ts financial position is unexcelled.

Solid as the

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Dundas, Ont

out of more little.

I know people who, for many years, have carried the thought that they had some incipient disease lurking within the system, inherited or contracted, which would sconer or later carry them What a terrible thing it is to go through life with such a nightmare staring one in the face! How foolish, and destructive of all power, to live with the specter of death constantly by one's side Continent."

To drag through years with the settled To drag through years with the settled conviction that you are not going to live long, that there is some disease gnawing at your vitals which will ultimately kill you, not only casts a gloom over yourself and those about you, but is also fatal to all efficiency.

Health and success are so largely developed the property of the set of the s

SEPTEMBER 11, 1909.

CHATS WITH YOUNG MEN.

Self-Analysis and Health,

Self-Analysis and Health,

Too much introspection is a great health killer. Nervous people are always thinking about themselves. There seems to be an intimate connection between the nerves and the imagination—and in the mind of nervous people everything is exaggerated. Every little ache or pain is interpreted as a symptom of something worse to come. These people are always nagging themselves, blaming themselves for eating too much, for exposing themselves to draughts; worrying for feathey will not sleep, or that their food will hurt them. In other words, their eyes are always turned inward. They never see life in a sane, healthful way. They get morbid. They make mountains out of mole hills.

I know people who, for many years,

pendent upon balance, upon symmetry of development, physical and mental har-mony, that we should do everything posmony, that we should do everytung pos-sible to secure that physical poise which also means mental and moral poise. A large part of our ills come from one-sided development, caused by overstimulating some tissue cells and starving others—overfeeding and under-feeding. Scientific feeding, therefore, importance.

feeding. Scientific feeding, therefore, is of vast importance.

Overeating and improper eating are among the curses of the world. Think of the people who put all sorts of incompatibles into their stomachs at the same time and then use all sorts of nostrums to get rid of their bad effects.

One of the most pathetic sights in the One of the most pathetic sights in the world is that of a human being struggling hard to carry out his ambition yet handicapping himself through his ignor-

ance of physical laws.

What a pathetic figure Carlyle cut in the world—a one sided giant who might have been a symmetrical power, possessor of a colossal brain largely controlled by a dyspeptic stomach. He was cross and crabbed, and did just the things that he did not want to do, things that he knew it would be better not to do; but he was the victim of starved nerves. of physical laws.

he knew it would be better not to do; but he was the victim of starved nerves, of exhausted brain-cells, largely for want of common sense feeding.

What would ex-President Roosevelt ever have accomplished had he not made a study of the physical side of himself? He would probably have been a pitiful failure. He says of himself: "I was a slender, sickly boy. I made my health what it is. I determined to be strong and well and did everything to make myself so."

The first requisite of success is to be a first-class animal. Pupils are taught Latin, Greek, and different sciences, but they frequently can not locate their own physical organs, and know almost nothing of physicalogy.

ing of physiology.

Isn't it pitiable to see a man made to dominate the universe, and who ought to be a giant, going all to pieces over a trifle in his office, losing his head over little things with his office boy or steno-grapher, things which would not cause the slightest disturbance in a strong, which was!

health standards would be raised im-measurably in this country.

The time will come when we shall look health standards would be ranked in measurably in this country.

The time will come when we shall look upon all this waste of energy and loss of opportunity, the almost universal suicide upon many years of our lives, as a position of the pavement with instantation deep in his trousers' pockets, and a cigarette in his mouth, looking rudely into the face of every passer-by. He does not effect the swagger which a new suit of clothes and patent leather boots. opportunity, the almost an inversal and access not elect the access and patent leather boots with version to the suit of clothes and patent leather boots and the latest fashion in ties give to so active work of millions of our people who are incapacitated by preventable ill health!

Health and harmony are the great normal laws of our being, and our suffer-ing comes from wrong thinking, from vicious or ignorant living.—Success.

Exaggerating Trifles. You can always take a man's measure by the way in which little annoyances and petty vexations affect him. If he exaggerates them, talks a great deal about them, spends valuable tire fussing over them you know them he is not a big-souled man. big-souled man.

The habit of making a fuss over a little thing, of exaggerating the importance of what, to great characters, would be but a trifling annoyance is not only indicative of smallness and narrowness and habit and the state of the s of nature but is also demoralizing and

weakening.
The really large man will not allow himself to be troubled by trifles. If he wants to go anywhere, he does not make a great ado because it rains, is hot, is a great ado because he "does not feel like it." This would be too small, too picayune for the broad, large minded character.

Some people are upset by the least obstruction thrown in their path. They "go all to pieces" over somebody's blunder—over a stenographer's mistake or a clerk's error. Large natures rise above such trifles.

Some men do splendidly when they have the encouragement of good business, the tonic of good times; but when business is dull and goods remain on the shelves unsold, or they have any little discord in their home, they are all upset.

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"I have seen men lose their temper "I have seen men lose their temper and waste energy swearing at a knot in a shoestring, or something else just as insignificant. The foolish or ill tem-pered have no range in their scale. Small, irritating things come to and 'tag' us all; but the only way to con-quer them is simply to smile and 'pass them up.'"

OUR BOYS AND GIRLS.

The Polite Boy.

In this world of rush, push, hurry and worry, what a pleasure it is now and again to come across a polite person, and the pleasure is all the more if the person happens to be young, for experience tells us that many of the young of both sexes nowadays are sadly lacking in one of the principal external graces of character—politeness. Emerson tells us that a beautiful behavior is better that a beautiful form; it gives a higher pleasure than statues and better that a beautiful form; it gives a higher pleasure than statues and pictures; it is the finest of all the fine arts. Politeness is nothing more or less than a beautiful behavior. Polite persons are courteous, sincere, kind and truthful to every one, especially to those placed in a lower rank than themselves. There is nothing of than themselves. There is nothing of the swagger or the brag about them, and they have the happy faculty of always placing self in the back-ground. Rudeness and vulgarity in any shape or form are things altogether foreign to their nature, and to say or act uncivilly is not in their composition. A knowl-edge of the languages, the arts and sciences, makes un the education of a edge of the languages, the arts and sciences, makes up the education of a boy. A knowledge of the languages, especially her own, with a knowledge, too, of house duties, make up for the most part the education of a girl; but if the boy's or girl's education includes not that which tends most to make their success in life a certain quantity, of that which leavens social intercourse—politeness—then, though they may know

the slightest disturbance in a strong, robust man!

There are thousands of people in this country who are enduring a living death, who are tortured with ambitions that they can not satisfy. Many of them are college-educated, and yet their hands are tied by the lack of health, which they lost while trying to cet their cucation, trying to prepare taemselves for a great career.

If we could only have a national health ideal instead of a national disease ideal—an ideal which is based upon our inherited belief that a certain amount of sickness and disease is a necessity—our health standards would be raised immeasurably in this country.

Many of the respect for the aged and those of the gentler sex. He does not special which is based upon our inherited belief that a certain amount of sickness and disease is a necessity—our health standards would be raised immeasurably in this country.

Many of we could only have a national disease in a necessity—our health is tandards would be raised immeasurably in this country.

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Many of we could only have a national disease in a necessity—our health is tandards would be raised immeasurably in this country.

Many of we could only have a national disease in a necessity—our inherited belief that a certain amount of sickness and disease is a necessity—our health is hands thrust deep in his trousers' pockets, and a many of the payment with his hands thrust deep in his trousers' pockets, and a list possible to the sickness and disease is a necessity—our health is his mouth his hands thrust deep in his trousers' pockets, and a list possible the size of the soul as well. No one ever removed trials by discontent, but only impair the health of the body but the welfare of the soul as well. No one ever removed trials by discontent, but

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about his every footstep there is a sound which speaks the man; about his conversation there is a tone which speaks the gentleman. Ay, his every act and gesture speak robustness and manliness of character.

"Manners are not idle, but the fruit of noble nature and of loyal mind."

Legend of The feapular.

The following beautiful incident is related in the Chroniques du Carmell: A Christian named Joseph Gemonat was on his journey towards Bagdad. He passed through the desert of Killa, in which there was many lions. Whilst nearing Samona Joseph suddenly heard the roar of the dreaded beast, and in another moment saw it furiously rushing toward him. The poor traveler abandoned all hope of escape, and his horse stood still and shook with fear. Death appeared certain, Gemonat recommended his soul to God and then taking his seapular from his breast, held it before the lion and said: "In the name of the Blessed Virgin, I command Legend of The Scapular. it before the lion and said: "In the name of the Blessed Virgin, I command thee to do me no harm." At this the lion stood, still, ceased to roar, turned and fled. The Prefect Apostolic, together with many other people of Bagdad and Borsozail, listened to the story of Gemonat and bore testimony of its truth. Thus, as on many occasions, was verified the promise of our Mother that the scapular is "a safeguard in danger."

Cheerfulness.

Cheerfulness.

There are always two sides of life on which you can look, according as you choose—on the bright side or the gloomy side. You can cultivate the habit of looking on the bright side and for the dark; and while you view the clouds or are enveloped in them, heavy though they may be, do not shut your eyes to the silver lining, and dispel them by your cheerfulness just as the sun dispels the mists and lifts them after a foggy night.

There are some natures so happily

night.

There are some natures so happily constituted that they instinctively turn to the bright side, and nothing can darken their day. Such happy natures are to be envied, and it takes no effort on their part to be cheerful.

All can so far cultivate such a disposition and cheerful spirit as to enjoy serenity and peace even amid trials, troubles and disappointments.

The first and fundamental rule is to see in every evil which may befall you the will of God. No matter what the provocation, never let discontent weigh you down, for such a disposition will not only impair the health of the body but the welfare of the soul as well. No one ever removed trials by discontent, but only added to those pressing upon them.

ing. "Good afternoon" on leaving the school room.

Be prompt to render service to your teacher, cleaning the blackboard, etc.
When vistors enter rise, stand on
both feet and let the arms fall naturally

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Mr. B. E. Sparham writes from Smith's Falls

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without their permission. If you meet a teacher or visitor in the halls, stand aside to let them pase, inclining the head slightly.

Be kind and willing to play with all, as you would have others do to you. No screaming, pushing or quarreling on the playground. Never hurt the feelings of your com-

panions, and never criticize the dress of a poorer child.

Our Lord teaches us this lesson: "Learn of Me, because I am meek and humble of heart."

Wise Lines.

In these days of fierce competition, the

ability to save is as necessary as the ability to read, write and cipher.

The fellow who is making the most of of a small job is really ahead of the fel-

Has actually killed a Bushel of Flies SOLD BY ALL GROCERS

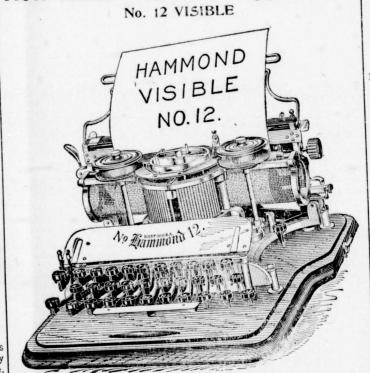
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