CHATS WITH YOUNG MEN

LET US BE SWEETER Let us be sweeter Than envy or hate ; Let us be roses
To bloom by the gate. Let us make mellower Life as we go; Let us be gentleness

Not the rough blow ! Let us be sweeter. The spite and the anger That rankle the heart. Let us be better Than malice and jeers ; Instead of the tears.

Let us be sweeter, And kelp make the land A sweeter place for it— Till hearts understand ! Bitter and vils-Let us be sweeter And kelp the world smile!

WHY WORRY?

-THE BENTZTOWN BARD

A man worried himself because he could not sleep. The whole treuble was in his mind—he did not need to Nature would put him sleep, if sleep was necessary. The late Geerge T. Angell, who lived to be eighty eight, never slept more than two hours of the twenty four during the last decade of his long

Some men have no appetite for they do not eat. If they worry about it, the trouble is in their minds, not in their stomachs. One consequence of having finely attuned nerves is that they get out of order easily unless the mind control. The control ling mind must be a wise one and not an irritable one.

A fired man asked: "Why am I cross when tired? Way not be tired and jelly?" He tried it and found it possible. A factory owner was con-stantly irritated by the incompetence and unversionableness of his workmen. His Jewish partner quieted his nerves by exclaiming: "Vell Harry, if they hadt our brains they would

haf our jobs.' Why may not the controlling mind joy in the difficulties, setbacks and eppositions that come as part of the day's work - joy in them as the com-petent athlets doss in accepting some handicaps in the race, so as to show his skill? Our difficulties are often eur opportunities. And there is no smag, no controversy that good temper and good sense will not dispos smoothly and satisfactorily. - Mil-

HIS BABY

She is my mother, said the young aan, but I call her my baby. She is man, but I call her my baby. She is eighty years old. Old people are very like babiss, and we ought to love them, for of such is the Kingdem of Heaven. I have an idea that life evens up things. When I was young and helpless she took care of me; now I take care of her. I am paying my debt.

She never left me alone when I was an imfant. Now I do not leave her alone.

See was patient with me then; new I am pasient with her. She fed me; now I feed her. I

She sacrifised her young life for me; I am giad of every chance I have to saerifice for her.

She leved me when I was ignorant awkward, needing constant care, and all because I was hers, born of her body and part of her soul. Now every feebleness and trait of childishness in her endears her to me for reason except that she is my

She shall not triumph over me in

the Day of Judgment; for my tenderness shall equal hers. She watched me until I grew up; I shall watch her till she steps into Heaven. -Dr. Frank Crane.

A GENTLEMAN

Some time ago, says the St. Paul Bullstin, Charles H. Butler, military instructor of the Sioux City, Iowa, Casholis Cadet Corps, offered a prize for the best brief essay on the subject, "What is a Gentleman?" All

"The chief qualities of a gentleman are charity, courage, courtesy,

character and will power. born of a high family or, as the dictionary says, 'one above a yeoman.' There are more yeomen gentlemen than those who call themselves aris-A fine example of a gentleman was Lincoln. It has never been said that he was unkind or ungentle-manly, and he was what is called a yeoman. Washington was born of a large high and rich family, but he was a taking model gentleman. A gentleman never inflicts a pain, jeers or sneers and always tries to avoid finding fault. He not to leave them, at last passioninflicts a pain, jeers or sneers and always tries to avoid finding fault. He tries to talk of one virtues rather than of his defects. One of the most unmannerly and ignorant things a person can do is to listen to a conversation that is not intended for his ears. A gentleman is a fine title for one who really deserves it. A gentle-man is always respected by others, and I consider that there is no better man in the world than an American

but, on the contrary, has a more or less retiring disposition. He is courteous to everybody, rich and poor; he is honest, upright and true to his word. He does his duty to the best of his ability. He is never boisterous and guilty of mean or vulgar acts. He is patient and can take a defeat without a whimper. He is not a hypocrite and he never carries revenge in his heart. He is respectful and obedient to his superiors, and he loves and honors his parents. When later in the evening of his life he reviews the course of his career he will attribute whatever success he may have attained to them. A man cannot be a true gentleman without being patriotic in case he may be called upon to defend his country. He goes without a murmur. A gentleman holds his honor next to God and his country, and he would not do anything will-

"RAYMOND GEORGE BRENNER."

OUR BOYS AND GIRLS

SHORT SKRTCH OF LIVES OF SAINTS OF THE WEEK AUGUST 20,-ST. BERNARD Bernard was born at the castle of Fontaines, in Burgundy. The grace of his person and the vigor of his intellect filled his parents with the highest hopes, and the world lay bright and smiling before him when he renounced it forever and joined monks of Citeaux. All his brothers followed Bernard to Citeaux except Nivard, the youngest, who was left to be the stay of his father in his old age. "You will now be heir of everything," said they to him, as they departed. "Yes," said the boy; "You leave me earth, and keep heaven for yourselves; do you call that fair? And he too left the world. At length their aged father came to exchange wealth and honor for the poverty of a menk of Clairvaux. One only sister remained behind; she was married, and loved the world and its pleasures. Magnificently dressed, visited Bernard; he refused to see her, and only at last consented to do so, not as her brother, but as the minister of Christ. The words he then spoke moved her so much that, two years later, she retired to a convent with her husband's consent, and died in the reputation of sanctity. Bernard's holy example attracted so Bernard's holy example attracted so many novices that other monasteries He died on the Octave of the were erected, and our Saint was appointed about of that of Clairvaux. Unsparing with himself, he at first expected too much of his brethren, who were disheartened at his sever ity; but soon perceiving his error, he led them forward, by the sweetness of his correction and the mildness of his rule, to wonderful perfection. In spite of his desire to lie hid, the fame of his sauctity spread far and wide, and many churches asked for him as their Bishop. Through the help of Pope Eugenius III., his former subject, he escaped this dignity; yet his retirement was continually invaded: the poor and the weak sought his protection; bishops, kings, and popes applied to him for advice; and at length Eugenius himself charged him to preach the crusade. By his fervor, eloquence, and miracles Bernard kindled the enthusiasm of

AUGUST 21.-ST. JANE FRANCES DE CHANTAL At the age of sixteen, Jane Frances

and a Doctor of Holy Church.

Caristendom, and two splendid armies were despatched against the

nard died A. D. 1153. His most pre-

cious writings have earned for him the titles of the last of the Fathers

Mother of God, and secured Mary's protection for life. When a Protestant sought her hand, she steadily refused to marry "an enemy of God and His Church," and shortly afterwards, as the loving and beloved wife of the Baron de Chantal, made her house the pattern of a Christian But God had marked her for something higher than domestic sanctity. Two children and a dearly beloved sister died, and, in the full tide of prosperity, her husband's life ject, "What is a Gentleman?" All the cadets wrote. The two best friend. For seven years the sorrows of her widowhood were increased by ill-usage from servants and inferiors, and the cruel importunities of friends, araster and will power. who urged her to marry again.
'A gentleman does not have to be Harassed almost to despair by their entreaties, she branded on her heart the name of Jesus, and in the end left her beloved home and children to live for God alone. It was on the 19th of March, 1609, that Madame de Chantal bade farewell to her family and relations. Pale, and with tears in her eyes, she passed round the large room, sweetly and humbly taking leave of each. Herson, a boy ately flung himself across the door of the room. In agony of distress, she passed on over the body of her son to the embrace of her aged and disconsolate father. The anguish of that parting reached its height when, kneeling at the feet of the venerable old man, she sought and obtained his last blessing promis-ing to repay in her new home his sacgentleman.

"Joe Sweeney."

"One of the best and most neticeable traits of the true gentleman is his respect for the rights of others.

Ing to repay in ner new home his sacrifice by her prayers. Well might St. Francis call her "the valiant woman." She was to found with St. Francis de Sales a great Order. Sich ness, opposition, want, beset her, and the bravest of Christian

eighty-seven houses of the Visitation rose under her hand. Nine long years of interior desolation completed the work of God's grace; and in her seventieth year St. Vincent of Paul saw, at the moment of her death, her soul ascend, as a ball of fire, to heaven.

AUGUST 23,-ST, PHILIP BENIZI

weary waiting, his doubts were with the same joy that he ha solved by Our Lady herself, who in a all else for the honor of God. vision bade him enter her Order. Still Philip dared only offer himself as a lay brother, and in this humble state he strove to do penance for his sins. In spite of his reluctance, he was promoted to the post of master of novices; and as his rare abilities were daily discovered, he was bidden to prepare for the priesthood. Thenceforth honors were heaped upon him; he became general of the Order and only escaped by flight elevation to the Papal throne. preaching restored peace to Isaly, which was wasted by civil wars; and at the Council of Lyons, he spoke to the assembled prelates with the gift of tongues. Amid all these favors Philip lived in extreme penitence, constantly examining his soul before the judgment-seat of God, and con-demning himself as only fit for hell. St. Philip, though he was free from the stain of mortal sin, was never weary of beseeching God's mercy. From the time he was ten years old he said daily the Penitential Psalms. On his death-bed he kept reciting the verses of the Miserere, with his cheeks streaming with tears; and during his agony he went through a terrible contest to overcome the fear of damnation. But a few minutes before he died, all his doubts disap-peared and were succeeded by a holy trust. He uttered the responses in a low but audible voice; at last the Mother of God appeared before him, he lifted up his arms with joy and breathed a gentle sigh Assumption, 1285.

AUGUST 24.-ST. BARTHOLOMEW,

St. Bartholomew was one of the twelve who were called to the apostolate by our blessed Lord Himself. Several learned interpreters of the Scripture take this apostle to have been the same as Nathaniel, a native of Cana, in Galilee, a doctor in the Jewish law, and one of the seventy-two disciples of Christ, to whom he was conducted by St. Philip, and whose innocence and simplicity of heart deserved to be celebrated with the highest eulo-gium by the divine mouth of Our Redeemer. He is mentioned among the disciples who were met together in prayer after Christ's ascension, and he received the Holy Ghost with the rest. Being eminently qualified by the divine grace to discharge the functions of an apostle, he carried the Gospel through the most barbarous countries of the East, penetrating into the remoter Indies. He then returned again into the north-west part of Asia, and met St. Philip at Hierapolis, in Phrygia. Hence he travelled into Lycaonia, where he instructed the people in the Christian Faith; but we know not even the names of many of the countries Mother.

By so much as she is a tax on my times, attention and money, I love her.

She shall not triumph over me in obstinately addicted to the worship of idols, he was crowned with a glor ious martyrdom. The modern Greek historians say that he was condemned by the governor of Albanopolis to be crucided. Others affirm that he was flayed alive, which might well enough consist with his crucifixion, this double punishment being in use not only in Egypt, but also among the Persians.

> AUGUST 25 .- ST. LOUIS, KING The mother of Louis told him she would rather see him die than com mit a mortal sin, and he never for got her words. King of France at the age of twelve, he made the de-fence of God's honor the aim of his life. Before two years, he had crushed the Albigensian heretics, and forced them by stringent penalties to respect the Catholic faith Amidst the cares of government, he daily recited the Divine Office and heard two Masses, and the most glorious churches in France are still monuments of his piety. his courtiers remonstrated with Louis for his law that blasphemers should be branded on the lips, he re plied, "I would willingly have my own lips branded to root out blasphemy from my kingdom." The fearless protector of the weak and the oppressed, he was chosen to arbitrate in all the great feuds of his age, between the Pope and the Emperor, between Henry III. and the English barons. In 1248, to rescue the land which Christ had trod, he gathered round him the chivalry of France, and embarked for the East.

A gentleman is never overbearing, the death of children, friends, and of but, on the contrary, has a more or St. Francis himself followed, while etta, an Emir rushed into his tent etta, an Emir rushed into his tent brandishing a dagger red with the blood of the Sultan, and threatened to stab him also unless he would make him a knight, as the Emperor Frederick had Facardin, Louis calmly replied that no unbeliever could perform the duties of a Christian knight. In the same captivity he was offered his liberty on terms AUGUST 23.—ST. PHILIP BENIZI
St. Philip Benizi was born in by an oath which implied a blas-Florence, on the Feast of the phemy, and though the inidels held Assumption, 1233. That same day the Order of Servites was founded bytthe Mother of God. As an infant Christiane, Louis inflexibly refused. at the breast, Philip broke out into speech at the sight of these new him to France; but when order was religious, and begged his mother to give them alms. Amidst all the temptations of his youth, he longed to become himself a servant of Mary, though victorious over the enemy, and it was only the fear of his own unworthiness which made him yield to his father's wish and begin to received the Victicum kneeling by practise medicine. After long and his camp-bed, and gave up his late weary waiting, his doubts were with the same joy that he had given

OUR HOLY FATHER

Throughout the present conflict one teacher has sought with great courage and fidelity to keep before men and nations the Christian principles that must guide all in time of war and that must rule any council table that is to make sure a lasting peace. For some it is almost impossible to understand such an office him who claims to hold it. That its Mann.

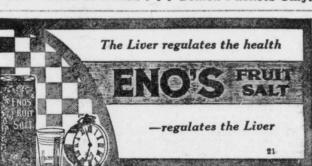
occupant should consistently and solely take the spiritual viewpoint which necessarily lifts him above human policy and human politics is to them almost incredible. Yet if they are ever to judge and measure justly, they must understand at least his viewpoint with regard to his office, his conscience with regard to its field and its administration. To safeguard, to defend the supreme spiritual truths our Holy Father since the opening of the conflict—such will be his office till the end. Viewed with sympathetic understanding and without preju an office that will secure for him the blessing and the gratitude of man-kind. Without his guiding voice in those spiritual truths that are the sateguard of all humanity and all human society, the world would be lost, indeed. Even those who do not recognize his authority, desire him to speak, because they know the power and the need of his voice. Many attack him because he does not take sides in the partisan sense. Were he to do so, beyond the exposi-tion of Christian principles which he has unfalteringly championed, he would but lessen the power of his office as teacher of all mankind. And it is to be feared that they who now attack him but seek to lay a trap that would fatally endanger the high prerogatives of his office. -Catholic World.

Ten men have failed from defect or to give credit for singleness of in morals where one man has failed intention and purity of motive to from defect in intellect.—Horace

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