DECEMBER 3, 1904.

CHATS WITH YOUNG MEN.

Begin each day with Alfred's prayer, "Fiat voluntas tua" (Thy will be done) resolving that you will stand to it, and that nothing that happens in the course of the day shall displease you. Then set to any work you have in hand with the sifted and purified resolution that ambition shall not mix with it, nor love of gain, nor desire of pleasure more of gain, nor desire of pleasure more than is appointed for you; and that no anxiety shall touch you as to its issue, nor any impatience nor regret if it fail. John Ruskin.

Alway Speak the Truth.

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may be true that some men who hold the truth in light esteem may succeed for a while, but after a time they ne known for their unreliabil ity, and no longer will they be trusted. --M. M. Miller in The Pilgrim.

The Uses of Adversity.

Many and precious are the benefits to be derived from adversity if the salutary lessons it teaches be only salutary properly taken to heart. Much, how-ever, of its corrective usefulness is upon those who fail to discern the wise purposes for which Provi-dence sends us crosses and affictions. When Job was smitten with sufferings greater than any before allotted to man he did not regard the smiting rod, but rather the hand that guided it, and it is in this same spirit of resignation to the Divine will that men of the world must accept reverses and trials would reap the benefits they are intended to produce.

Reason to be Happy

What is the use of being at odds with the world? What is the use of being blue and despondent? The world is full of trials for us all—has plenty of trouble and worry to hand out even to the best of us from time to time. But there would be no need for men -we could all be babes - if there were no great life problems to solve, no burdens to bear, no sorrows to live down. These are the balance wheels of life. They are the trials we have to face in order to strengthen us and broaden us to the opportunities and the real happiness that riches do not command nor poverty bar.

Friends.

Put your heart into the search for a friend, freely offer assistance to any of the crowd who needs it, and, sconer or later, you will find a hand outstretched toward yours, and your soul will meet Do not imitate those likeness. who, shut up in their individuality as in a citadel, indifferent to all passersby yet send forth on the four winds of heaven the melancholy cry, "There are no friends!" They do exist, be sure of it, but only for those who seek, for those deeply interested in the search and for those who do not remain content to spin out the thread of life in orner like a spider's web; intended catch happiness. Greater than all Else.

The Test of Strong. Mindedness.

Character is the greatest fact in history. A few great names have ever been the salt which has preserved the from the ee it at been the sait which has preserved the mations from decay. Every country perpetuates, embalmed in the love and admiration of its people, the fiames of these of its sons who have rendered the greatest service to the state or to humanity, while it buries in oblivion these more noted only for their espie n, Ont. these who were noted only for their great accumulations of wealth, and their colossal greed and selfishness. dles.

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wholesome, happy self, and all the blessings of human experience will be

Catch the sunshise! Don't be grieving O'er that darksome billow there! Life's a sea of stormy billows. We must meet them everywhere. Pass right through them ! Do not tarry. Overcoms the heaving tide. There's a sparking gleam of sunshine Waiting on the other side.

-Success. -Success. Montaigne has said: "The most manifest sign of wisdom is contented cheerfulness, and it is undoubtedly true that a cheerful man has a creative power which a pessimist never pos-sesses."

The great business world of to day is too serious—too dead-in-earnest. Life to-day is the most strenuous ever ex-perienced in the history of the world. There is a perpetual need of relief from

this great tension, and a sunny, cheer-ful, gracious soul is like an ocean breeze in sultry August, or the coming of a vacation. We welcome it because it gives us at least temporary relief from the strenuous strain. Country storekeepers look for ward for months to the visits of jolly, breezy, traveling men and their wholesale house profit by their good nature. Cheerfal faced and pleasant voiced clerks can sell more goods and attract more customers than saucy, snappy, disagreeable ones. Promoters or organizers of great enter-prises, must make a business of being agreeable, of organizers of great enter prises, must make a business of being agreeable, of harmonizing hostile interests, and of winning mea's good opinions. All doors fly open to a sunny man, and he is invited to enter, when a disagreeable, sarcastic, gloomy man has to break open the door to force his

way in. Many a business is founded on courtesy, cheerfulness and good humor. When is a Man Poor?

To be engulfed in one's occupation, swallowed up in a complicated life, harassed by the striving and straining, the worry and anxiety which accompany a vast fortune, is not to be rich. Time and opportunity and inclination to help others are the most valuable things in the world, and if you can not seize these, if you can not utilize them to

your own enlargement, your own better-ment, you are poor indeed, although you have millions in the bank. A man is rich when he has put him-self in touch with all that is good and

great, when he has put himself into a position where he can grow to the largest maturity, when he has time and opportunity for cultivating friendships, for helping others. He is not rich; on the contrary, he is very poor indeed, when he is so pre-occupied with selfish interests that he has no time to symoathize with the unfortunate, no time o help those who are suffering and in need, no time to do anything but make money. He is poor when he has no time to improve his mind, to elevate

his ideals, or to cultivate his tastes. Soul expansion is the only thing which measures real wealth. The greatest aim of life should be to absorb into one's being the largest amount of sweetness and beauty it is capable of absorbing. The highest riches are beyond the reach of money, and are independent of fortune. They can not be burned up, or lost in the ocean, or destroyed in a ailroad wreck.

Much of what is called success is but the most vulgar kind of prosperity, it is the success of the brue faculties, at It is a good thing to get an educa-ion, or to gain a fortune, if honestly the expense of the divine. To develop a few of one's brain cells, and these the lone, or to get honorable fame; but the riumph of nobility and the victory lowest, by everlasting digging and grinding for money, to cultivate one which inheres in a spotless character are greater than all else.—Success. huge gland which sceretes nothing but dollars, and the exclusive cultivation of which crushes out of life all the finer have lived many years in the world

and have known many great and strong men, says Dr. Mahaffy, of the Univer-sity of Dublin; and it has been my ob-servation that all strong men—themen who have done the most for their coun-try and the world—are men of strong and the world—are men of strong victions on religions subjects. ere men have not all held the same lines yiers they have be not all held the same

THE CATHOLIC RECORD

regard God in all our actions; so shall merits of the Passion might be we find interior rest in the most agit ated life. – St. Francis of Sales.

That Indestructible Principle. In a great public meeting, after the audience has been held spelibound by the eloquence of brilliant orators, we have seen a plain, blunt man step to the platform and with a few brief, pointed sentences, carry more weight than all the eloquence, that preceded him. Every-body knew that the man had no gift of eloquence, but they knew also that what he said represented force and power, and that there was a man back

of the words. There ought to be something in man greater than any book he ever writes, than any sermon he ever preaches, than any plea he ever makes at the bar, --greater than any invention he ever devises, and greater than his most famous discovery -- something which will live after every material evidence of his existence has been an-nihilated-something which will persist while time lasts-and that is his char-acter, that indestructible principle of his manhood.-Success.

A New Art that is the Secret of Success. With all our memory training we hould also learn the art of forgetting. Perhaps more of us need to learn how or forget than to learn how to remem-er. Forgetting can be learned just as ber. easily as remembering, but it requires exactly the opposite kind of training. Even learning how to forget the things we should forget will help us to remember the things we should remember The things that are unpleasant, the things that irritate, the things that make us feel bitter and unkind—these are the things we should forget, the things we should discard and banish to

absolute forgetfulness. If any one has been mean to you, has wronged you, heaped slander upon you, treated you contemptuously or dis-courteously, forget it. Remembering it will not undo it, but will only mak it will not undo it, but will only make you irritable, bitter and angry—will react upon you harmfully, both physi-cally and mentally. Cast it out of your memory and let it return to the one who sent it. It is sure to do so without any effort on your part, for it is a law that that which is sent out will return again unto the sender. will return again unto the sender.

If your friends prove false and cast you off, do not hold it in anger against them, but rather pity them. Keep a clear conscience and forget the little jealousies, the petty meannesses, that ay be bestowed upon you. By casting it out of your mind, you can go on serenely and happily, while the ones who have done the mean things will be be only ones to suffer. Forget the peculiarities of your

friends, forget their faults. Remember only their good qualities. Forget your only their good quanties. Forget your annoy-disappointments, forget your annoy-ances, forget all the disagreeable things. By forgetting you will develop for your-self a sunny disposition, a good-natured temper, a cheerful manner, a healthful temper, a cheerful manner, a healthful body. Forgetting keeps at bay wrinkles and old age. It beautifies the countenance with a beauty all its own -peace, contentment, health. It strengthens the memory, keeps young and virile the faculties of the mind, elastic and agile the muscles of the

How shall you forget. By turning your mind to happier things. When the remembrance of unpleasant things crowd into your mind, use your will power and deny them a foothold there. furn your thoughts immediately to the happy moments that have been yours. Deny the disagreeable things any place being the disagreeable things any phase in your thoughts. Pick up a book and read, or go some place. Get out in the fresh air and walk or ride. Fill the mind so full of other matters that there will be no room for the disagreeable

Every night as the sun goes down let all the disagreeable happenings of the an the disagreeable happenings of the day slip out of your mind and sink into oblivion. Blot them out, annihilate them, and permit no resurrection. Go to sleep with the thought of pleasant blice in more wind and havin the

applied to them. As she left the church and made her way towards her little room her foot way towards her little room her loot slipped a little on a piece of orange-peel, and in trying to save herself from a fall she pushed against a girl who was standing close under a lamp post. "I was nearly down. I am afraid I pushed you," said Mrs. Jervis, who felt shaken at the very idea of her nearness to a tumble. to a tumble.

"I sye, could you give me summat to get a bit o' supper with ?'' inquired the girl. "I've been many hours starv-in'."

me," said Mrs. Jervis. "Are you really very hungry?" The girl nodded. " I am afraid I haven't anything with

" Ah, well, praps I was a fool to arsk you. I says to meself, I've begged and got nothing all this ere day, I'll just

have one try more and then—" "Then what?" inquired Mrs. Jervis, who, usually so timid, felt impelled, she did not know why, to stop

pelled, she did not know why, to stop and speak to this stranger. "Well," said the girl, " as you seem curious, I'll tell ye. I ain't no good to any one, and I thought I'd just make or ord of murch wolk it to the intervenend of myself-walk into the river an

and the girl could see the terrified look in the old eyes now fix d on her face. "I've been given the sack at my place, and I ain't got a roof over my head this blessed night. It's no wonder I just feels like ending it all. But they sye ye don't feel much," said the girl calmly.

coat sleeve. "Come back with me ; at least I can

give you a little food, and perhaps if we talk over matters—" said Mrs. Jervis in a trembling, hesitating voice, and feeling an overwhelming desire to do something for the girl. In those brief moments Mrs. Jervis passed through an agony of fear and hope, which asserted themselves through a bewildered sensethe inserves chrough a bewindt schart tion that something very wonderful had happened. Here indeed was a sinner and no mistake ! It seemed almost miraculous that she should be thrown in her way, for although she could not do much for her temporal needs who knows but that she might lead her to better things-away, at all events, from the idea of committing the awful sin the the idea of committing the awning sin the girl mentioned. "Poor girl 1" thought Mrs. Jervis, "how miserable she must be to think of it 1". As the girl as-sented and turned to walk on with her, Mrs. Jervis could not help thinking of

dwell on it. So the strangely contrasted pair walked on, and in a very short time the lamp was lighted, the girl ensconced in Mrs. Jervis's own chair, and out of the cupbcard was brought the remains of a loaf and an infinitesimal piece of butter.

butter. "That's all I have," said Mrs. Jervis, "but I can kindle up the fire and make you a cup of tea, the water in the kettle's lukewarm." There was a nervous quaver in the

mind and run off before she had time to

However, the girl seemed to have no intention of moving. She ate slowly and silently, making a face of disgust when she had finished the butter and had to eat the rest of the bread dry, and she looked about at the room and her hostess as she ate. Untidy brown hair hung round her face, her hathad a limp feather and dirty bow on it, and she was pale, with rather impudent dark

descript color torn in many places.

mains of the brown sugar from the little basin at her elbow. "A air't got no one here. My name's Etheldreda Smith—Dreda for short— my parents is dead and they give me the sack at the place where I worked 'cause I broke a jug." "How very unjust," said Mrs. Jervis indignantly; "why accidents will happen even to the most careful people —and didn't they pay your wages?" TO BE CONTINUED.



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perhaps." Mrs. Jervis trembled with horror,

Mrs. Jervis laid a hand on the girl's

all the cases she had ever read of in the papers, of people who through trouble

had been tempted to-but she dared not

There was a hereous quarket in the old lady's voice as she spoke, and as she busied herself making up the fire, she gave anxious glances at the girl afraid lest the latter should change her

talk to her. However, the girl seemed to have no

yes and thin lips. Her attire was a erge dress and jacket of some non-

"Have you no friends, my poor girl, no one to whom you can go ?" asked "Have you no friends, my poor girl, no one to whom you can go ?" asked Mrs. Jervis as her efforts with the fire and kettle were rewarded, and she was able to pour out a smok-ing cup of tea for her visitor, who drew it towards her and put in the re-mains of the brown sugar from the little basin at her elbow. (1 Aiv text no one here. My name's the di and the strategies of the strategies

the lungs are unable to throw off the lingering colds, in fact the whole body gets out of order. Then you have headaches and backaches, can't sleep and can't eat and feel utterly miserand can be cured by the rich, red blood Dr. Williams' Pink Pills sends

stomach loses its power to digest food,

the lungs are unable to throw off the

blood Dr. Williums' Pink Pink Sends coursing to every part of the body. Mr. Daniel McKinnon, of North Pel-ham, Ont., suffered from bad blood, but has been made well and strong by Dr. Williams' Pink Pilis after all other treatment had failed. Mr. McKinnon says: "Until last Spring I had been edited with a weak stomach, headafflicted with a weak stomach, head-aches and kidney troubles. At times I was completely prostrated and my suf was completely prostated in y our ferings were of a most severe nature. At different times I was treated by no less than seven doctors, but from none of them did I get more than temporary rules de time went on I because relief. As time went on I becau hopeless of ever being well again, Last spring a friend drew my attention to Dr. Williams' Pink Pills and I decided to try this medicine. I had only taken four boxes when I found a de-

cided improvement in my condition,
and I continued using the pills until I
thad taken a dozen boxes when I was a cured man and the sufferings I had formerly endured were but a disagree-1 able memory. I admit being an entibusiastic admirer of Dr. Williams'
Pink Pille, but I think I have just cause for my enthusiam and will always recommend them to my ailing friends."
Just as surely as Dr. Williams' Pink Pills cured Mr. McKinnon they can cure anaemia, indigestion, headaches, cided improvement in my conditi

cure anaemia, indigestion, headaches, backaches, kidney trouble, rheumatism,

189, N.Y. HE DACHE A CURE r discovered r diffect from back if not

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Take Time. Take time to breathe a morving ayer, asking God to keep you from il and use you for His glory during e day. Take time to be pleasant; bright smile or a pleasant word falls right smile or a pleasant word falls a subbeam upon the hearts of those und us. Take time to be polite; gentle "Thank you," "If you ase," "Excuse me,"etc., even to inferior, is no compromise of dignity, i you know "True politeness is to the kindest things in the kindest y." Take time to be patient with lidren. Take time to be thoughtfal out the aged. Respect gray hairs, en if they grown the head of a ggar.

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developed to the utmost along normal ligious views that I hold, but they liced their own doctrices just as orgly as I believe mine. They be-ved that they were right. My nd-to to to farthermost limit. A man is poor when he has lost the ouggle of real life is that you make your mind that some way is right then follow that way unflinchingly. combed by deceit, punctured by dis-honesty. He is poor when he makes money at the expense of his character, then follow that way unflinchingly.

when principle does not stand clear out, supreme in his idea. When this is clouded, he is in danger of the worst kind of poverty. To be in the poor-house is not necessarily to be poor. If you have mnintained your integrity, if your character stands joursquare to the world, if you have never bent the knee of principle to avarice, you are not poor, though you may be compelled to beg bread.-Success.

Cheerfalness in Work. Force yourself it necessary, to form a abit of seeing the best in people, of 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good qualities, and 'dwelling upon them and enlarging inding out their good and burlesque man, b the man that God made. Ruskin is '' Do not think of your laults; 'l less of others' faults. In every to m who comes near you, look for the it, and your faults will drop of ''' ou make up your mind ill near-<text><text><text><text><text><text><text><text>

things in your mind, and begin the next day as though it was the first day of all your life, the last day, the only of all your life, the last day, the only day. And make this day a record of sweet memories. If anything disagree-able intrudes, at nightiall blot it out-Then if another day is given you, make

it better than the one before, remem being only the things that are lovely and lovable.-E. P. in Medical Talk.

OUR BOYS AND GIRLS. STORIES ON THE ROSARY The Scourging at the Pillar. BY LOUISA EMILY DOBRER.

A FAILURE -However, that evening his address rather upset poor Mrs. Jervis, for it was about morification, and she felt extremely uncomfortable as he went on.

MILLA MARK

IMITATION OF CHRIST.

THE DESIRE OF ETERNAL LUFE: AND TO THEM THAT FIGHT. But consider, my son, the fruit of

labours, how quickly they will and their exceedingly great re-and thou will not be troublod at

in regard to that little of thy which thou now willingly forsakest, shalt for ever have thy will in

fear of ever losing it. tere thy will, being always one mine, will desire nothing foreign ivate.

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