

# CHATS WITH YOUNG MEN

## BENEDICTION

The door of a white tabernacle  
Felt the touch of the hand of the priest—  
Did he waken the host from its slumbers  
To come forth and crown the high Feast?

I knew not; but Mary, the Mother,  
I think almost envied the priest—  
He was taking her place at the altar—  
Did she dream of the days in the East.

When her hands, and hers only, held Him,  
Her Child, in His waking and rest,  
Who had strayed in a love that seemed wayward  
This eve to a shrine in the West.

Came a hush, and the Host was uplifted,  
And it made just the sign of the cross  
O'er the low-browed brows of the people.  
O Holy of the Holy! Thy loss.

To the altar, and temple, and people  
Would make this world darkest of night;  
And our hearts would grope blindly on through it,  
For our love would have lost all its light.

Blessed priest! strange thou art His jailor!  
Thy hand holds the beautiful key  
That locks in His prison love's Captive,  
And keeps Him in fetters for me.

## AN ANECDOTE

I have a friend who came out from Scotland when quite a young man. He has now been in our country over twenty-five years but the heavy expense of a delicate family has prevented him ever returning to visit his native home. Every Thursday evening it was his wont to spend in writing to his father and mother in Scotland—not miserable, scrappy notes, but affectionate accounts of all the family happenings and doings. You could not tempt him out of his home on Thursday evenings. "No! I'm sorry, but tomorrow is mail-day and I have my home letters to write."

Quite recently both the old people died. Can you imagine the consolation that man must feel when he remembers that never during all his long years of absence has he missed his weekly letter to his aged parents?—Southern Cross.

## THE ROAD TO SUCCESS

When the great French astronomer Arago was a young man, and was working in a bookbinder's shop, he became so discouraged and despondent about his future that he was about ready to give up and quit his job, when he saw something printed on the paper used in binding the book before the cover was put on. This aroused his curiosity, and this was what he read: "Go on, sir, go on! The difficulties you meet will resolve themselves as you advance."

These words kept ringing in his ears, and made such an indelible impression upon the young mathematician's mind that he was spurred to renewed effort. It became a perpetual spur to his ambition through out his whole career. Arago resolved then and there that he would never rest until he became one of the world's great astronomers, and he made good.

The great majority of people in the failure army would probably have succeeded if they had only kept on, had only pushed ahead, if they had not become discouraged and given up, if they had not lost their grip on themselves. It is astonishing what keeping on when you can see no light ahead, refusing to give up, sticking and hanging and doing the best you can, will do. This is what makes success possible.—Freeman's Journal.

## A WELL-TRIED MAXIM

This well-tried maxim, the observance of which is such a help to success, should be of particular assistance in present-day life which is so strenuous for everyone. The application of this proverb is by no means limited, as it can be applied to every sphere, and may with propriety be regarded as a universal headline. It may be worded in a different form which conveys the same sense, and can be quite clearly understood. This is none other than the old familiar expression, "Never put off till tomorrow what you can do today."

Oh, what a great reformation would take place in the world of today if people would only try and abide by the dictates of this simple, time-honored proverb, and what a great impetus would be given to business! But no, people only regard it as something which has come down to them from the quaint and droll past, and which is of absolutely no significance at the present time.

Now, as a matter of fact, it is almost impossible to comprehend all that this old saying contains, or what it means for each individual. If we could only realize that it provides us with two alternatives, and that on our choice depends to a great extent our future success or failure, bliss or misery, then, and only then, can we be brought to realize its significance.

Thus, if we took this as a motto in childhood years, with what success would we probably be attended, and how well we would be equipped for the battle of life. The pupil in the schoolroom who is imbued with lofty sentiments of duty, and who spurns away the very idea of postponing or putting back any task so as to perform it at some future time, he will most likely triumph over all difficulties, and shall pave the way for his future success in life.

Now, in social life the result is exactly similar. The person who is alive to his sense of duty, and who acts with promptitude and care, is always respected and looked up to as a gentleman.

Likewise in business life, the man who performs his work diligently, and who allows no opportunity to pass without gaining something by it, shall, when the time comes, reap the fruits of his labors.

Then if we turn to that source where the proverb originates, we shall, of course, find the same inevitable result. The farmer who makes use of the fine weather to save his hay or reap the harvest, obtains a decided advantage over his fellow-farmer who postpones the work to some future date, and then finds to his dire dismay that the weather prevents any progress being made with the work, and even oftentimes hampers it completely.

Let us consider the vast sphere which awaits us when we shall close our eyes finally on this valley of tears and pass into eternity. Although the result obtained by following this maxim is better vivified in the temporal than in the spiritual world, still, it is beyond doubt more true in the case of the latter. Our eternity depending on the course which we follow in this life, can we appreciate our position better or be more alive to our sense of duty than to prepare whilst we have time for the world to come?—Selected.

## OUR BOYS AND GIRLS

### JOY AND SORROW

There came a youth unto my door—  
A gentle, winsome boy—  
And on my eager questioning  
He said his name was Joy.

He entered in, and lived with me;  
The world seemed like a dream;  
And we, as in enchanted boats,  
Swept down a fairy stream.

And in the night a spirit came  
And whispered: "On the morrow  
The Lord of Life will send to thee  
His fairest daughter, Sorrow."

So Sorrow came unto my door,  
And begged that she might stay;  
But though her feet were bruised  
And torn,  
I sent her on her way.

And when Joy saw the passing feet  
He noted how they bled,  
He turned a sudden straight from me,  
And after Sorrow fled.

And now, with a wakened heart,  
One night,  
I pray God send me Sorrow;  
For if she come, I know that Joy  
Will follow on the morrow.

—THOMAS EDMUND BURKE

### DOES THE CAP FIT?

There are a great many things that, although not sins, spoil our character and are troublesome to others. These we should try and correct, as they spoil us and irritate our neighbor. Some people fall into the habit of saying: "I beg your pardon," when they have heard perfectly well, and it is very irritating to have to repeat all you say twice. We know several offenders in this way. We don't repeat, and then they answer perfectly well, showing that they heard what was said. It is merely a bad habit. Some people in church whisper their prayers, imagining apparently that God needs to hear. Never on any account articulate your prayers in this way, as it is most distracting to others, and is in itself foolish.

It is a point of good breeding in a private house to talk just loud enough to be heard by the person you are speaking to. The "undertone" is always a sign of refinement and culture. The loud and boisterous speaker is a plague. Some people confuse noise with heartiness, but it is a sign of want of breeding just as much as loud laughter is. There are some who always deny or qualify all that one says. Now, it is a point of good manners in conversation never to contradict or express disapproval in things that do not matter. Those who are engaged in teaching are prone to look for the opportunity of sporting their blue pencil. In minor matters, agree with the person you are conversing with as far as possible. Smith says: "It's very cold this morning." Don't say: "Cold! I thought it was quite warm." This does not mean that you must suppress your own feelings or tastes, or not engage in a certain amount of conversational playfulness to promote conversation. One should avoid the controversial habit, questioning every statement made.—Catholic Universe.

### ADVICE TO BUSINESS GIRLS

The problem of keeping fit is quite as important for the business girl as for her employer, writes Grace Keon in the Franciscan Herald. While he is not likely to grapple successfully with business problems if brains and nerves are affected by wrong living, she cannot

carry out her duties if she is not "fit" in every way. The girl who spends the greater part of her waking hours in an office or store, can, by taking thought, keep body and brain so tuned up that work becomes easy instead of a weariness to the flesh.

We all know the girl who comes home from business too fatigued to do anything, craving only for rest. This is an unhealthy condition and must be combated. This type of girl generally says she has no chance to take any exercise. She is in the office all day and when she reaches home at night all she wants to do is rest or lie down. The first thing is to find out if there is any physical cause for this feeling. The victim may be suffering from anaemia or some other common complaint. In these circumstances a doctor should be consulted.

Perhaps she is feeling the effects of malnutrition or malassimilation, and then the diet must be properly regulated. She is eating the wrong food, or the wrong combinations of food; or perhaps her meals are ill-chosen and not properly balanced. A well-balanced meal means a well-balanced young woman. Good sustaining food, fresh fruits and vegetables mean more health than tons of "fancy pastries." Meat should be taken only once a day, at the evening meal. Excess of flesh foods creates poisonous acids in the blood, which cause great suffering in various ways.

Before dismissing the subject of diet one may remark that no girl can keep fit unless she bars the habit of nibbling between meals. We all know the type who keeps crackers or candy or apples in her desk, and is perpetually taking surreptitious bites. The habit of eating between meals spoils the digestion, and a spoiled digestion means a spoiled life.

Perfect cleanliness is essential to feeling fit; the warm bath increases perspiration and respiration. Some girls can stand the shock of a cold bath; but in others it produces unpleasant symptoms, and if there is any reaction, one is better without it. No girl can keep fit without a due amount of fresh air and exercise, but it is not necessary to overdo it. Fatigue toxins are formed; and while there is no harm in being "healthily tired"—as the popular phrase has it—over-fatigue is dangerous if long continued. No girl who spends most of her evenings in overheated dance halls or "movie" houses can expect to be fit and ready to tackle her day's work in the morning.

## A NATIONAL ASSET

As the greatest transportation company in the world, the Canadian Pacific Railway has maintained a national service in the Trans-Canada Limited which is second to none and on the conclusion of the summer schedule of this crack train has transferred the equipment to the Vancouver Express which leaves Toronto every night 10:10 p. m. on its trip across the continent, via Winnipeg, Calgary, Banff, Lake Louise, the spiral tunnel, Sicomos and parts of the Canadian Pacific Rockies famous throughout the world, on its way to Vancouver, where the travellers are unanimous in their praise of the service of the Vancouver Hotel. The Canadian Pacific also operates a steamship service to Victoria, the Mecca for winter tourists.

Not only does the Vancouver Express carry tourists and standard sleepers, but it also carries a compartment-observation car complete in itself, while a parlor car is added from Revelstoke to Vancouver.

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Canadian Pacific agents will gladly make your reservations and supply you with any information you require. They are fully qualified to offer a "second to none" service to the public.

## KEEP STRONG AND HEALTHY

It is impossible to feel active and energetic when the bowels are clogged from undigested food.

When this condition exists it gives rise to constipation, biliousness, sick headache, a muddy skin, blotches, pimples and other liver marks; there is lack of energy and a more or less tired feeling.

People suffering from these ailments can get speedy relief by taking one or two of Dr. Norvall's Stomach and Tonic Tablets at bedtime, and if necessary, one in the morning.

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The Dr. Norvall Medical Co., Ltd.,  
168 Hunter Street,  
Peterborough, Ont.

Let time that makes you homely, make you sage.—Thomas Parnell.



Answers for last week: Upper picture: Sermon on Mount (Beatitudes); Gospel All-Saints' Day, Nov. 1st. Lower picture: Not Gospel of Sunday before, i.e., Christ and the Ruler, the figure at the right is the Centurion (Gospel 3rd Sunday after Epiphany). Saint Simon and Jude, Apostles.



All three of these pictures represent important parts of the Church's liturgy this week. Answers next week.



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## Have you the courage to read these figures?

Insurance statistics show that only 11 out of every 100 men who are twenty-five today will be able to support themselves at 65. 36 will be dead. 6 will be self-supporting. Only 5 will be well-off. 53 will be dependent on others for support.

"What will you be doing at 65?" Will you still be able to earn your own living? Or will you be dependent on relatives for support?

It all depends on what you do in your spare time. Train yourself to do some one thing well—put your services in demand—and old age will have no terrors. Your training and experience will make your services more valuable every year.

Neglect your opportunity—was the precious years of youth—keep putting it off until the Tomorrow that never comes—and at 50 or 65 you will be only the shadow of the man you might have been.

Read over these figures again. And then, for the protection of the future years, send in the coupon that has meant the difference between failure and success to so many men just like yourself.

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## MEN AND HORSES

How closely related is man to the more intelligent of the animals! In many of the ailments to which both are prone and the remedies to which they answer.

Doctors and veterinarians are oftentimes surprised to learn of the similarity of their methods of handling the ailments of man and beast.

Sprains, burns, scalds, scratches and many other minor injuries, many everyday ailments, too in men and animals take the same course, and both answer immediately to the same treatment—Absorbine Jr.

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