### CHATS WITH YOUNG

"YE HAVE DONE IT UNTO ME" It was only a hearty handclasp,
But it gripped the soul of a man
With the courage for fresh endeavor,
And started him out again,
Face to face with same old prob-

lems Of weakness and failure and loss— But the strength of that hearty handclasp
Made certain the victor's cross.

It was only a smile in passing, But it flooded a gloomy heart With the sunshine of hope for the

future
Where he had a happy part;
And the clouds had a rosy lining,
And the gray was turned all to gold; For the smile gave a glimpse of

Heaven
And its wonders and joys untold. It was only a word of greeting In the press of the throng one day, But it brought to a soul despairing Strength and hope for the weary

It was only a cup of cold water Held to lips that were parched with

by means of that Christlike service.
A lost soul found sweet peace

"It was only," we say, forgetting, That high in the courts above The friendly word and the cooling draft

Are our ministry of love. And the Master will say to the faithful,
Who meet in the crystal sea,

'Inasmuch as ye did to the children of earth.

#### Ye have done it unto Me." -Catholic Telegraph

A MAN'S EXAMPLE "Father," said a convert, "do you know that I and my family are Catholic because once I met a manly Catholic? I was going to one of our medical conventions. My companion was a young Catholic doctor. There was a banquet on Saturday night and we had pleaned to the night and we had planned to take the 8 o'clock train on Sunday morning. It was midnight when we reached the hotel, and I was questioning the desk clerk to have us called at 7 o'clock, when my Catholic friend quietly instructed the clerk to call him at 5:30 so that he could hear Mass at 6 o'clock and be back in time to meet me. I protested that it was nearly 1 o'clock

and that he needed his sleep.
"He smiled at me good-naturedly and that was all. I heard him slip quietly off to Mass, and instead of enjoying an hour and a half of extra sleep, I lay there thinking that this man," that this man's religion must mean something to him. That started me in my study of the Catholic

"Father, had that man been a moral coward and stayed in bed, my family and I should not now one true Church of Christ. That man brought me to the church and I hope to imitate him. That is why I condemn the apologetic type of Catholic." We hope that those Catholics who miss Sunday Mass for little or no reason are not keeping earnest seekers after truth out of the Church.-Catholic Uni-

CONQUER YOUR FAULTS IF YOU WOULD SUCCEED IN LIFE The greater part of our success

and happiness in life depends upon our ability to deal with others in such a way as to eliminate friction and promote good feeling, says a writer in a current magazine. This applies not only to domestic and social life, but is one of the most vital elements of business success. If you will but stop a moment and consider what scattering your energies mean to your success in life, realizing as you career along energies mean to your success in and circulated.

life, realizing as you career along and England.

Priests, religious, and laymen Priests, religious, and the devotion that somewhere you must set a definite goal, you will see the wis-dom and benefit of concentrated effort. Take yourself into account. You have ability. Are you doing the best in you? Be honest with yourself. If the answer is no, resolve now—today—to advance.

Unless you conquer your weaknesses and put will above desire you are not living, you are not achieving. You are but taking the path of least resistance. Force yourself into recognizing that you are blovel to you are but taking the path of least resistance. can be loyal to your true ambitions and can then be of real service to

and can then be of real service to humanity. This expression of your true self means happiness.

To be happy you should identify yourself with some worthy cause, but in making it your mission in life cultivate a spirit of tolerance. Do not attempt to monopolize situations; allow your associates freedom of action. Although you may recognize your faults and be willing to admit them this is not sufficient. You must make an earnest and determined effort to eradicate

them and thus improve yourself.
You should be alone for a period every day and study yourself closely. You are apt to have great upheavals in life, entirely over-throwing the old order of things for the new, which may retard your advancement unless you understand

things in life than the material.— The Echo.

#### READ THIS FREQUENTLY

READ THIS FREQUENTLY

The following paradoxes will serve to reassure those who complain that their prayers are never answered. "If you ask the Father anything in My name," says our Blessed Lord, "He will give it to you." This is a very definite promise and it embraces everything, provided it is asked in the Name of the Saviour. The difficulty with many is that they ask not in His Name; they ask for things that might be hamful. The purpose of the following paradoxes is to show that prayer is always efficacious; but when, in our ignorance, we ask for when, in our ignorance, we ask for things that are not conducive to salvation, its efficacy may take form in a way not anticipated.

He asked for a stone and God

gave him bread.

He asked for health that he might

achieve;
God made him weak that he might obey.

He asked for riches that he might

be happy;
God gave him poverty that he
might be wise.
He asked for strength that he might do greater things;
God gave him infirmity that he might do better things.

He asked for power that he might have the praise of men; God sent him weakness that he might feel the need of God.

He asked for all things that he might enjoy life; God gave him life eternal that he might enjoy all things.
He received nothing that he asked

for, Yet much more than he hoped His prayers were answered, he

# OUR BOYS AND GIRLS

A MESSAGE FROM THE SACRED HEART

A message from the Sacred Heart What may its message be?
"My child, my child, give Me thy

heart, My heart has bled for thee." This is the message Jesus sends To my poor heart today, And eager from His throne He

bends,
To hear what I shall say. A message to the Sacred Heart,

Oh bear it back with speed;
"Come, Jesus, reign within my heart,
Thy heart is all I need!"
Thus, Lord, I'll pray until I share That home whose joy Thou art; No message, dearest Jesus, there, For heart will speak to heart.

-REV. MATTHEW RUSSELL, S. J. THE FEAST OF THE SACRED

HEART The Feast of the Sacred Heart this year will be the two hundred and fiftieth anniversary of what is known as the great apparition of Our Lord to St. Margaret Mary. During the Octave of Corpus Christi in 1675, Our Lord appeared to her and uttered the memorable words, which have had so much to do with the spread of the devotion to the

tion on the Friday after the Feast of Corpus Christi. This day we now

espoused the cause, and the devotion to the Sacred Heart, which had existed for centuries as an individual or private devotion began to assume world wide proportions. A feast of the Five Wounds was granted by the the Five Wounds was granted by the Holy See to the Visitandines in 1697, and in 1765 the feast of the Sacred Heart was observed in France, but it was not until 1856 that Pope Pius IX. extended the Feast of the Sacred Heart to the Universal Church, under the rite of a double major. In 1889 it was raised to a double of the first class. Finally in 1899, Pope Leo XIII. sol-emnly consecrated all mankind to the Sacred Heart. The canoniza-tion of St. Margaret Mary a few years ago, was the crowning act of the great devotion, which two hun-

dred and fifty years ago was so miraculously revealed to mankind. The anniversary which will be celebrated this year is the two hundred and fiftieth anniversary of the Revelation to St. Margaret Mary, that is, of the last of her great revelations and the one which was to close the cycle of those solemn colloquies between the humble Visit-andine and her Divine Lord. On that occasion Our Lord asked St. Margaret Mary to have established the new, which may retard your advancement unless you understand the principles of life and can realize that whatever happens comes as a building influence, developing your that the Friday after the Octave of weaker traits, even though it may seem unbearable at the time. Under adversity you are apt to become quite materialistic. Avoid becoming an extremist. Remember

That the Friday after the Octave of Corpus Christi be dedicated as a special Feast to honor My Heart, by receiving Holy Communion on that day, and making reparation for the become quite materialistic. Avoid becoming an extremist. Remember

That the Friday after the Octave of Corpus Christi be dedicated as a special Feast to honor My Heart, by recently, the Orthodox Jews petitioned the Colonial Office in London to veto the educational leaves an echo in the heart and receiving Holy Communion on that day, and making reparation for the becoming an extremist. Remember

take a special delight in spreading abundantly the influence of Its Divine love on all who render this honor or who labor to have It honored."

This is the reason why the Feast of the Sacred Heart is today honored with such fervent devotion throughout the world. A great apostle of the devotion to the Sacred Heart, Blessed John Eudes, said that the Feast of the Sacred Heart is, so to speak, the Feast of Feasts, since the Heart of Jesus is the principle of all mysteries conthe principle of all mysteries con-tained in the other feasts of the Church. This principle, which is the overflowing love of God has for its object to offer God repara-tion and love, and has for its effect a new outpouring of Divine Love upon the Church and upon the zealous souls who are the propaga-tors of the devotion.

The Feast of the Sacred Heart therefore on June 19, will take on added significance and increased fervor from the happy anniversary that it commemorates. The adorable Heart of our Saviour, the burning furnace of Love and charity and the boundless source of infinite graces and favors to the human race deserves to be honored in an especial manner, on the Feast which He has chosen. Let us make the Feast of the Sacred Heart this year, a time of ardent devotion and reparation, in order that the Heart which so loves men, may be better known and better loved by men.—

#### 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 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 Tablets. When he had histened one bottle he felt like a different person and takes pleasure in recommending Dr. Norvall's Stomach and Tonic Tablets to anyone suffering

Tonic Tablets to anyone suffering from constipation or biliousness.

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#### IT'S THE MASS THAT MATTERS

I used to say Mass for a little crowd in a railroad town. Where, of all places, was my sanctuary located? In a Socialist hall. Recent tobacco stains garnished the

the spread of the devotion to the Sacred Heart.

"Behold the Heart which so loved men," He said to the saint whom He had chosen as the Apostle of the Devotion to the Socialists till late the night before. My altar was their desk, and when I lifted the Blessed Sacrament at the Elevetion Leavest to the Elevetion Leaves to the Elevetic Leaves to the El Devotion to the Sacred Heart. And He asked her for a feast of reparathe Elevation, I almost touched a string of framed Socialist resolutions on the wall.

the National Home Policy, the National Home Policy, the string of framed Socialist resolutions on the wall.

I was sent to offer Mass for the first time in a lunatic asylum. I found the head physician hospitable, though quite fussy. He confessed he was the son of a Scotch Presbyterian minister. terian minister.

To put me at my ease, he told me that he himself didn't believe in a God, but did believe in religion as a—sedative! Still he accepted a little prayer book from me.

I had brought with me a singer to make things more attractive, and all the patients listened with atten-tion while she rendered Catholic hymns. Then she sang as the closing the very operatic "Ave Maria" from "Cavalleria Rusticana." She had hardly got through more than three bars when a clear tenor joined in with hers; caught the refrain.

and sang the melody correctly.

It was a patient, mad about twenty years, who'd been a noted After Mass was over, I asked the

doctor his opinion. doctor his opinion.

"A wonderful thing!" he said.

"And in future, we shall have
Mass here as often as you can come
to us, at least once a month. We'll
make everything pleasant for you and as convenient as we can. There were patients in that crowd this morning who haven't been present at a Mass in years. Yet just as soon as you appeared with the vest-ments on, old chords seem to wake up in their memory, and they, one and all, arose to their feet.

"They knelt at the beginning, and traced the sign of the cross. They stood again at the Gospel. When the bell rang they struck their breasts and bowed their heads. It's stupendous that those poor diseased and dadd brains are received. diseased and dead brains can recall the big things of their religion. That insane musician certainly hasn't heard anything from "Cavalleria' for years and years, yet he remembers that opera.

# Always Buy

The little leaves and tips from high mountain tea gardens, that are used in SALADA are much finer in flavor than any Gunpowder or Japan. Try it.

there again, but it has been re-peated every month since.

The doctor died years after. I was told the little Mass book was found under his pillow after his

#### ZIONIST MOVEMENT

ITS TROUBLES AND DIFFICULTIES

By Dr. Alexander Mombelli

Jerusalem.—The opening of the new Hebrew University on Mount Scopus here; the presence of the Earl of Balfour, author of the famous "Balfour Declaration" and the impending departure of Sir Herbert Samuel, British High Commissioner, have served to focus attention upon the real status of the Zionist movement and organization in Palestine. The subject has been thoroughly reviewed in the local press with varying comment upon the success of the British Mandate Administration during Sir Herbert's term of office which ends

with his departure in June.

It will be recalled that the original "Balfour Declaration" was contained in a letter written by the then Foreign Minister of England to Lord Rothschild in November, 1917, in which it was said that :

"His Majesty's Government view with favor the establishment in Palestine of a National Home for the Jewish people, and will use their best endeavors to facilitate the achievement of this object, it being clearly understood that nothing shall be done which may prejudice the civil and religious rights of existing non-Jewish communities in Palestine or the rights and political status enjoyed by Jews in any other

THE ARAB PROTEST

The Arabs of Palestine have been bitterly opposed to this National Home policy saying that it reduces them to the position of mere lodgers in their own home. The Arabs assert that in reality they should be recognized as an independent nation in accordance with Article 22 of the Covenant of the League of Nations which says that "certain communi-ties formerly belonging to the Turkish Empire have reached a stage of development where their existence as independent nations can be provisionally recognized. subject to the rendering of administrative advice and assistance by a are able to stand alone.'

To show their displeasure with and they are now demanding a national government in which both Jews and Arabs would be represented in proportion to their respective numerical strengths prior to the inauguration of the Zionistic policy. They say bluntly that under the British Commissionership they have been sold by the Mandatory Power to the Zionists. As evidence of the truth of their assertions they point out that the High Commissioner is a Jew, as are the Legal Secretary, the Director of Commerce and Industry, and the Chief of Immi-gration, that Hebrew has been made an official language of Palestine on a par with English and Arabic although less than 10% of the population is Jewish; and they cite instances in which they allege the Zionists have confiscated Arab lands in order to sell them to the

It is the contention of the Arabs that the British Mandate for Pales-tine is being so administered that all non-Jewish elements will ultimately be eliminated notwithstanding the pledges contained in the "Balfour Declaration." Supporting this contention they refer to declarations by Zionist leaders.

ARABS ARE DIVIDED; JEWS ALSO A serious obstacle in the way of the Arab efforts to combat Zionist activities here is the discord which divides their own ranks. At

present they are split up into the Moslem-Christian Association, the Peasant Party.

What effect Zionist dominance will have on the religious life of Palestine is a matter for conjecture. There is a disposition on the part of some of the Orthodox Jews to regard Zionism as tainted with atheism and Rationalism. For instance, only recently, the Orthodox Jews petitioned the Colonial Office in London to veto the educational



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