

Life... TORONTO... DUNDAS, ONT... BOARD... MEANS THE MINI... DUNDAS ST., LONDON

CHATS WITH YOUNG MEN. Self-Analysis and Health. Too much introspection is a great health killer.

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.

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 ignorance of physical laws.

Kellogg's is "The Sweetheart of the Corn"

All the Food-value of Corn is Secretly retained in Kellogg's Toasted Corn Flakes. It is toasted under 300 degrees heat, evaporating the moisture, (moisture is useless) and transforming the Starch into Pre-digested Grape Sugar.



"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-tempered have no range in their scale. Small, irritating things come to and tag us all; but the only way to conquer 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.

There are always two sides of life on which you can look, according as you choose—the bright side or the gloomy side. You can cultivate the habit of looking on the bright side and for the bright things in life instead of 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 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.

Dominion Land FOR SALE

Any Dominion Land open for Homestead or pre-emption entry may be acquired by the purchase of scrip issued by the Dept. of Interior.

Volunteer Bounty Scrip entitles the purchaser to take up two adjoining quarter sections and after residing on or near the land and cultivating it or keeping stock thereon for three years he will receive a patent from the crown.

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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.

Legend of The Scapular. The following beautiful incident is related in the Chroniques de Carmel: A Christian named Joseph Gemonat was on his journey towards Bagdad.

Cheerfulness. There are always two sides of life on which you can look, according as you choose—the bright side or the gloomy side. You can cultivate the habit of looking on the bright side and for the bright things in life instead of 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.

At School. Never be late. Always start in time. Punctuality helps others and helps yourself. Always say "Good morning" on entering. "Good afternoon" on leaving the school room.

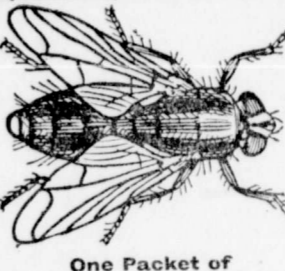
Health and harmony are the great normal laws of our being, and our suffering comes from wrong thinking, from vicious or ignorant living.—Success. Exaggerating Trifles. You can always take a man's measure by the way in which little annoyances and petty vexations affect him.

Western Fair LONDON

Open to the World Ontario's Popular Exhibition Sep. 10-18 Increased Prize List Speed Events Daily Cat Show

The Great Live Stock Exhibition Music Attractions Program Twice Daily The Best Ever

Spoken to by a visitor, always stand to answer. Never borrow at school, it is the foundation of a very bad habit. Never use the property of others without their permission.

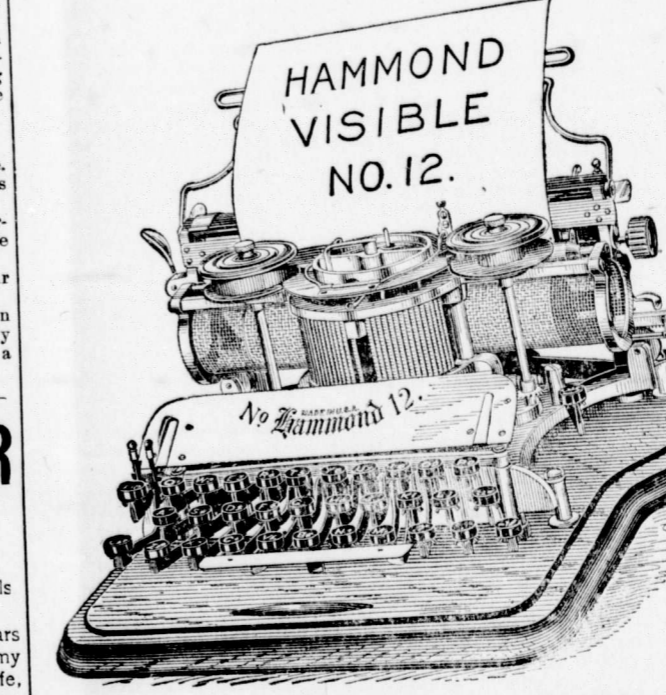


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The Catholic Record LONDON, CANADA. Church Bells. MENEELY & CO. WATERVILLE, N.S. The Old Reliable Meneely Foundry, established 1840.

THE WOMAN OF THE CASE

There are thousands of people in this country who are enduring a living death, who are tortured with the thought that they can not satisfy.

THE MAN OF THE CASE

He has a right to look for, to insure his life while he is in health, for he benefits from strong arm and active brain when he is stilled in death!

Life's Liquid. Ideal preparation for getting up the blood and body more readily assimilated, absorbed into the circulation than any other preparation of iron.

No Doctor but OXYDONOR FOR 15 YEARS

Mr. B. E. Sparham writes from Smith's Falls on Jan. 16th last: "This is to testify that for about fifteen years past I have used an OXYDONOR Victory in my family, which consists of six children, my wife, myself, and much of the time two others also. My children's ages are now from ten years to twenty-one. They have gone through all diseases peculiar to children, including also inflammation of the lungs, colds and colics; and I have had not only with them, but also with the grown up portion of my household, the most brilliant results in every case with my OXYDONOR, so that in all these years I have not had a doctor in my house for any disease."

Dr. H. SANCHE & CO. 380 St. Catherine St. West Montreal, Que.