FEBRUARY 24, 1928

CHATS WITH YOUNG MEN

YOU FIRST

It doesn't cost a penny, No matter who you be, To wish a man "good mornin'," An' thereby let him see You know that he is livin', You know that he's human, too; It's better for the fellow, An' better, too, for you. It doesn't cost a penny To always be polite, An' if the world would heed it, There'd never be a fight. Just think how very happy Our lives would be an' true, If ev'ryone would whisper : "Alphane after you" Alphonso, after you.

THE UNSPOKEN WORD The power of speech is a mighty power. At a single word hope blossoms in the human heart and courage is born for high things. A single word may hold the subtle poison which will blight the fairest dreams of man and render all his life miserable. At a word the hosts of armies have rushed into the field and slaughtered the ranks of their opponents. A single word has been the weapon whereby nations have fallen in the dust and names have

the weapon whereby hattons have fallen in the dust and names have been rendered infamous to poster-ity. If the spoken word has such stupendous-power, and once uttered, can never be recalled, so the un-spoken word may be a power for good or evil for outweighing all other considerations. There is no man who would not, if he could recall some word which he has spoken in his brief lifetime, An angry word, an injudicious word, an untruthful word, a scornful word

an untruthful word, a scornful word whatever it may have been,

its evil consequences have followed all his life. It is like a dark stain on a fair surface which no amount of erasing will remove from view. Because of a word a man has lost his best friend, because of a word Do your best, and be not troubled Should some others better do; If your work should fail to please you, Don't give up, but strive anew. he has brought ruin on those dearest to him, because of a word he has undone the work which was care-fully planned and patiently exe-

There is no man who would not desire to have spoken on some occasion when unhappily he re-mained silent. . . . There was one who stood in a workshop, work-ing quietly day by day, bearing a heavy burden of sorrow in silence. A more from enother would hot it but must seize it on the wing. Do your best when in the school room, Do your best at work and play; Do your best what'er befall you-Do it bravely day by day. A word from another would have brought fresh courage to a troubled Though the task seem hard and A kindly word might have breast. brought things to a more successful ending. But it was never spoken. And suddenly one dropped out of And suddenly one dropped out of the ranks of toilers and his place was filled by a stranger. He went out of life having no power to cherish the memory of a kindness done by one who was, his brother. Such memories gall the living, and instly

Tomorrow I am going to try and borrow \$3 so that I may have a fortnight to go upon." The fact that in those days litera-ture was not a paying profession did not mitigate the pains of striv-ing to meet the rental of amilitle three-room cottage whose roof leaned in precarious fashion on the heads of its occupants. Nor did the sweet consolations to be found in the weaving of beautiful word-pictures alleviate the pangs of hunger which might only be appeased by the most common necespictures alleviate the pangs of hunger which might only be appeased by the most common neces-sities of the grocer's shop. A someone has aptly remarked, there is no inspiration which does not grow pale in the free of the appal-ling suggestions of the family

ling suggestions of the family account book. There is no bitterness which may not be soothed by the power of the sympathetic word. Life passes quickly. Men are lavish of many words, they are exceedingly chary of the kindly spoken word which shall serve to sooth the burden of another. Men scant about artistic construction, the adaptation of re-lated marts and their union in the

another. Men scant about artistic construction, the adaptation of re-lated parts and their union in the effect of literary craft; intricate details excite them to fill columns of our reviews. But the details of the interior life of a fellow-worker does not excite them unless it be to scorn. -his goods, his person, his chattels, -that is honesty. Reverence for ourselves - clean bodies and pure souls-that is chastity. Satan is Satan, because he is irreverent. There never yet was an infidel, but was irreverent and a mocker. The very attitude that you now assume betoken reverence. They are the symbols of something deeper and higher " higher.

Here the Master, turning, observes the priest, and without changing the tone of his voice says simply: "Children, the priest is here!" Their reverential bow tells the OUR BOYS AND GIRLS priest more than words could that the good seed had fallen on good ground and was bringing forth a hundred fold.

REST-RECREATION-ROMANCE

ing whirlpool. The conventional-ities of civilization grow terribly irksome. Body and mind are tired. The heart cries out to get away from it all—to rest upon the kindly bosom of Mother Nature. The terred human demand is for rest

Do your best, for slighted labor Ne'er can satisfaction bring ; Do it quickly ; time is passing, You must seize it on the wing. This is a business age—an age of hurry and worry, of constant bustle and noise. People crowd into the city with its artificial atmosphere, Do your best when in the school-

where their lives are spent in a frantic rush to make money or to spend it. Men, women and chil-dren are caught alike in the rush-

DO YOUR BEST

long,

Tell Him of the work accomplished,

Ask His help to do the rest ; He can smooth the path before you ; God helps them that do their best. " BE WHITE "

bosom of Mother Nature. The eternal human demand is for rest, recreation, romance. There is a place called Biguin Inn on the Lake-of-Bays in the Highlands of Ontario. The very name seems to tell its enthralling story and to promise satisfaction for that insistent craving. The Inn, charm-ing in appearance commodiums He is white. This is a common insistent craving. The Inn, charm-ing in appearance, commodious, comfortable, provides instant ease for mind and body. This year Beguin Inn is to be the Mecca of good sportsmen from all over Canada and the United States. The bowlers will foregather during the weak of July 28-28 Also in

memories gall the living, and justly. What is the strange unholy power which closes a man's lips when he is about to speak the generous and kindly word which is so necessary to another's peace and prosperity? Which breathes into his soul the consciousness that he is not his brother's keeper and that he has his own difficulties and trials to occupy him? There are those who part from one another. One is about to go on a far journey. Something re-mains to be said in this solemn moment. Something must be said or one at least will always suffer from the consciousness of a duty unfulfilled. They shake hands like the merest acquaintances, and the guif of time and distance swallows them up from one another. In the years that follow memories the week of July 23-28. Also in July will be held the championship tennis games of the Northern Ontario clubs, at which guests may compete. On August 6th the Lake-of-Bays Regatta takes place. Com-

petitions in golf are to be an every-day excitement. Masquerade balls are planned for August, and throughout the season there will be

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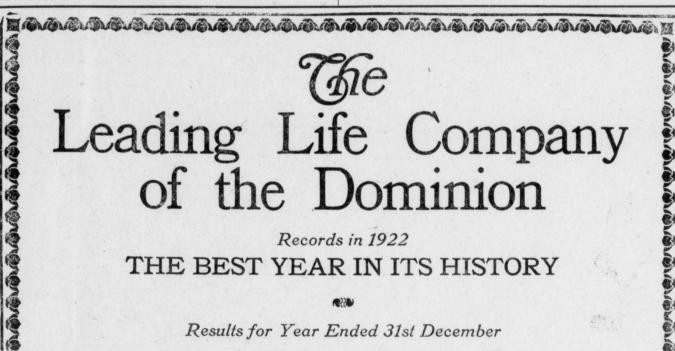
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In the years that follow memories come swiftly, and one wonders why the words which rose so readily to the lips were stifled.

In the great silences of memory words form themselves easily; they have strange power to torture one by the strange power to torture one have strange power to torture one who took the easiest way out of

a difficulty. It is too much to say that possibly the unspoken words that have died the diffect good in the world than the evil words which have been uttered? value, it means so much to her and Possibly not. What is the unkind power which

Prossibly not.
What is the unkind power which closes a man's lips tightly when he is about to utter thanks for some erroristy of spirit and other qualities of good nature, kindness, qualities of good nature, kindness, that help to create the highest form of true womanhood. It presupposes, also, that the girl has an to refuse to acknowledge that he is in the wrong or to ask pardon when he has wronged another; Sometimes, we may well believe, it is a species of diffidence only, but a selfish diffidence.
In the biographics of men who when he has wronged another? Sometimes, we may well believe, it is a species of diffidence only, but a selfish diffidence.

In the biographies of men who have met and struggled with success and failure, we sometimes come across pathetic testimonials to this appalling indifference on the part of their fellow men. Sometimes it that create that which is truly is a letter written to a trusted friend that stirs us to a keen appreciation of the power of the unspoken word to help in a soul crisis.

There was one who worked untiringly to turn out a substantial amount of matter that was judged by his contemporaries to be of the finest calibre. Life passed swiftly and painfully to this man. His critics did not spare him, cares molested him poyerty and sigkness her part.

happy yourself. If you begin a life of this kind when you are a boy, and if you ask Our Blessed Lady of Victory tions of the continent. Biguin Inn is reached by the Grand Trunk Railway System of the Toronto-North Bay line via Huntsville. All information will be gladly supplied by its representatives, who will also forward, on application, a copy of the illustrated descriptive booklet.

Let us forget the mistakes of the past, and press on to the greater The girl who is, in the best sense of the word, "good company" enters into the years of her woman-hood with an asset of the highest achievement of the future.

STOMACH TROUBLES

indigestion.

There are many girls who have the reputation of being able to "keep folks laughing all the time." indigestion. Gas distends the stomach and causes that full, oppressive, burning feeling sometimes known as heartburn, while the acid irritates and inflames the delicate lining of the stomach. The trouble lies entirely in the excess devel-opment or secretion of acid. To stop or prevent this souring of the food contents of the stomach and to neutralize the acid, and make it bland

"good company." The girl who is truly "good com-pany" generally has a happy sense of humor but not one that is created at the expense of hurt feelfood contents of the stomach and to neutralize the acid, and make it bland and harmless, a teaspoonful of Bisurated Magnesia, a good and effective cor-rector of acid stomach, should be taken in a quarter of a glass of hot or cold water after eating or whenever gas, sourness or acidity is felt. This sweet-ens the stomach and neutralizes the acidity in a few moments and is a perings or a lapse into coarseness on

At her best the girl who is "good company" in the best sense of the words is a type of girl that cannot acidity in a few moments and is a perbecome too common in a world that

and painfully to this man. His critics did not spare him, cares molested him, poverty and sickness oppressed him. And meanwhile, in his correspondence he pours forth his sad needs: "I ate the first hearty breakfast I have eaten since I left our little home. I went out last night and bought a skein of thread, two buttons and a tin pan for the stove. ... We have now \$4.50 left. Words is a type of girl that cannot acidity in a few moments and is a per-fectly harmless and inexpensive remedy to use. A straik KING LESSON IN TRUE REVERENCE "Reverence!" The word recalls vividly to mind Father Sheehan's popular novel, "Luke Delmege," and the scene that he graphically

BABAB

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