

CHATS WITH YOUNG MEN.

Physical Vigor and Achievement.

Few people realize how much physical vigor has to do with their getting on in the world.

Robust health also gives tremendous confidence to the entire man, and self-confidence is a marvelous encourager and supporter of one's ability.

If a man thoroughly believes in himself, and has the physical stamina which makes him master of the situation, equal to any emergency, he is released from the slavery of worry, anxiety, uncertainty, and doubt which cripple the efforts of the weak.

The success aspirant ought to be jealous of any expenditure of force, any drain upon his vitality not absolutely necessary, because it cuts down the percentage of his possible achievement.

That little surplus of physical force which accompanies robust health makes all the difference between the courage and assurance necessary for doing great things and the timidity and uncertainty and weak initiative which handicap the physically weak.

There is a great difference between that eagerness for activity, that longing to do things which accompanies robust vitality, and the forced, indifferent, uncertain effort which is inseparable from physical weakness.

There is a great creative force in a strong vitality, because it tones up and increases the power of all the faculties, so that they produce vastly more, are very much more efficient than they would be if the vitality were low.

Then, again, physical vigor adds wonderfully to one's personal magnetism. Everybody admires robust health, because it is one of the things that everybody longs for, yearns for, and yet very few makes it possible by their life-habits.

How differently the strong, vigorous person looks upon life and its opportunities to the one who is weak and, because of his weakness, susceptible to discouragement and despondency.

The vigorous man laughs at obstacles before which the weak man hesitates and shrinks.

It is a great thing to have that bounding health, that excess of vitality which makes us feel like conquerors, equal to any emergency, which makes us the easy masters of conditions which would discourage weaklings.

Vitality is so precious, it means so much to one's success, that every one should look upon it as a possession too precious to tamper with, to take any chances with or to squander.

There are multitudes of people who are mocked with an ambition for great things, but with no physical power to back it up; and yet other vast multitudes are squandering, wasting this precious success-power in all sorts of ways which give no satisfactory returns.

Vigorous health is worth anything it costs. It is cheap at any price, and we should secure it, whatever else we get or do not get.

The Paralysis of Selfishness. God has made selfishness unlovable, and shaped the human heart to despise it, and he has made unselfishness so lovable that we can not withhold from it our admiration.

No man can develop to any largeness of life while his mind is focused on self. We must get out of self, or we can not grow. To constantly think of our own interests, our own work, our own plans, our own welfare, is to paralyze growth.

The nobler, the diviner impulses can not be touched by the selfish attitude. We must look out, not in.

No man who is centered in self can grow large, strong and beautiful. The selfish man may get the thing he is after; he may get a little more money, but he has paid for it at a price which staggers his manhood, which murders the best thing in him.

It is the very nature of selfishness to defeat its own ends. The practice of selfishness contracts, limits, strangles expansion, arrests development, lessens a man's ability, cuts down his efficiency. It dries up one's sympathy, makes the nature hard and cold, and marbles the affections. It is fatal to every quality of nobility and grandeur; tearing down and destructive to all character building.

There are rich men in New York who are conspicuously noted for the absence of their names from among those connected with all worthy objects—men who never give to the poor, who never lend a hand to any just cause. They take no interest in politics, have no public spirit, belong to no organizations whose object is to help humanity.

They are entirely and completely wrapped up in themselves. They do not see why they should spend their money for other than their pleasure or that of their families. The result is that they become so hardened and greedy that they are not missed when they have passed away. Not long ago one of these men worth millions died in New York, and scarcely a half dozen people outside of his family went to his funeral.

What good are such people to a community? They are like noxious weeds or plants which sap nourishment from the soil, and so poison the ground about them that nothing else can grow in their vicinity. They give out nothing. Their money is like the tracks of the smaller and more innocuous animals which go into the dens of the lions and tigers in Africa. Their toes are always toward the dens; nothing that is estimable ever comes back from them.

The time will come when such men will be looked upon as scourges of the race and will die disgraced.

No matter how much money you may manage to get together, or what position you may gain, you will be a monster if your sympathies, your heart qualities, have not been developed; and this is impossible while your mind is centered on yourself.

No man can be human while he is thoroughly selfish. Warmth of heart, tenderness, kindness, a sympathetic nature, love for one's kind are really the qualities that make us human. Without

Single Lamp advertisement with image of the lamp and descriptive text.

these are brutes, no matter how gorgeous our apparel or how palatial our homes. Every man is an animal until his sympathies and love for his fellow-man are aroused.

OUR BOYS AND GIRLS. The Silence of Jimmy Dermott. Miss Blake's usual, even voice was on this particular morning subject to many fluctuations and impatient accents.

Miss Blake nodded her consent uncertainly—it was a clear breach of authority. As fast as his crutches would allow, Jimmy hobbled down the aisle, and with mouth close to Miss Blake's ear, said just three words.

Miss Blake's eyes sought the ventilator flue. Miss Blake's face grew more shadowy, a strange shadow crossed her eyes, and her voice had in it a bit of tremor as she said: "Jimmy take your seat."

Jimmy had controlled his voice; he had now the still more difficult task of controlling his eyes. He deliberately turned his face away from the tongue of yellow flame he knew was creeping up through the smoke, and walked quietly to his seat.

Steel Oven advertisement for Pandora Range, featuring an image of the oven and text describing its benefits.

to the left and to the right of it, looked straight through it, it seemed to Jimmy, but never designed to see it—had she not said only ten minutes before that no hands were to be raised for an hour.

Still Miss Blake persisted in remaining quite oblivious to the hand. The sense, straining member, with its boy outlines, grew more agonizingly eloquent in its effort to say what was forbidden the tongue, until at last even Miss Blake's unseeing eyes were forced to recognize it.

Jimmy Dermott, what did I say about raising hands? The perspiration stood on Jimmy's pale face, now growing gray with apprehension of his beloved teacher's displeasure and fear of impending danger.

MAGIC BAKING POWDER advertisement with large stylized text and descriptive text.

GREAT LAKE TRIPS advertisement with image of a steamship and descriptive text.

Professional advertisement for Dr. P. J. Mullan, John Ferguson & Sons, and W. J. Smith & Son.

Where the Fishers Go advertisement for The Story of Labrador by Rev. P. Browne.

Church Furniture advertisement for Allans, Pulpits, Fonts, etc., with contact information.

watching the entrance. When Miss Blake, half supported by a fireman, carrying a weight under which she almost staggered, appeared at the door, a shout arose to heaven that was heard for blocks around.

Transient Stimulating Effect. Alcohol has undoubtedly a stimulating effect, and that is the unfortunate part of it.

If You Have RHEUMATISM advertisement with coupon and descriptive text.

MAGIC advertisement featuring a portrait of a man and text describing the product's benefits.

While They Last Canada Series

A NATIONAL SERIES OF BOOKS FOR BOYS and GIRLS. FULLY ILLUSTRATED. The man who loves his home best and loves it most unselfishly, loves his country best.

Regular Price \$1.50, now 80c. Rob the Ranger. A story of the struggle for Canada, by Herbert Strang.

Regular Price 75c, now 50c. Adventures in Canada, by John C. Geikie. Snowshoes and Canoes, by W. H. G. Kingston.

Regular Price 50c, now 35c. Rover Davis, Loyalist, by Frank Baird. Clive Forrester's Gold, by Charles K. Kenyon.

Regular Price 35c, now 25c. Indian Life in the Great North-West, by Egerton R. Young. Billy's Hero, by M. L. C. Piekthall.

Life advertisement with stylized text.

WS advertisement with stylized text.

MENDETS advertisement with image of the product.

Imported Artistic Oleographs advertisement with list of titles and prices.

DUPLEX COLORED PHOTOGRAPHS advertisement with list of titles and prices.

Catholic Record advertisement for Keefe's Liquid Extract of Malt with Iron, Blood and Body.

Woolly & Co. advertisement for Bells.