CHATS WITH YOUNG MEN

THE ROAD OF ONLY ONCE Tis a solemn thought to ponder 'Mid our daily joys and cares,
Whilst we work, or weep, or
wander,
At our play or at our prayers;

'Tis a saintly sage's warning, Ever old, yet ever new; am walking by a pathway I shall never more pursue.

I can tread it once—once only; Tread it well—or tread it ill: Wend my selfish course; or lonely, Join the many of good will; But, ne'er my steps retracing, Can I life's mistakes undo, For I'm walking by a pathway I shall never more pursue.

There are sick ones by the roadside, Weary pilgrims, crippled sore; There are poor ones, there are sad

There are sinful ones galore. Shall I bring them help or hindrance

Bless or ban the helpless crew? Life and death are in this pathway I shall never more pursue.

If the good that there awaits me Be neglected or ill-done; If the evil there that tempts me have no desire to shun; oe is me! alas! forever, My lost graces shall I rue, Heav'n or hell must end this path-

way I shall never more pursue. -ELEANOR U. DONNELLY

WHAT WE OWE TO FRIENDSHIP

We do not know how much we owe to our true and pure friends—how much they add to our joy; what they do toward the formation and the adornment and enrichment of our character. We know not what touches delicate and be ful on the canvas of our soul that will be for ever which the fingers of a friend have left there. There will be a silver thread in every life web when finished, woven into the fabric by the pure friendship of many days. How important that only the true, the worthy, those with clean hands and good lives, be taken as friends, for an evil companionship will put stained and soiled threads into the web.

A MAN'S EXAMPLE

"Father," said a convert, "do you know that I and my family are Catholic because once I met a manly Catholic? I was going to one of our medical conventions. My companion was a young Catholic My companion was a young Catholic doctor. There was a banquet on Saturday night and we had planned to take the 8 o'clock train on Sunday morning. It was midnight when we reached the hotel and I was requesting the desk clerk to have us called at 7 o'clock, when my Catholic friend quietly instructed the clerk to call him at 5:30, so that he could hear Mass at 6 o'clock and be back in time to 6 o'clock and be back in time to meet me. I protested that it was nearly 1 o'clock and that he needed

his sleep.
"He smiled at me good-naturedly and that was all. I heard him slip quietly off to Mass, and instead of enjoying an hour and a half of "Yet it is a compliment" said

religion.

"Father, had that man been a moral coward and stayed in bed, my family and I should not now be in the one true Church of Christ. That man brought me to the Church, and I hope to imitate him. That man brought me to the Church, and I hope to imitate him. That is why I condemn the apologetic type of Catholic." We hope that those Catholics who miss Sunday Mass for little or no reason are not keeping earnest seekers after truth out of the Church.

BE COURTEOUS

There are a few things in the world which wound us so deeply as the feeling that we are ignored by our fellowmen, that we are looked over or passed by. We all appreciate little attentions, and yet it is marvellous how few people properly recognize attention when it is shown to them. We take too many things in this world for granted as if they were our due, as if it were only right that they should belong to us. Sometimes and should belong to us. Sometimes an imaginary feeling of superiority, either mental cr social, makes us feel that any attention is due to us, and only our right. As often as not, when a kindness is not properly acknowledged, the remiss-ness is merely due to thoughtlessness. The world seems so much engrossed with every day affairs that it has, unfortunately, lost the charm and grace of courtesy.

Nothing in the world is so discouraging in extending a courtesy, as to feel that the thought which inspired it, or the trouble it costs, is taken for granted and not considered worth acknowledgment. This is to be noticed in many ways, especially in regard to little things. Some people seem to think that gratitude is only called for when the courtesy is one of magnitude. whereas very often a little kindness costs more personal effort than greater ones. It is the little courtesies of life which we are to disregard. The most to death.

thought is often shown in The Blessed Virgin has always prone to disregard. The most subtle thought is often shown in the smallest attention, and even if a kindness only cost its donor a thought for us, it should not pass unacknowledged.

The Blessed Virgin has always been considered the especial patroness of those "going down to the sea in ships." To her they appealed when in danger of shipwreck, and AMERICA WHERE I AROSE.

Can you tell from her habit (dress) to what great Religious Order this illustrious Saint being ships." To her they appealed when in danger of shipwreck, and

The majority of us take things The majority of us take things too much for granted. We receive favor as a right, forgetting too often that a courtesy extended, no matter how trivial it may be, is meant as a politeness, and ought as such to be suitably acknowledged, even at a little inconvenience to ourselves.—The Echo ience to ourselves.-The Echo.

OUR BOYS AND GIRLS

THE WILL OF GOD

I worship Thee, sweet Will of God! And all Thy ways adore, And, every day I live, I seem To love Thee more and more.

When obstacles and trials seem Like prison-walls to be, I do the little I can do, And leave the rest to Thee.

I know not which it is to doubt, My heart is ever gay; I run no risk for, come what will, Thou always hast Thy way.

I have no cares, O blessed Will! For all my cares are Thine; I live in triumph, Lord! for Thou Hast made Thy triumphs mine.

And when it seems no chance or change From grief can set me free Hope finds its strength in helpless-And gaily waits on Thee.

He always wins who sides with God, To him no chance is lost; God's will is sweetest to him when It triumphs at His cost.

Ill that He blesses is our good, And unblest good is ill; And all is right that seems most wrong, If it be His sweet Will!

GIVE THEM YOUR LOVE

Some day, boys and girls, your nother and father will leave you behind to go to a better home. That parting is always heartbreaking and sad for you, but the sharp edge will be taken off after a while if you have no regrets about the respect and love you have given them. Only when you are fathers and mothers yourselves can you realize the deep happiness your little kindly acts give them, or how great is their sorrow when you forgreat is their sorrow when you for-get and neglect them. Don't grow so accustomed to them that you treat them like pieces of furniture, made merely for your comfort and use. Love and cherish them, for some day their going will leave a terrible void in your heart, and the wound will be more easily healed if you can look back and remember different times when you have given them joy and pleasure. In the average home, no matter what the children do for their parents, it debt of love and sacrifice which

they owe them.—Exchange. A BRICK

Carl did something uncle liked, one thing learned and accomplished. The next day will dawn in finer head and affectionately said: "I'm garb. proud of you, son, you're a brick."
"A brick!" echoed Carl. "That's
a queer expression. What does it

enjoying an hour and a half of extra sleep, I lay there thinking that this man's religion must mean something to him. That started me in my study of the Catholic religion.

name.

"Yet it is a compliment," said the uncle. "It does seem queer to measure your worth by a brick when there is nothing wonderful or fine about that article, but its religion.

years before the common era. It was in the time of Lycurgus, the great Spartan ruler. He believed there was no necessity to build a wall around a town if the soldiers were properly trained to protect the place. In those days nearly all the cities were protected by high walls.

"One day an ambassador from a neighboring country came to see Lycurgus and questioned his wisdom in leaving the city unpro-

tected. 'But we have walls,' replied the ruler of Sparta, 'and if you will come with me I will show them to

"He took his guest out upon the plains where the army was drawn up in battle array, and pointing to the rank of soldiers, he said: 'These are the walls of Sparta, and every man is a brick.'''—Catholic

TRADITIONS OF FISHES

Fishermen have legends all their own. They say that the reason why the flounder has one side white is that the Blessed Virgin once placed her hand upon it, and that the spot where her lily hand rested has been the color of snow ever since.

An ancient tradition is to the effect that it was the haddock in whose mouth St. Peter discovered the tribute-money; that the spots upon its body near the gills were caused by the pressure of the Apostles fingers.

The pike, like the passion flower

carries upon it the marks of the Crucifixion, such as the cross, nails Crucifixion, such as the cross, nails and sword. This is, the sailors will tell you, because the pike remained following sentence in the same above the water when all the other fish fled to the bottom of the sea in verse panic when they found that the Saviour of the world was to be put EITHER UPPER OF CENTRAL

RHEUMATISM

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ships sailing past any of her sanctuaries used to salute her by striking their topsails or clewing up the topsail sheets. Most of the ships in the royal navy of England were in Catholic days given one of her sweet names. The fishing fleets of all continental countries have always honored her in a similar mener.

nonored her in a similar manner. While Our Lady as Star of the Sea has ever been the protectress of all sailors, St. Nicholas has in a special sense been the patron of fishing towns. Many caves along the coast of France have been used as chapels in which both the Blessed Virgin and St. Nicholas have had

especial honor.
Formerly it was considered a token of great good fortune when mackerel fleets could arrange to start out on May day; and the sailors took delight in decorating May day garlands. When the May day garlands. When the mackerel nets, with floats attached, were thrown into the water, the sailors would sing:

Watch, barrel, watch, mackerel for to catch! White may they be like a blossom on

God sends thousands, one, two and Some by their heads, some by their

God sends thousands, and never Then the captain would cry, 'Seas all!" and over the nets would

Ships of the olden time often bore an image of Our Lady as a figure head. With her leading them, they the children do for their parents, it never lacked courage to fare out doesn't even pay the interest on the into the wide waste of waters.— Catholic Bulletin.

Go to bed at night with at least



Answer for last week: Curing of deaf and dumb man was Gospe at END of Mass last Sunday.



An American Saint Here's a great Saint of L-

And her name? I'll not tell it to For her flower blooms in June, And to know her name soon, Sing "The last -

please do! order they should occur in the

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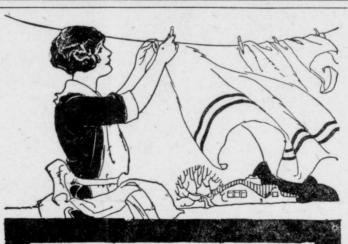
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