! that is all when all is told.

PATIENCE

The hardest thing in the world to do is to wait. And yet nothing worth while is ever done in a hurry. Nobody knows the truth of this so well as the scientists. They have infinite patience. Every discovery is the story of years of waiting. Darwin, wishing to prove some theory of his about earthworms and their habits, left a quantity of white chalk in a field for twenty-nine years. At the end of that time he dug up the field and found that the chalk had been carried by the worms into their tunnels, which was what he wanted to prove. Neither Darwin nor the worms had been in a hurry.

The natural tendency of the healthy animal is to be up and doing. It is an acquired accomplishment to be willing to wait. And yet, as we know, all wild hunters in the animal kingdom have developed patience to a marked degree. A cat will crouch for hours by a mouse hole, a dog will wait patiently for a treed squirrel to come down. But man is always impatient. If he has to wait for a car, he will walk on till the car catches up with him. He cannot wait for a train to stop at the end of the journey, but must get up and stand in the aisle for the last minute as it runs into the train shed. Here is a pointer. Keep your eyes on the one who can wait. He is after some great discovery or invention or prey. Learn, if you can how he does it. It is a great achievement, and the lesson will be worth your while.—The Universe.

RELAXATION

There is a little traditional story about St. John the Evangelist which we wish very much to share with our readers. A hunter one day saw the saint playing with a little bird. The man looked somewhat astonished, and St. John asked what was causing him to stare so. "I am struck with amazement," replied the hunter, "to see you who are so much esteemed for wisdom and sanctity, employed in so trivial an occupation." Noticing that the hunter's bowstring was loose, the saint asked why it was not kept tight. The hunter replied: "Were I to do so my bow would lose its elastic and soon become useless." "The human mind," remarked the Evangelist, "would also be destroyed by perpetual tension."

Relaxation, therefore, is a part of life. But only too often the relaxation indulged in is destructive of body and soul in this life, and causes their ruin in the next. When we read of the amusements of savage tribes we see they were a strange mixture of cruelty and licentiousness. A captured enemy was ruthlessly tortured to the delight of the onlookers. Even the little children danced around in glee as they helped their elders in the diabolical work of slowly doing the unfortunate prisoner to death. Usually, after the victim had breathed his last, a frightful orgy of indecency closed the doings of what was considered a very pleasant time. When men draw away from the influences of barbarism these savage elements lose their appeal. Unfortunately, however, civilization is no guarantee against degrading dissipation.—The Pilot.

VACATION PERILS

The near approach of vacation time makes pertinent a few reminders about this always welcome, sometimes disappointing and often dangerous season. Vacation in our modern life is considered not a luxury but a necessity. The dull grind of daily toil takes its toll of physical forces. Worn minds and waned countenances, wasted tissues and jaded nerves, dulled faculties and listless lives, are the tribute that human endurance must pay to modern mechanical civilization. To recuperate and store up enough physical energy to carry through another year of activity, this is the

underlying reason for vacation. It is, or it should be, a time of rest and relaxation. The wise man or woman makes it a season of physical up-building. If that upbuilding can be accomplished by recreation and amusement, so much the better. Vacation becomes thereby all the more enjoyable for its innocent diversions and reasonable pastimes.

There are dangers connected with vacation that the care-free vacationist should remember. Physical perils beset the reckless seeker after amusement at every turn. Drownings, automobile fatalities, accidents of every description are to be met with on vacation. From now till the fall, the papers will be filled with the list of deaths resulting from those who are too willing to take a chance.

There are spiritual and moral dangers, too, that cannot be disregarded by those who remember that they should take more care of the soul than of their body. The freedom from restraint, the looseness of life, and the degeneracy of morals that have fallen upon our days, are particularly noticeable in vacation time and at vacation resorts. People do things there that they would never dream of doing at home. The young and inexperienced as well as the worldly wise and self-sufficient have found out to their sorrow that vacation is a season when the devil is working his hardest.

When men sleep, he is going about seeking souls. And too often he finds the atmosphere of vacation time most congenial to his evil designs. Catholics should remember, therefore, to watch and pray even harder during vacation time than during the rest of the year. There is no vacation from God's law. The ten commandments are just as binding in July and August as during the other months of the year.

Sunday Mass is just as obligatory on Catholics in the summer as in the winter. The sacraments of Penance and Holy Eucharist, instituted by Our Divine Lord to be our refuge in sin and our antidote against daily faults, are more necessary than because of the greater spiritual dangers. And God's help must be invoked in daily prayer during the summer, if we wish to be assisted by His saving grace and helped on our way to Heaven.

A well spent life is the only passport to Heaven. Too often that passport is voided by carelessness in vacation. Let us bring God with us on vacation. Make of it a season of relaxation and recreation. But, while we are seeking bodily health and spiritual vigor, let us not forget God's law, our interests eternal, and our soul's salvation.—The Transcript.

OUR BOYS AND GIRLS

THE OLD PLACE

Three boys were left when Hiram died, And none of them were satisfied With Hiram's farm the way it was; They didn't like the place because It didn't have a lot of things. It ought to have, Around it clings, Of course, the vine of memory, The old home place; but Henry, he Just shook his head, said not for him; And it was just the same with Jim, Uh, uh, no rundown farm for them; So, a little stratagem, And Jim and Henry sold their share To Will and left him stranded there. No car, no phone, no bathroom white, No tractor, no electric light.

Yes, Jim and Henry moved to town And left poor Will to settle down, The old home place upon his hands, Its sandy hills and bottom lands, And Will, like them, was not content, With that old farm, the way it went. He studied books, and studied brutes, And went to farmers' institutes, Rotated crops, and raised a herd Of blooded cows,—well, on my word; I saw the old place yesterday When I was driving down that way; I hardly knew the old place, though, For Will has got them all, you know, A car, a phone, a bathroom white, A tractor, and electric light.

Poor Jim and Henry here in town Are always running William down, And telling, often with an oath, The way that William did them both. Of course, they, too, have got along, For Jim is smooth and Henry strong. They've both got jobs, with other men, Both working steadily, now and then, Don't have to milk the cows at dawn, But live where things are going on. They've got along, and yet I know, They haven't done such wonders, though: They have no houses of their own, No tractor, and no telephone, They haven't any bathroom white— No car, and no electric light.

OUR PATRON

The name of a saint was given to us when we were baptized. This saint was selected to be our intercessor, our patron, our assistant, our model. We should endeavor to be another saint of that name. Alas! how few know the history of their patron saints and, not knowing, how little do they resemble them. Many a boy bears the name Joseph, Aloysius, John, Francis;

many a girl has the name Mary, Teresa, Bridget, Rose, Barbara. Do the boys and girls bearing these great and holy names reflect in their own lives the lives of their patron saints? Not one of us is required to work miracles, for miracles are wrought only by God and He works miracles at his pleasure.

What miracles did St. Francis of Assisi, St. Aloysius, the other saints work? What miracles did even the Blessed Virgin and St. Joseph perform? Sanctity is not a state of miraculous performances. Indeed not; it is only doing the most ordinary things, the common duties of life in the proper spirit, the observance of the commandments, the frequent worthy reception of the sacraments, avoiding evil and doing good. This makes the saint, and such we all can be, all the time, and in all places.

MORE KINDNESS

Why aren't we kinder? There are few people in the world who can give happiness and benefit to a great many people by doing some special kind of work superlatively well—writing, singing, organizing, inventing, acting, ruling, healing, and so on. But to every one of these there are thousands who can give no greater gift to the world than the gift of being kind.

Then why aren't we kinder? There are so many simple ways, negative and positive, to be kind. A ready, happy smile is a kindness. The habit of remembering what people are interested in and giving them a chance to talk about is a kindness.

The habit of appreciation is a great kindness. I wish we had some kind of happiness metre to measure the happiness that is given when a husband tells his wife how much he liked that especially good dinner she planned for him, or how well she looks in her new gown; or when a wife tells her husband how deeply she appreciates the sacrifice he makes in going without a car so that the boy may have his college course. I fancy we should find that the aggregate of such happiness was larger than many millions of money would buy.

The habit of repeating to people nice things we hear said about them is a great kindness. The habit of controlling that temptation to be irritable in the bosom of our families which seems to assail almost all human beings when they are tired and nervous is one of the greatest of negative kindnesses. I don't believe there is a vice in the world which causes a greater amount of unhappiness than the daily pinpricks of uncontrolled irritability. Small acts of courtesy come under the head of what I mean by kindness.

Writing that letter to the person who would so much like to hear from us is a great kindness. Why aren't we kinder? It's so simple to be kind and it means so much. And of all the regrets that tear at our hearts when we look back at a chapter of our life to which *finis* has been written, there is none I think so unbearable as the thought, "If I had only been kinder! I wish I had been kinder."—The Echo.

CATHOLIC SAILORS' APOSTLESHIP

Washington, D. C.—A vigorous international movement to provide for the religious welfare of Catholic seafarers has reached America, in the form of an appeal to Admiral William S. Benson, president of the National Council of Catholic Men, that the Council lend its aid.

The appeal comes from the Apostleship of the Sea for Catholic Seafarers, with headquarters at Glasgow, Scotland, which at present has thriving posts in many lands, but is strongly established in the United States only at Philadelphia, where the St. Vincent de Paul Society has charge of the work. A special Holy Year effort at expansion is being made, and the growing sea-power of the United States has made the call here particularly timely, the Apostleship believes.

Extending his blessing on all who further the Apostleship, the Holy Father has expressed the desire that it "spread more and more along the seacoasts of the two hemispheres." The Archbishop of Glasgow is the international president, and among the patrons are the Cardinals, Archbishops of Westminster and Malines, the Archbishops of Cardiff, St. Andrews and Edinburgh, Melbourne and Liverpool, and several bishops.

The Duchess of Norfolk, Countess Bertha De Torre Diaz, Admiral Sir Edward Charlton, Vice-Admiral Choceprat, Hilaire Belloc and W. H. Atherton are vice-presidents. Three sections make up the membership—seafaring members, who pay no dues; active members, who give their time and effort in visitations, ministrations, religious instruction, distribution of literature and other direct work; and associate members who help by prayer and offerings.

Promotion of regular practice of their Faith among Catholic seamen is the primary object of the Apostleship. The means used are the enrollment of the men in the ranks of the organization, visitations, encouragement of sailors' clubs and providing information where religious duties may be practiced. To

this end, the compilation of a Seafarers' Guide, with information of Catholic places of worship in all parts of the world, is now being made.

It is pointed out by the Apostleship that the Catholics have lagged in providing such facilities for their fellow-religionists of the sea. There are only 16 Catholic Seamen's Institutes, as against 500 non-Catholic clubs and institutes.

In the last year, however, says the organization's annual report, great strides have been made toward rectifying the situation. The membership of the Apostleship has leaped from 1,450 to more than 5,000, chiefly through the recruiting of sea-faring members. In the last year, also, new branches have been started at Rotterdam and Bombay, and cooperation affected with existing Catholic sailor-service activities at Port Melbourne, Melbourne, Sydney, Hobart (Tasmania), Philadelphia, Quebec and Karachi. Work also has been revived at Buenos Aires.

Some idea of the magnitude of its accomplishments, despite its comparatively humble equipment, may be obtained, says the Apostleship, from a report for the last year submitted at Glasgow. In that period 2,147 ships were visited at that port alone and 10,069 Catholic seamen provided with church directions and literature.

MAKE SURE YOU GET THE RIGHT MEDICINE

People who are suffering from constipation, biliousness or sick headache are sometimes at a loss to know what remedy to take to correct these ailments.

Mr. Arthur Couzens of Smith Township, Ont., said that he tried several doctors and various remedies but got no relief until he was advised by a friend to take Dr. Norvall's Stomach and Tonic Tablets. When he had finished one bottle he felt like a different person and takes pleasure in recommending Dr. Norvall's Stomach and Tonic Tablets to anyone suffering from constipation or biliousness.

Mr. H. V. Mercer, Druggist of Lindsay, Ont., recommends Dr. Norvall's Stomach and Tonic Tablets because he considers he owes it to the public to recommend what will give the best results. If your dealer does not keep them in stock we will mail them to any part of Canada for twenty-five cents a bottle or five bottles for one dollar.

Address: The Dr. Norvall Medical Co. Ltd., 108 Hunter Street, Peterborough, Ont.

PROGRESS OF JEWS IN PALESTINE

By Dr. Alexander Mombelli (Jerusalem Correspondent, N. C. W. C.)

The visit to Palestine of Baron Edmond de Rothschild this month has naturally created great joy in Jewish circles. This is Baron de Rothschild's fifth visit to Palestine, the last having been in 1914, some months prior to the outbreak of war, and his first inspection of the country after so many of the vital incidents in its post-war career—the Balfour Declaration, the British Occupation, the setting-up of a British Government and the final approval of Palestine as a British Mandatory by the League of Nations.

In answering the speeches of welcome made to him at Achron Jacob, the Baron said he did not come to Palestine to pay a formal visit or to have his picture taken, but to examine in detail the work that had been accomplished and to consider in what way and to what extent the activities of the Palestine Jewish Colonization Association should be employed in the future.

Many persons and many institutions have given large sums of money to Palestine and for Palestine, but none has given as yet so much of their heart and soul, together with their money, as Baron Edmond de Rothschild. When he came forward to assist the first Jewish settlers in their difficult task, Palestine promised to be neither a suitable field for profitable investment nor a likely place for becoming a large Jewish population. Zionism then was practically non-existent, and the Jewish masses did not think of Palestine as a country which is likely to become one day a centre for the Jewish people. Agricultural work was as strange to the Jewish people at large as high finance was for the Beduin. Yet Baron Edmond de Rothschild in 1882 was the only person of note who believed that Jewish energy, aided by capital, could accomplish what the world at large and the vast majority of the Jews themselves considered it incapable of doing—creating a vigorous Jewish settlement in Palestine itself.

The inexperience of the settlers in agriculture, the difficulty for persons brought up in the West to become acclimatized to the malaria-infested areas of Palestine, the systematic opposition put forward by the Government, all contributed to making the task almost impossible. In spite of the sacrifices of the early colonists, it is almost certain that were it not for the moral and financial support which Baron de Rothschild gave them, the Jewish settlements in Palestine would have died out, and the Jews would not have boasted so many villages, increasing in number and in area every year.



Building a Baby

Mother—your baby's body is being built now for life. To-day you can influence his future health, in a way you can never do when once the muscle and nerve tissues are developed and the bones are set. The material out of which the body is built is food and food only, but it must be suitable to the infant's power of assimilation.

Viol is a food that has been specially designed by Medical Experts and Food Specialists to meet the particular requirements of growth. It contains just those vital principles which play so mysterious a part in transforming food into living tissue.

Viol with milk supplies in correct proportions all the elements necessary for healthy development, and also increases baby's power of resistance to disease.

VIOL

For Growth and Development.

Sole Importers: DOVRE, LTD., 501, PINE AVENUE, MONTREAL, 45, JARVIS STREET, TORONTO, ONTARIO, 105, PRINCESS ST., WINNIPEG, MAN.

CUTICURA HEALS LARGE PIMPLES

On Face, Itched and Burned. Lost a Great Deal of Sleep.

"I had pimples on my face for several months. They were hard and large, and the skin was sore and red. The itching and burning almost set me crazy at night and I lost a great deal of sleep. The breaking out caused disfigurement. I tried many different remedies but found no relief. I almost despaired of help when I tried Cuticura Soap and Ointment and in a short time I was completely healed." (Signed) Miss Annie Fischer, Box 45, Hutton, Saskatchewan.

Clear the pores of impurities by daily use of Cuticura Soap and occasional touches of Cuticura Ointment as needed to soften, soothe and heal. They are ideal for the toilet, as is also Cuticura Talcum.

BURNS and SCALDS

The handle of the preserving kettle is too hot. The stove lid lifter has been too near the front of the stove—or a kettle tip and spills some of its contents—and before you know it you have a nasty burn or scald.

Absorbine J

It is very valuable in such accidents because it soothes the raw, tender flesh, allays the pain and promotes a rapid and comfortable rebuilding of the tissues, at the same time removing the danger of infection.

For all aches, pains, cuts, sore or strained muscles, ABSORBINE JR. has found well merited favor.

\$1.25 a bottle at most druggists or sent postpaid by W. F. Young, Inc., 100 Lyman Building, Montreal.

Don't Throw Your Old Rugs or Carpets Away Send for Folder 46

Save Money, Send your old Rugs or Carpets to us, We make them into "VELVETEX" RUGS

CANADA RUG COMPANY London, Ont Toronto, Ont Windsor, Ont Montreal, Que

We are as near to you as your phone or mail box. Write for Special Discount for the Church We Pay Freight or Express in Ontario

Our Charges. Our charges for the administration of estates are no greater and often less than those of a private Executor or Trustee being based on a small percentage on the amount of funds handled. When you compare our service with all the advantages we offer in the administration of estates with those of a private individual you will realize that they really cost less in the end. The Toronto General Trusts Corporation. W. G. WATSON, General Manager. H. M. FORBES, Asst. General Manager. HEAD OFFICE: BAY & MELINDA STREETS, TORONTO. Branches:—Ottawa, Winnipeg, Saskatoon, Vancouver.

DO NOT TRUST TO LUCK! Luck or Law. Luck at the best is a gambler's chance—the sport of circumstances, but the operation of law is certain. Are your interests protected by the Law of Life Insurance or depending on "Luck"? Virol is a food that has been specially designed by Medical Experts and Food Specialists to meet the particular requirements of growth. It contains just those vital principles which play so mysterious a part in transforming food into living tissue. Virol with milk supplies in correct proportions all the elements necessary for healthy development, and also increases baby's power of resistance to disease. Great-West Life.

Wonderful Egyptian Remedy "Samaris" Prescription for drunkenness, which science has proved is a disease and not a habit and must be treated as such. Prohibition legislation does not help the unfortunate. "Samaris" may be given in Tea, Coffee, or any liquid food. Send stamp for trial treatment. SAMARIA REMEDY CO. 62 ROSE AVE. TORONTO, ONT.

Insist on the Genuine RUBEROID ROOFINGS! 50 DIFFERENT GRADES. "The better Roofings that cost no more" THE RUBEROID CO. LIMITED. Stocks at Larger Centres. Felt & Board Mills at Port Neuf, P.Q. MONTREAL TORONTO

ST. LAWRENCE Underwriters' Agency FIRE and AUTOMOBILE INSURANCE. Head Office - Toronto

The Don Valley Brick Works Ltd. TORONTO, CANADA. Mfrs. of High Grade Pressed Brick in all colours. Rug Bricks in All Colours and Fire Proofing Tile in all sizes. Write for prices and samples. THE DON VALLEY BRICK WORKS LTD. FEDERAL BUILDING TORONTO, CANADA

Stained Glass Windows. For Commemorating Lives and Events are Most Satisfactory... Special Designs Sent on Request Estimates cheerfully given. The Hobbs Manufacturing Co. LIMITED. MONTREAL TORONTO LONDON WINNIPEG