CHATS WITH YOUNG MEN

THE SACRED HEART

A Heart that hath a Mother, and a treasure of red blood, A Heart that man can pray to, feed upon for food!

In the brightness of the Godhead is its marvelous abode, A change of the Unchanging, creation

uching God! Ye spirits blest, in endless rest, who on the Vision gaze, Salute the Sacred Heart with all

your worshipful amaze,
And adore, while with ecstatic skill the Three in One you scan, The mercy that bath planted there

that Blessed Heart of Man! All tranquilly, all tranquilly, doth that Blessed Vision last, And its brightness o'er immortalized

creation will it cast; Ungrowing and unfading. Its pure essence doth it keep In the deepest of those depths where all are infinitely deep ;

Unchanging and unchangeable as it hath ever been. As It was before the Human Heart as there by angels seen, So It is at this very hour, so will It

ever be, that Human Heart within It beating hot with love for me!

DO NOT LOSE FAITH

The disposition to see the worst instead of the best grows on one very rapidly, until it ultimately strangles all the beautiful and crushes out all that is good in onesels. No matter how many times your confidence has been betrayed, do not allow yourself to sour, do not lose faith in people. The bad are the exceptions, most people are honest and true, and mean to do what is right.

FRIENDLINESS

Blessed is the one who goes through life with only the glad hand to offer every one whom he meets. He is a sort of public benefactor, a distributor of good feeling and a man or woman who will never lack friends. He stands out in fine and peautiful contrast to the one who offers the warm hand of friendship to no one and who presents a scowling face to the world. A real capacity for friendship is about as valuable an asset as a man or woman can have. It will give that which is beyond the capacity of mere useful. The friendliness that has pure good nature for its foundation will make for the possessor a welcome in

As the buds and the blossoms are brought forth by the warmth of the springtime, so, too, it is necessary for us to learn and profit by association with others which is the warmth productive of good fellowship.—

POLITENESS A NECESSITY

Know then, that as learning, honor and virtue are absolutely necessary to gain you the esteem and admiration of mankind, politeness and good breeding are equally necessary, to make you welcome and agreeable in conversation and common life. Great talents, such as honor, virtue, learning, and parts, are above the gener ality of the world, who neither possess them themselves, now judge of them rightly in others; but all people are judges of the lesser talents, such as civility, affability, and an obliging, agreeable address and manner; because they feel the good effects of them, as making society easy and pleasing.—Lord Chesterfield.

FRETTING

where and by everybody underestimated, and quite too much over-looked in valuation of character. It is the sin of fretting. It is common as air, as speech-so common that unless it rises above its usual mono tone we do not even observe it.

Watch any ordinary coming together of people, and see how many minutes it will be before someone frets-that is, makes more or less complaining statements of something or other, which probably every one in the room, or in the car, or on the street corner, it may be, knew before, and probably no one can help. Why say anything about is? It is cold, is is bot, broken an appointment, ill-cocked a meal, stupidity or bad faith somewhere has resulted in discom-

There are plenty of things to fret about. It is simply asconishing how much annoyance may be found in eye on that side of things. Even for work well done or for temptation Holy Writ says we have property if the simplest, it one keeps a sharp time wasted on the road.

DID YOU EVER THINK?

That a kind word put out at interest beings back an enormous per-

That the little acts of kindness and thoughtfulness day by day are really greater than one immense act

of goodness once a year ? That to be always polite to the people at home is not only more lady-like but more refined than having

That to judge anybody by his personal appearance stamps you as not only ignorant, but vulgar? That to talk, and talk, and talk,

about yourself and your belongings is very tiresome for the people who That the ability to keep a friend is very much greater than that required to gain one ?—Michigan Catholic.

OUR BOYS AND GIRLS

TO THE SACRED HEART I offer Thee, O Sacred Heart of

Jesus! Through Mary's Heart most pure, Each sorrow that today my heart is fated To suffer and endure ;

Each grief that shall encompass me with sadness, Each pang of pain and loss,

I place upon the rugged crest of Calvary, Beside the saving Cross.

I offer Thee, O Sacred Heart of Jesus! Each thought of mine today ; I offer Thee the deeds of all the

hours, The words that I shall say; My heart and mind, my hand and brain I bring Thee

With perfect love and trust, And beg of Thee to brighten with Thy graces My pathway through the dust.

O Sacred Heart of Jesus; in the noonday And at the evening's close.

When every sun ray as it strikes the hilltops
A lengthening shadow throws,

Make strong my heart to battle for Thy glory And win the sweet reward-And place within the shelter of Thy

The welcome of my Lord. -Irish Messenge

THE BOY WITH INITIATIVE The professor of psychology left a book lying on the floor where every student saw it as he came into the classroom. Seven students stepped over the book without trying to pick it up. The eighth kicked it a little further along the sisle. Four students stepped on the book, evidently not sesing it. The twentieth student

picked up the book and put it on the Mark the student who picked up the book 100, the seven students who stepped over the book 70. The four students who walked on the book, should be put in the lower grade and the Bolshevist who kicked the book further along should be expelled .-Catholic Cilizen.

THE UNSERN GUEST

In many homes there ange a card on the living room wall bearing the words, "Christ is the head of this house; the unseen Guest at every table; the silent Listener to every

Would it make any difference in your talk and your play if Christ were the seen, instead of the unseen Guest, if you could see Him, beside near the south pole. you, a listener to your talk with your

smiles and laughter. There would be no less of play, no less of happy talk and gayety. One can picture Christ as a smiling listener to good.

But although this is much that the contract of t happy give and to the kind of happy give and take of a family life where love reigns. One can think of Him as giving the same tender, understanding smile mother has when water and feed on the abundant and everywhere in the standing smile mother has when water and feed on the abundant and everywhere in the feast of Our Corpus Christi is the Feast of Our Wholly non existent, and also because the chiefs of the Decause the chiefs of the Decause the chiefs of the one spot, but through all ages always are incomplete if not wholly non existent, and also because the chiefs of the one spot, but through all ages always organization. standing smile mother has when water and feed on the abundant children strive for the coveted place supply of fishes and other marine tabernacles from the frozen north workmen who have deserted their at mother's or father's side, or for

would be changed are unkind words selfish bickering, quarreling, un-selfish or thoughtless criticism of each other or of the absent, hursful gossip, all expressions of hate or spite. We cannot think of saying unkind things to each other or a sout each other in the presence of Christ, whose Heart is so full of

love and kindness. Good times would hold an added pleasure if Christ were visible with us. You would be more happy, more thoughtful, more kindly, more watch ful for things to do for others and the course of every day's living even for things to say to make others

"trouble as sparks flying upward."
But even to the sparks flying upward in the blackest of smoke, there is a blue sky above; and the less time every conversation? Will you not remember that Christ is the unseen Guest at every meal? That He is the silent listener to every conversation? Will you not Will you not remember that Christ they waste on the road the sconer always speak and act so as to honor they will reach it. Fretting is all and please your most honored Guest.

-Michigan Catholic.

WHERE THE BIRDS GO Everybody knows that most birds come nowth to their nesting grounds entage of love and appreciation? in the spring and go south in the That though a loving thought may fall. Many observers have kept not seem to be appreciated, it has records spring and fall for many yet made you better and braver years and in many parts of the

But these records, while interesting, do not yield their full value, says St. Nicholas, unless they can all be studied together, as each one tells only what time the birds come to one

region. W.W. Cook at Washington has spant

and a great many other things that have until now been only hazily

Although most of his work is still unpublished, he has printed some of his most remarkable discoveries and brought to light some very unexpected things concerning the migra-tion of birds, one of the truly difficult as well as delightful puzzles in nature and science for young folks and grownups alike.

Some of the lengest journeys are made by the tiniest birds. The hum-ming birds go from the middle States to Mexico and even South America and back every year. Blackburnian warblers were still common at the equator in Columbia on April 27, 1911, though they arrive in New York by May 10, and most of them breed still further

Some birds, for reasons hard to learn, take a different course coming north from that going south. The Connecticut warbler fairly common in September and October in the Atlantic States, is never seen there in spring, invariably making its northward journey west of the Alleg-hany Mountains. Most small birds make their long flights at nights and feed and rest during the day, but the swallows reverse the rule.

Generally the northward flight is rapid, condensed and soon over, but He is hidden from our view, we the return movement begins for some birds as early as the Fourth of July and it is in progress until nearly Christmas. Some birds move over a wide area, spread nearly across the continent, while others have a narrow channel out of which they seldom go. The redpoll warblers wintering in Louisiana come northeast up the Atlantic seaboard to Labrader, while those from Florida start northwest for Alaska, their paths crossing in Georgia at right

A few species leave the far nerth in August and September, making enermous flights over the ocean to winter homes in the southern hemis-phere. Thus the golden plover leaves Nevia Scetia and flies without a stop etraight to South America, wintering on the pampas of Argen-tina, a jeurney of some 5,000 miles, 2,500 being over the ocean without a

atop for food. On the Pacific side the golden plover leaves the Aleutian islands and goes 2,500 miles to Hawaii without a rest and winters in the southern hemisphere from the Society Islands to Australia. With this bird it is the northward trip that is slow, and the Eastern group crosses the continent of South America, Mexico, the Great Plains and across Canada to its Arctic nesting grounds, while the Western birds go up the Malay Pen-insula and along the Chinese and Stherian seaboard.

Wonderful as is this encrmous journey of 12,000 to 15,000 miles each year, there is at least one bird whose annual trip exceeds the plover's by several thousand miles. The artic tern nests from Maine to within eight degrees of the north pole, spends its summer in the land of continuous day and in its migration goes to a region in the antarctic equally

In its round trip it may cover as companions? Stop a moment and much as 22,000 miles—nearly equal think. Just what difference would to flying around the world at the to flying around the world at the make?
In the first place it would not put time it experiences full darkness is a stop to your good times. Christ during the few nights passed in the loves to see you happy. He loves neighborhood of the tropics, for its Ascension, and the sacred days of

animals, while the ployer is really a Nothing that is right, and happy, and unselfish and kind would be changed if Christ were the visible Guest of the home. The things that would be changed are unkind.

JUNE

This is, above all other months, the Menth of Love, the Month of Reparation—the Month of fervent Visits to the Mest Blessed Sacrament of frequent Sacramental and Spiritsal Communious—of familiar intercourse with Jesus—of rich harvests of grace. Lose not, then, a single opportunity of increasing

your spiritual treasures.

Would that I could dip my pen in the ever open Wound of the Sacred Heart of Jesus and write therawith burning words that would penetrate your inmost souls, make you under-stand and feel all the love of that Sacred Heart for you, and force you, as it were, to bring to Him all the tenderness and generosity of your hearts!

Have you never said to yourself? showld indeed have been happy was really upon earth.

mountain, or by the sea-side, or Communion, when in some ineffable away in the leneliness of the desert manner the King of Kings raises us where He went to pray! not a up from the rage and penusy of our thought of may heart but I should humanity and weds us to His giorious have feld Him, net a somew but I skeuld have laid before Him. His Adesable Presence would have cheered and sanctified my seul : and to insplie us with the love of friends. sussly, He who fed the hungsy, and save light to the blind, and fegave light to the blind, and fegave slavery. This is why the dominant the worst sine, and even raised the dead and gave them once more to that of a banquet, and why St.

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What you would then have done you can do this very hour. Jesus is of His Passion renewed, in which the near you still. In the solitude of the lonely church, of the quiet chapel, where the lamp burns softly and all is still around, is the same Jesus Who was on the mountain, and by the seaside, and in the lone desert; and He has the self-same loving Heart, and the self-same divine power to aid. You do not see Him, it is true, but neither did the blind people whom He cured, they only knew He was there and they followed Him. What matter that

know that He is there. Yes, within the Tabernacle dwells Jesus. Jesus in the Most Blessed Sacrament! Millions of angels sur-round His throne, and yet He longs -mark well!-He longs for your coming. All the treasures of this world are His, and yet He craves one other jewel still more precious in His Sight, and which you alone, can give Him, for that jewel is your heart.

When Jesus was preaching in Judea, do you think, that is would have been easy to gain access to Him and speak with Him? Not so; many of the crowd that followed Him beheld Him only from a disstance, and it was but a small num ber of privileged souls who had the happiness of private conversation

Far happier are we, for, in the Euchariet, Jesus waits to speak with each one of us privately, so that we may tell Him the wants of inmost heart, and obtain from Him all graces specially necessary for us.

Accustom yourself to go often to leaus, to see in Him the Father who forgives your sins, the Physician who cures your wounds, the Friend who loves you faithfully. thoughts may impress you lightly now; but when you will have suf fered and learned the struggle of life, you will appreciate the priceless blessing of this great, boundless source of consolation.—The Sentinel of the Blassed Sacrament.

CORPUS CHRISTI

On Holy Taureday Our Lord instituted the Holy Eucharist. But Holy Thursday in the liturgy of the Church is the day before Good Friday. Notwithstanding the white vestments, the flowers, the bells, and the pealing organ, the Church could not take her eyes off the Cross on which Her Lord was so soon to be offered. So it is not surprising that on the first opportunity after the joy Pentecost, the Church should set aside Corpus Christi as a special

to the burning tropics, wherever professions. there is a priest to repeat the Divine Words, "This is My Body," "Jesus Christ, yesterday and today, and the same forever" is written in letters of gold over the Catholic tabernacle. There resides the same Jesus of the Crib of Bathlehem, the Home of Nazareth and the Mound of Calvary Thera speaks the same voice that caused Levi the publican to fling aside his ill gotten gains to follow Him in obscure poverty as Matthew brazen and unfatthful Samaritan woman, that cast the seven devils of lets her a quivering victim at His where." feet. The tones mingled with loving kindness and gentle reproof that lured sinners to Him in His mortal life still touch the hearts of man from His lowly throne in the

tabernacle. The light of the sanctuary lamp tells us that He dwells as a familiar friend a few doors from us. Wonder follows wonder as we try to exhaust the infinity of condescention that he pours out upon us from bahind the tiny takernacle. The beau-tiful legend of the marriage of King had I lived at the time when Jesus Cophetra and the beggar maid pales was really upon eastb. Oh to have sat at His feet on the frue story of what happens in Holy

W.W. Cookat Washington has spint many years collecting such lists and shout nothing in particular is a great art, and prevents you saying things that you may regret?

W.W. Cookat Washington has spint many years collecting such lists and shout lists and shout nothing in particular is a great and in carefully studying out the arms of the mothers that mourned them, surely Hs would office of the day had made everything have given me all I stood in need of; and how holy and how happy I the Church sings in her antiphon of the day, "O Sacred Banquet in which

Christ is received and the memory soul is filled with grace and the pledge of Eternal Life is given to

celebrate Corpus Christi is Our Lord We need not envy those who saw Him in the flesh, for we have Him in the Blessed Sacrament. To us He speaks as He did to the two on the road to Emmaus. Of m ny spiritual diseases He cures us, as He cured the lame, the blind and the leper. Thrice happy are those who have learned the great secret of life that this great feast instils, to draw habitually near the Tabernacle and to kneel at the feet of the dear Emmanuel. For the Jesus of today is the Jesus of yesterday without

shadow of change.
We are shocked at the indifference of the world towards Him, but let us remember that for three hundred years our non Catholic brethren have been cut from the intimate friend-ship with Him that comes from the Real Presence. It is not so easy to excuse our own coldness and selfish ness. Corpus Christi comes as a yearly reminder to us to cultivate with Jesus in the Tabernacle an intimate friendship which beginning in time will continue for Eternity. For when earthly bonds have been sundered our Changeless and Familiar Friend will become our Merciful Judge and that intimacy will endure through endless ages.—The Pilot.

"CONSCIENCE CRISIS"

FRENCHMEN ARE BRINGING RELIGION TO SOLVE ALL PROBLEMNS

(By N. C. W. C. News Service) Paris, May 15.-The Congress of the Catholic Association of French Youth, which lasted three days, was held for the purpose of studying "the crisis of the professional conscience," a question which is of capital importance in view of the reconstruction necessary as a result of the War. This subject was handled in a masterly way in the reports read by young men of every class of society -workmen, farmers, civil employees, students, Catholic journalists, etc.,each of whom pointed out aspects of the evil peculiar to his profession, and all agreeing in their

search for the remedy, which is a purely moral and religious problem Special interest was aroused by the report of a young workman representing the French Confederation of Christian Werkmen, who compared the Catholic syndicates with the revolutionary syndicates showing that the leaders of the latter can furnish no happy solution orpus Carleti as a special in honor of the Holy of the social problem because their moral ideals are incomplete if not

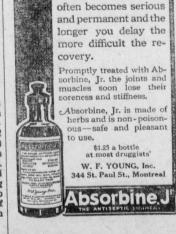
The great closing meeting was presided over by Cardinal Dubois, and an address was made by the Bishop of Soissons. The General President of the association, M. Alexandre Souriac, made a summary

of the reports. "The cause of the crisis," he said, is selfish materialism; the remedy is a return to Christian ideas. To meet the crisis, the young Catholics wish to fight mainly by their example, proud to proclaim the fact loving faith shine in the eyes of the that in all corporations they intend to be workmen of high professional worth and tireless devotion. Their impurity out of Magdalen's heart and ambition is to be the best every

After applauding this vow, the members of the congress went in a body to the Cathedral of Notre Dame, where they completely filled immense naves. They all joined in singing the Credo, and remained for

for lameness

Lameness neglected



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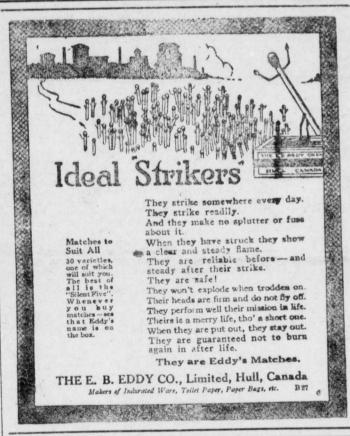
the solemn Benediction. A reception was given at the Institute Catholique in honor of the foreign delegations of Catholic young people. Mgr. Baudrillart, young people. Mgr. Baudrillars, distance away, and holding in signs rector of the Institute, delivered the something attractive but the mother welcoming address, which was answered by Mr. O'Kelly, representative of the Irish parliament in Paris. As a manifestation of sympathy toward Ireland, all those present rose when he began speak.

SAINTS ALLURE US

Mothers entice their children to learn to walk by standing a little distance away, and holding in sight stood a long way off at first ; so our holy Mother the Church gives us a saint, sweet as interior and external beauty can make him, shows him to be within our reach, and so sweetly ing and remained standing until the allures us to desire and to imitate his loveliness.-Rev. F. F. Jones, S. J.

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