#### CHATS WITH YOUNG MEN

"NO CROSS, NO CROWN" I sometimes think, when life seems

gloom and darkness gather

When hope's bright star forsakes And sorrow in my pathway lies-

It would be sweet, it would be best. To fold my tired hands and rest; But then God sends an angel down, Who sweetly says, "No cross, no

crown. Last night I heard the river moan With sad and melancholy tone; I saw its water flashing free, And dashing headlong to the sea.

would have plunged beneath its And on its friendly bosom died, But then God sent an angel down, Who whispered still, "No cross, no crown.

I said the world is dark and lone : There is no hand to hold my own; I cannot bear the noonday heat; The thorns so pierce my bleeding

feet!
"Behold!" he cried, "where sacri-

ficed, Shine the red, bleeding wounds of

Christ."
And fell his tears of mercy down,
While still he said, "No cross, no crown."

Then turned I to the river shore. And sought the lonely world once

more, With aching heart and burning head, To battle for my crust of bread; But Hunger came who knew me

well. And fainting by the way I fell; But still God sent an angel down, Who, weeping, said, "No cross, no

"No cross, no crown," as standing there,

The cross too heavy seemed to bear; And for the crown, I could not see That it was ever meant for me. The words I could not understand, Even while I pressed the angel's hand;

But still he looked with pity down,
And still he said, "No cross, no
crown."

Back to the world I turned again, To feel its grief, endure its pain; But all the sweetness that it gave I followed, weeping to the grave And from the cold and quiet sod I lifted my sad eyes to God, And saw the angel coming down, And in his hands a golden crown.

Then I forgot my earthly loss, And, kneeling, lifted up the cross— Through all that once made life so

Lay 'neath the lilies at my feet. A radiance from the realms of light Flashed for a moment on my sight-

A still, small voice came fluttering down :

"It is enough-receive the crown."

THE ROYAL WAY

Man must suffer here below. It is the universal law from which none is exempt. In human affairs, if man finds himself confronted by some irksome or disagreeable condition which by strenuous means he can overcome, he leaves nothing undene to remove it from him. He

other common ples. There is one exemption that man, however exalted or affluent he may It is exemption be, cannot obtain. from the law of suffering, from the cross. With a cry on his lips he enters this dreary valley through which he is destined to walk with tottering feet. Many a rough fall forces him to his knees and chastens his soul, but he must go on. With a moan of anguish he goes forth at the end of the road, after a long or short journey as the case may to render an account of the brief journey that he has made.

There are those who, feeling the sharp pricks of the thorns of life, have cast to the winds the thought of a loving and all-wise Creator. Foolishly they assert, reasoning by their limited lights, that a kind and stow none but good gifts on His own. By good they mean the agreeable, the pleasant things. Whereas true philosophy teaches that the so-called pleasant and agreeable things are often hurtful to man, do not strengthen him either in soul or body, and even pall on the immortal part of him in the end.

Man cannot escape suffering, no matter how securely he may shield himself from it. Wherever you go, says a Kempis, you carry within yourself the seed of the trouble. You cannot avoid it.

Suffering is the great panacea of life. At first sight this appears paradoxical. But when considered closely in relation to human affairs, it will be found to be the truth.

How then, shall we endure this suffering, since we cannot flee from

Christ is the great Examplar of suffering. After Him weak men and women have balanced themselves bravely, keeping close to His blood-stained tracks. Fallen, they have raised themselves, and weary and travel-stained, wounded and assaulted, they have struggled on.

assaulted, they have struggled on.
We all admire the man who can bear suffering without a murmur.
The patient who can submit to the torture inflicted upon him for his physical healing is looked upon with the best way of refreshing the mind. The patient who can submit to the torture inflicted upon him for his physical healing is looked upon with the best way of refreshing the mind. The patient who can submit to the torture inflicted upon him for his physical healing is looked upon with several distinguished musicians, the question arose as to the best way of refreshing the mind.

men so strong that they are the admiration, not only of their companions, but even of the angels and of God Himself.

It is an easy matter to be calm and equable when things go well with us. The Psalmist well illustrates the bravado with which the always self-sufficient man starts out in the morning to conquer the world.

Alas, before the day is spent he finds out that he is vulnerable, and crawls back humbly to the feet of his Maker, acknowledging his need.

Unmanly, to say the least, appear

the petty complaints we hear on all sides from worldly-minded persons who strive to flee from the healing shadow of the Cross. They are willing to stand with the Apostles on Tabor and be with Christ Glorified. But they shrink from the dark Garden, the shadow of the Cross. They cannot endure the sight of a drop of blood. What weaklings are they who would contravene the designs of their Creator and would refuse to offer to a dying God one drop of the sympathy that He

The Way of the Cross. In our churches we see the crowds following, on the Fridays of Lent, the priest, as he travels from Station to Station with the Crucifix. They contemplate His sufferings and they are moved to compassion. But Christ asks them to go out into the

They go, and a little suffering comes near to them. How do they receive it?

In a lax and pleasure-loving age, when few persons imagine them-selves strong enough to fast, when few will restrain themselves from the usual round of pleasures,—we may well ask ourselves: Is suffer-ing the badge of all our race?

How shall we personally help to establish the reign of a Crucified Master in this weary and care-worn

The answer: By suffering our ittle trials in patience, by restraining ourselves in all the miseries of our daily life, by treading the wine-press with One Who shed the last drop of His Precious Blood for the salvation and peace of the world.-

### OUR BOYS AND GIRLS

WHOEVER LOVES THE WINTER Whoever loves the winter Loves the beauty of the snows In all their varied setting, Where all their grandeur glows: On ancient mountains, gleaming In sunset colors grand;

In woodland ways, where sunlight plays, And carves a glittering strand.

Whoever loves the winter. oves the buoyancy of youth; Life's will-creating combat, The vastness of God's truth; The wilderness's splendor In Isolation's grip; The sweetness and completeness Of Nature's fellowship.

Whoever loves the winter, Love's the hearth and home as well; The radiant warmth of kindly

hearts, Where old age has to dwell; undene to remove it from him. He claims exemption on the ground of his wealth, his influence, or on some other common place.

What counts those moments precious After the busy day, When with one's kin the home

within We chat and read and pray. Whoever loves the winter, Should love the God of all Who orders all our doings

On Heaven's eternal shore, Its echoes seem down-flinging To earth's illumined floor. -F. B. FENTON

Each season's rise and fall.

Gloria in Excelsis, ringing

THE "O SALUTARIS" It is not generally known, perhaps, that the singing of the hymn, "O, Salutaris Hostia," during Benediction is of French origin, and recalls a remarkable event in French history. In 1518 France was attacked on all sides by the enemy, and the country had never been in greater peril. It is inter-esting and edifying to learn now how the King of France of that time, Louis III., acted. He at once had recourse to God, and he appealed to episcopal authority to implore assistance from the Most High by having the hymn, "O Salutaris," sung during Mass at the moment of the Elevation:

'O Salutaria Hostia. Quae coeli pandis ostium Belia premunt hostilia; Da robur, fer auxilium."

'O Saving Victim, opening wide The gates of heaven to man below Our foes press on from every side supply! Thy strength bestow.

The France of that day received

ROSARY MOST REFRESHING The famous musician Joseph Haydn, was the son of a poor wheel-wright in Rohran, Lower Austria. His father played the harp, to the music of which his mother would discards the materialistic conception add that of her charming voice. This it was which first awoke

admiration by the surgeon, who wounds him that he may make him whole.

Suffering, borne patiently, makes men so strong that they are the admiration, not only of their control o quit my work and go into com-

pany."
"And how is it with you,"
Hadyn?" asked one of his companions.

"I take my Rosary, which I always carry about with me," he answered modestly; "after a few decades I am sure to feel refreshed both in body and in mind."—Catholic News.

A CHILD'S IMPRESSION

The impression left on the mind of a child by Benediction is beauti-

fully expressed in an incident told in the Ave Maria.

Little Mabel, though her parents were non-Catholics, was brought up by a good Catholic nurse, who always attended High Mass and Benediction every Sunday. Rather than have the trouble of caring for on the other hand, is to develop the the child at such times, Mabel's consciences, the ideals and the aspir-parents permitted her to go to church with her nurse and during the first years of her childhood she never missed a Sunday or Holyday.

It was with intense interest that she watched the different cere-monies of the Church. She liked the red vestments which her nurse told her were worn on the feasts of martyrs who had shed their blocd for Christ; she also liked the heavy gold vestments, which seemed to light up the whole sanctuary, and which she had been told were used city, to their homes, to the work-shop and to tread that Royal Road on great feasts, like Easter. But perhaps what attracted her most was the Benediction of the Blessed Sacrament, when the priest held up the golden monstrance and the light of the candles reflecting from it made it seem like the eye of God

looking down upon the people.

Mabel had been told time and again what Benediction with mon-strance meant—that it was God blessing His children on earth.

Mabel's nurse had been gone away for over two years, and she was now nearly ten. She had not been to church meantime, and seemed to have forgotten all about the ceremonies that used to delight her so much. But one day as she stood on the seashore holding her mother's hand, she turned suddenly to the west where the setting sun, a great golden disc, flamed in the sky; and she dropped upon her knees and bowed her head. "What

#### NOBEL MEDALIST

DECLARES CLASH BETWEEN RELIGION AND SCIENCE INEXCUSABLE

New York, Oct. 19.-"There is no for a conflict between science and

holder of many other learned awards

cance is lent to his words by His righteousness.' Eminence in the world of science. He has studied at seven universities in three countries; has won the Comstock prize for research in electricity and the Hughes Medal of the Royal Society of Great Britain, in addition to the Nobel and Edison awards; has been vice-chairman of the National Research Council, and is the author of many scientific works. His discoveries in electric-

ity have been revolutionary. SCIENCE ONLY REVEALS GOD

"I cannot explain why I am alive rather than dead," says Dr. Milli-kan at the start of the interview. "Physiologists can tell me a great deal about the mechanical and the chemical processes of my body, but they cannot say why I am alive. But would it not be utterly absurd for me to deny that I am alive?

"Our scientific knowledge pared to what we knew a hundred years ago is very great, but com-pared with what there is to be known it is trivial. The map of the earth used to have on it many great, blank spaces marked 'unexplored.

been charted, and the more we investigate the more we see how far we are from any real comprehension of it all and the clearer we see that in the very admission of our ignor-ance and finiteness we recognize the existence of a Something, a Power, a Being in whom and because of we live and move and have our being-a Creator by whatever name we may call Him.

this Creator are varied, Dr. Millikan discards the materialistic conception summarily. "Materialism

religion-nor is there in my judgment any excuse for a conflict be-tween science and religion, for their fields are entirely different. Men who know very little of science and men who know very little of relig-ion do indeed get to quarreling, and the onlookers imagine that there is a conflict between science and religion, whereas the conflict is only between two different species of ignorance.

"The impossibility of real science

and real religion ever conflicting becomes evident when one examines the purpose of science and the purpose of religion. The purpose of science is to develop without prejudice or preconception of any kind

FAITH OF GREAT SCIENTISTS

"Many of our great scientists have actually been men of profound religious convictions and life. Lord Kelvin's estimate of the age of the earth at around a hundred million years did not seem to him or to the church to be in conflict with the first chapters of Genesis. He said:

I believe that the oughly science is studied the further does it take us from anything com-parable to atheism.' And again: 'If you think strongly enough, you will be forced by science to the belief in God, which is the founda-tion of all religion. You will find it not antagonistic but helpful to

religion.'
"Take other great scientific leaders—Sir Isaac Newton, Michael Lames Clerk-Maxwell, Faraday, James Clerk-Maxwell, Louis Pasteur. All these men were not only religious men but they were also faithful members of their communions. For the most impor-tant thing in the world is a belief in moral and spiritual values—a belief that there is a significance and a meaning to existence—a belief that we are going somewhere! These men could scarcely have been so great had they been lacking in this

"HEROES ALL BELIEVE IN GOD" "And it is because of this belief that men are willing to work and to die for causes. Men and women prefer to die rather than to live in

knees and bowed her head. What is it?" said her mother, who feared something had happened to the child. "It is the Benediction," Mabel whispered. "God is blessing the world. Kneel down, mother, and say a prayer."

Material to cover the consciousness of having played the consciousness of having played the consciousness of having played the part worthily in the great scheme of things. It is true that not all men are like that, but I am optim'st enough to think that most men are. Why? Simply because most men believe that there is a world scheme, that they are a part of it, that their deaths are going to contribute to its development; in short, because most men believe in

'This is the obvious inference scientific basis for the denial of from the fact that men are willing to die for a cause. They may not know whether there is a personal immortality for them or not, but These are two of the striking statements of Robert Andrews Millikan, Ph.D., Sc., D., Nobel Prize winner, Edison Medalist, they do know with absolute certoo, have faith to believe that they live on in consciousness, but in either and one of the foremost of living case they are a part of a plan of development which gives meaning home home scientists.

Dr. Millikan makes his statements in an interview entitled "A Scientist's God" appearing in this week's issue of Collier's. Added significations of the control of

ESSENTIALLY OF RELIGION

In conclusion, Dr. Milliken says: "It is beyond belief that we may some time be able to do in our laboratories what the sun is doing in its laboratory. Then it is conceivable that science could, if given the chance, transform this world within a generation.

'But to what end? Without the moral background of religion, with out the spirit of service which is the essence of religion, our new powers will only be the means of our destruction.

DAYS

have a little fairy friend And, when the skies are grey, She flies into the dimming past To seek a Golden Day.

Now Golden Days are rare days, As all old sinners know, And oft times they are buried deep Among the Days of Woe. . .

I sent my elfin frient this morn To scan the troubled years Now there are very few of them.

"The map of science is still a great blank sheet with only here and there a dot to show what has "A million ugly hours I dragged". But weary came she back tonight, 'A million ugly hours I dragged From off a heap of Time— I found, tonight, a Golden Day

All covered o'er with grime. "And, though I bathed her pallid form And dressed her—most like new, She sighed and said that she was tired—

Would come no more to you." I comforted the sobbing elf-

Jesus seeks more than mere passing acquaintance — avoidance of venial sin. He desires that delicacy of true friendship-union of heart

# Virol for office men

Mental effort is tiring to the brain and to the body. Many office men make it a custom to keep Virol in the office and take a teaspoonful after meals. It builds rich blood, repairs tissue and gives a clear brain for business problems.

### Build Dollar by Dollar



ON'T neglect to open a savings account because you may have no large amount of money to deposit. The Dominion Bank will accept deposits of \$1.00 and upwards.

Open an account now and add small amounts regularly. You will be surprised to see how rapidly your savings will grow.

# DOMINION BANK

ESTABLISHED 1871

#### PURE IRISH LINENS DIRECT FROM OLD IRELAND AT FACTORY PRICES

XMAS

HEAD OFFICE,

PRESENTS here can be no lo lier or more useful gift than Irish Linen, Carriage paid on or-ders \$72.00 and over. SEND TO-DAY FOR

EMBRD. LINENS SUITABLE FOR CONVENT WORK 50% Reductions

**WORTH DOUBLE THE PRICES QUOTED** Heavy 36 in. Linen, 60c. per yd. Fine 36 in. 80c. yd. Extra fine 36 in. \$1.20 and \$1.30 yd. Heavy 40 in. Linen, 75c. yd.; 45 ins. 85c. yd.; 54 ins. \$1.10 yd.; 72 ins. \$1.60 yd.; 80 ins. \$1.65 yd.; 90 ins. \$1.95 yd. Any length cut. Irish Linen Damask Table Cloths, 2 x 2 yds. \$4, \$5, \$6 each. 2 x 2½ yds. \$5, \$6, \$7 each. Napkins 22 x 22 ins. \$4, \$5, \$6, per dozen. FREE CATALOGUE

MURPHY & ORR, LTD. (Dept. C. R.) 7, BEDFORD STREET, BELFAST, IRELAND





The New Edwardsburg Recipe Book tells how useful CROWN BRAND is for cooking, besides being a delicious table syrup. THE CANADA STARCH CO., LIMITED -- MONTREAL

EDWARDSBURG RN SYRUP

## **AnIdeal Gift**



Gold Plated Rosary \$1.00

The Catholic Record LONDON, ONT.



### **Hotel Wolverine** DETROIT

Newest and Most Modern 500 Rooms 500 Baths Rates \$2.50 Up

### Therese (Soeur) of Lisieux

The Little Flower of Jesus

A complete translation of L'Histoire d'une âme, with an account of some favors attributed to the intercession

witness before the Tribunal of the Beatification. With 12 full-page illustrations in photograyure. 8th edition. \$2.50 Postpaid The Catholic Record

LONDON, CANADA

Edited by Rev. T. N. Taylor

**Habit Conquered** Homes made happy by Samaria, The World's Greatest Remedy. Free trial Treatment on receipt of stamp, with hundreds of Free Testimonials proving the wonderful merits. Samaria Remedy Co. Toron



Wouldn't Stay Down HE WAS putting in long hours at un-skilled work. His small pay scarcely

La skilled work. His small pay scarcely lasted from week to week.

He saw other men promoted. Then he learned the reason. They had special training. He made up his mind to get that kind of training.

He sent to Montreal a coupon like the one below. That was his first step upward. The reward was not long coming—an increase in salary. Then he was made Fgreman. Now he is Superintendent.

e is Superintendent.
It just shows what a man with ambition can dol
What about you? You don't have to stay down.
You can climb to the position you want in the What are climb to the position you was you can climb to the position you was you like best.

The way to do it is easy—without obligating yourself in any way, mark and mail this coupon.

TEAR OUT HERE

INTERNATIONAL CORRESPONDENCE SCHOOLS CANADIAN, LIMITED Department 1555 O, Montreal, Canada

BUSINESS TRAINING DEPARTMENT Management g & Banking Law TECHNICAL and INDUSTRIAL DEPARTMENT