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You haven't any respect for the man who lays in wait for another, and sneaking up quickly behind stabs him in the back. Then why should you for one who, as perfidiously, slanders another when he knows that other has no means knows that other has no means of knowing of it and refuting it? Let's be manly. Deceitful mis-statements are as bad as a stab in the back. Be sure you are no part of any such contemptible proceeding; and if you find you have been tricked, right the wrong if pos-sible. Cultivate honesty of purpose been triesed, right the wrong it possible. Cultivate honesty of purpose and of utterance. The straightforward man has the most friends in the end. It's just as easy to be true to yourself as it is to be false to yourself. And it gives a far greater return.

Don't Save Money and Starve the Mind

How many there are who have been

very successful in saving money, but whose minds are as barren of anything beautiful as is the hot sand of the Sahara Desert! These people are al-ways ready to invest in land, stocks, or houses, but are never able to buy books

or collect a library.

We know men who started out as bright, cheerful boys, with broad, generous minds, who have become so weedded to money-making, so absorbed in their business, that they cannot find time for anything else. They never travel or visit their friends. They consider it foolish or extravagant to go to the opera or a good play; the daily paper limits the extent of their reading; re-creation of any kind is relegated to a ereation of any kind is relegated to a far-away future, and yet these men are surprised, when they retire from busi-ness late in life, to find that they have nothing to retire to, that they have destroyed the capacity for appreciating the things they thought they would enjoy.—Success for February.

An Example to Young Men

An Example to Young Men

A conspicuous example of success, due to his own energy and resolute industry is afforded by Mr. William Loeb, the United States President's assistant secretary. As his name indicates he is of German parentage, although American born. At the age of twelve he was obliged to leave school.

We have brought with us,' we must have a thought as to whether our actions are a scandal to another."

OUR BOYS AND GIRLS.

Integrity.

"Edwin, here is a ticket good for welve he was obliged to leave school to take his place in the ranks of the bread-winners, which he did as messenger boy for the Western Union Telegraph Company, at Albany, N. Y. He subsequently took up as a side issue the study of stenography, which he pursued with characteristic enthusiasm, nastering it so effectually that in his twenty-first year he secured the posi-tion of official stenographer of the lower house of the New York Legislature. He afterwards became widely known and employed in his profession, finally being appointed on the executive stenographic force while Mr. Roose velt was Governor, becoming his confidential secretary, and in that capache has remained, accompanying chief eventually to the White

House.

The secret of his successful career is really no secret at all. He simply mastered his chosen profession and, as the president of the Billion Dollar Steel Trust said of his highly paid assistant, "he never looked at the clock during business hours."

We all Want More Rest.

body as eating and sleeping is.

Men, women and children, old and young, rich and poor, the literary man and the laborer, the merchant and mechanic, the clerk and the antism and the laborer, the merchant and mechanic, the clerk and the artisan, all require rest. How much rest they shoulder his load and start up the require depends entirely upon their constitution, their ability to stand the work that they have to go through, and the strain that such work has on their Norton was surprised to receive the

great mental strain, or to do any extra ordinary amount of work without rest, eventually the constitution will become undermined, the nervous system thoroughly disorganized and then the would-be hard worker will have to en-

for a certain period, regulated according to the strength of their constitution and according to their nervous temperament, they break down, and they have to take an enforced rest. When they get in this condition it is very hard for them to recover again."

hard for them to recover again."

Rest can be taken in variety of ways. The only perfect rest is sleep. A man should take rest after he has eaten his meals; particularly after eating his dinner, which is supposed to be the heaviest meal of the day. Some people only rest properly when lying down. Some rest more when removed entirely from their business cares when taking outdoor exercise. Others seek rest in ou

they will sit in one position for hours thinking of nothing but the nibbling of the fish. Some find rest in shooting. Others in various kinds of outdoor

amusements.

One should take a day off occasionally for a complete change of scene and thought, air and occupation; and once a year a vacation of a week or two will be time well spent. Better a vacation than a break-down in health.

Value of Personality.

"If you wish anything done well, do it yourself," so if you wish to succeed in business attend to the details yourself. I do not know any line of business in this country to-day that will run itself or make money for its owner without the closest kind of application without the closest kind of application and attention on his part; so that the young man in business who drinks to excess is almost certain of failure, and iustead of the bright future he might have attained he falls lower and lower each passing year. Quite recently we had a case of this kind in a Connecticut town, where a bright young lawyer abandoned all his opportunities and turned to drink, was disbarred for swindling a client, and was finally arrested for drunkenness, tried and sen tenced to jail in the court and by the same judge before whom he himself had often eloquently pleaded for offenders. I hope that man's mother is dead. I hope that if she witnessed his triumph she did not witness his terrible downfall. It is distressing enough for the ordinary observer. What must it be for a mother? And what an influence for good a successful, temperate business man is in a parish or in a commun-

ity! Especially if he is a Catholic and a young man, because it is useless to ask a boy to take as a model a man of forty or fifty years of age, as he will tell you that he probably drank when he was young just as he does himself. But if the man you offer him as a model be between twentyand thirty he can make no excuse. But it is not alone to the young man who en-ters college that I say 'Don't drink,' or while the life and the habits of the business or professional men are exposed to public attention, and re-faults are therefore more glaring than those of the man in a very humble station, there is no one who is without influence on those about him, and whose example whether good or bad has not we will be asked when we present our-selves at the gate of heaven, 'How many we have brought with us,' we must have

Chillicothe one stormy day last winter.
"I paid \$2.25 honest money for it, and that careless conductor rever turned his head in my direction as he hurried through the train. You travel over this line every time you go to spend the holidays; make use of this on your next It is as good as when I first bought

Edwin Norton held the bit of cardboard between his thumb and fingers while Mr. Baird spoke; and then deliberately tearing it in two, walked to the fire and held the pieces over the flame until they were consumed.

"There!" he said, "that temptation

is done with. With the ticket in my pocket and money scarce in my purse I

pocket and money scarce in my purse I might have ventured to use it."

"As I told you, it is bought with honest money, and it was no fault of mine that it was left in my possession. The company would not have been any wiser if you had used it."

"Nor much the poorer, either; but you see I would be the loser, Mr. Baird. I would not lose my own self-respect and peace of conscience for twenty times the amount."

their street.

nervous system.

Dectors, in talking of rest, all agree that is it is not taken judiciously, and that, if one attempts to go through any who can be trusted, "the merchant said who can be trusted," the merchant said who can be trusted."

to himself; but to his neighbors he explained that he wished to assist a poor boy who was striving to support an old mother and an invalid sister.

Was it an Insuperable Obstacle?

would-be hard worker will have to enjoy an enforced rest.

Several doctors talked recently upon this subject of rest. Dr. Louis A. Sayre, of New York, said:

"If men, and women, too, would study to take more rest would make it a practice to take rest at certain periods during the day, and would put everything on the side in order to have that rest, we doctors would have much less work to do than we have now. With everybody almost the chief thought seems to be excitement. Men have excitement in their business, and when their business is over they will seek an excitable recreation. Many women live on nothing but excitement, and after they have indulged in it freely for a certain period, regulated according to the strength of their constitution and aned according to the strength of their constitution and aned according to the strength of their constitution and aned according to the strength of their constitution and aned according to the strength of their constitution and according to the stren BY VICTORIA BARRETT. tage,—not until Linda's ambitious brain formed ideas of its own. Linda wanted to be a business woman and

wanted to be a business woman and stenographer.

She was sixteen years old, and "Mammy" had struggled to keep her at school. The teachers at "Number 16" told her that Linda was bright and the struggled to the struggled to the struggled to the school.

tanger of being hastily thrown from the tottering stool which held it. Linda continued her sweeping with a determination that threatened war on the smallest particle of concealed dust.

It was Saturday morning, and the entire "Alley" was cleaning and scrubbing. Front playage such as they were

bing. Front piazzas, such as they were, doorsteps, and walks, were being splashed with water, and the children being the block were wading in the streams that, in consequence were running down the gutters. A "hurdy-gurdy" was playing at the end of the "Court." The popular air it sent forth was somewhat thrilling, and Linda's poetic soul was filled with dismay. She held the other residents of the "Court" in something like contourt, aimless creatures. thing like contempt; aimless creatures,

white folks.

By noon, "Mammy's" kitchen fairly shone. The lame old stove seemed to smile all over its surface; seldom had it received such a polishing. The pans and kettles spread along the side wall were spotless. The other rooms were arranged, and the midday luncheon disposed of. The next thing in order was for "Mammy" and Linda to array themselves in proper attire, for they were going to interview the president of

she called them-and they were mostly

he business college that afternoon.

Linda did not present an unattractive picture when arrayed in her stiffly starched white linen and bright rib-bons. Old "Mammy's" dimming eyes beamed with love and parental devotiou as she touched a ribbon here or

placed a button there.

As they walked through the "Court" they were the cynosure of a small army of eyes,—many of them concealed behind drawn shutters, for even the untutored creatures of "Prime Minister Aller" heavy them it was rude to stare; he-" knew it was rude to stare; besides, long ago, they had lost interest in

sides, long ago, they had lost interest in almost everything except clambakes.

The outcome of it all was that bright, and early Monday morning, Linda was ready to become a student at the business college. "Mammy" knew she was a trifle nervous, by the way she paged to and fro storping every few

"Edwin, here is a ticket good for seventy-five miles," said Mr. Baird as he set his valise down in the depot at he set his value down in the depot at he set his value down in the depot at he set his value of a morning

stood Linda, speechless. Her courage had deserted her.

"Goodness, Jack! a coon!" said Tom, in a half whisper, to his partner, who was sitting on a couch, hidden behind a drapery. Then he said, aloud, "Step in, Miss." After a few queries who was sitting on a couch, hidden behind a drapery. Then he said, aloud, "Step in, Miss." After a few queries, emphasized by cynical smiles, they expressed their regerat that they could decrease the country of the c Yet, a few weeks later, when one of is clerks proved dishonest. Edwin corton was surprised to receive the

bade her "good day."

Linda heard them laughing, as she staggered down the hall. She would have given worlds to be at home, locked in her little room, where she could throw herself across the bed and sob out her disappointment. Would she ever reach the "Court?"

Inman, the famished artist, when he was borne into her home, before which he had fallen, dying of starvation and al-

CEIVED IN MINNEAPOLIS.

The Paulist Fathers, Rev. F. B. Doherty and Rea, B. L. Conway have just concluded a mission to non-Catholics without them in the house." at the church of the Immaculate Conceptoin in Minneapolis, which was one of the most enthusiastic missions of the kind ever given in this country, Father Conway remaining a third week to conduct the Inquiry class. attendance the first evening was 1,200 owing to the zeal of the pastor, Rev.J. J. Keane, who had well advertized the coming of the Paulist Fathers. Thou-sands of announcement cards were distributed to the Catholic people and mailed to non-Catholies, lay placards were placed in many prominent stores and in the street cars of the city, a most striking form of advertisement. The attendance soon reached 1,500, and every evening the church was packed to the doors—70 per cent. of the audience being non-Catholics. The Catholics of the city were most zealous—some bringing as many as six, seven and even fourteen Protestants. Hundreds were sent away from the door. The rule excluding Catholics who came alone was never more rigidly enforced, three priests challenging all who came without non Catholic friends.

The private instruction classes were formed within two days of the opening of the mission, and were held every day for three weeks. The immediate results of these classes were 79 converts; 17 were baptized. Some statistics regarding these may be of interest Of the number there were 28 married married men, 7 of whom were baptized; 14 single women, 5 of whom were bap-tized; 8 single men, one of whom was baptized and 6 children. A total of

truth of Catholic claims, and have promised to pray to our Lord daily to guide them in their search. They are worried and doubting, uncertain where to turn or what to believe—a heartfelt prayer for God's grace will not be

It is hoped that this successful mission will give a strong impulse to the diocesan band of missionaries to nonout her disappointment. Would she ever reach the "Court?"

A few similar experiences utterly discouraged her. As a business woman, she knew she was a failure. But, later, she secured a position asan assisted clergy have effected in the east and south.

THE CARE OF LITTLE ONES.

Some Sound Advice as its the Best Method of Treating Infant Indiges Nothing is more common to childhood

than indigestion. Nothing is more dangerous to proper growth, more weakening to the constitution, or more likely to pave the way to dangerous disease. Among the symptoms by which indiges-Among the symptoms by White Indigest tion in infants and young children may be readily recognized are loss of ap-petite, nausea, eructations, coated tongue, bad breath, hiccough and disturbed sleep. Indigestion may be easily cured, and Mrs. F. K. Begbie, Lindsay, Ont., points out how this may best be done. She says: "When my baby was three months old she had indiges-tion very badly. She would vomit be food just as soon as she took it, no matter what I gave her. After feeding she seemed to suffer terribly and would scream with pain. She seemed always hungry, but her food did her no good and she kept thin and delicate. She was very sleepless and suffered also from constipation. We tried several medicines recommended for these troubles but they did her no good. Finally I saw Baby's Own Tablets adthem to her she began to improve in about two days, and in a week's time I considered her well. She could sleep

danger of being hastily thrown from the SEVENTY-NINE CONVERTS TRE well, the vomiting ceased, her bowels became regular and she began to gain in weight. She is now a fat, healthy baby, and I think the credit is due to Baby

ithout them in the house."
Baby's Own Tablets is the only medicine sold under an absolute guarantee that it contains neither opiates nor These tablets are other harmful drugs. These tablets are a certain cure for all the minor ailments of childhood, such as sour stomach, indigestion, constipation, simple fever, diarrhoea. They break up colds, pre-vent croup and allay the irritation accompanying the cutting of teeth. Price 25 cents a box at all druggists, or sent by mail post paid by addressing the Dr. Williams' Medicine Co., Brockwille One. ville, Ont.

We heard a man say the other morning that the abbreviation for February-Feb.—means FREEZE EVERY BODY and that man looked frozen in his ulster. It was apparent that he needed the kind of warmth that stays, the warmth that reaches from head to foot, all over the body. We could have told him from personal knowledge that Hood's Sarsaparilla gives permanent warmth, it invigorates the blood and speeds it along through artery and vein, and really fits men and women, boys and girls, to enjoy cold weather and resist the at tacks of disease. It gives the right kind of warmth, stimulates and strengthees at the sme time, and all its banefits are lasting. There may be a suggestion in this for you.

There may be a suggestion in this for you.

There are so many cough medicines in the market that it is sometimes difficult to tell which to buy; but if we had a cough, a cold or any affliction of the throat or lungs, we would try Bickle's Anti-Consumptive Syrup. Those who have used it think it is far shead of all other preparations recommended for such complaints. The little folks like it as it is as pleasant as syrup. pleasant as syrup.

pleasant as syrup.

PAIN-KILLER is more of a household remedy
than any other medicine. It meets the requirements of every home. Cures cramps and dysentery and is the best liminent made. Avoid substitutes, there is but one Pain-Killer, Perry
Davis, 250 and 50c.

Alley "knew it was rade to stare; besides, long ago, they had lost interest in
almost everything except elambates.

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p A PPLICATION will be made to the Parlia-Ament of Canada, at its next session, for an Act to incorporate a company under the name of the "St. Joseph and Lake Huron Ship Canal

bove objects.

M. S. LONERGAN.
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