## CHATS WITH YOUNG

THE PURIFICATION It's only a little blest candle Made from the wax of the bee, But for us 'tis the brightest of

To light us o'er life's troubled sea. It's a light that shines out in the

darkness, Dispelling the terrors of night; It stands here a type of Our Lady, Fair Star of the Sea, ever bright.

See how it stands out straight and steady, Pure and immaculate white,

Consuming itself in its beauty, That each here may share in its

It will cheer and console us in sorrow And banish dread phantoms from sight ;

It will lighten our pathway through darkness That leads to the realms of light.

Blest candle! Oh when I am dying, May I hold you aloft in my hand, Till I see the fair face of my Mother Who waits on the heavenly strand.

#### YOUR OWN EPITAPH

If you had to write your own epitaph, and the tombstone were big enough, could you truthfully put all this in it? asks Dr. Sheldon:

1.—Here lies the body of one whose daily life was a Sermon, and whose conversation left no bitter-

2.—This was a soul that had many faults, but he was always trying to correct them.

3.—His friends outnumbered his enemies, and all his enemies were caused by his honest convictions.

4.—Little children came to him without asking, and old people asked him to come again.

5.—He lost money, but he never lost faith, and having once found the pearl of great price, he never seld it for comething more shown sold it for something more showy. 6.—He shared generously of every-

thing except his troubles, and smiled just before he turned a corner. 7.—He knew how to pray and loved religion, and was not afraid nor ashamed to talk about God to the boy in the office elevator.

8.—People loved to see him come along the street, and when he was absent from church they knew he was sick, or out of town.

9.—He enjoyed life so much, and lived it so well, that no one thinks of him as dead; and he lives in very many people who imitate his virtue and follow his example.

WISDOM OF CHEERFULNESS

Gladness is health-giving. It prolongs life. We all know the good of cheerfulness in the sick room. It is just as much needed in everyday life. It adds zest to work. Whistling or singing at one's task makes time pass more swiftly and less tediously. Work cheerfully done is better done. If we have troubles to bear, so do all others. Do not add to the burdens

of others by going about with a gloomy face in their presence.

Do not repine at failure. What seems such may not be so. Out of failure one may reap riches of character. There is no failure as a prost see failure of spirit and heart great as failure of spirit, and heart in life. If we are sincere, if our work is real, no misfortune, no lack of appreciation, no malice can ruin With truthfulness and earnest endeavor in us we can face the world with a smile on the lips and gladness of heart shining in our

Then whatever may come to us in life, let us seek the gladness of it. There is always a bright side, let us make the best of it. If we give each day all of the cheerfulness that we can, life will be full of blessings. It is a glorious thing to carry a fund of gladness as we go through life.—The Echo.

amongst Catholics—who will not hesitate to find fault with the Church for prescribing curtailment of pleasures and the penitential regime of fasting. Worldly-minded regime of fasting. Worldly-minded men have always resented any interference. even for spiritual ends, with their everyday actions. They see in the Church merely a meddlesome Mother who seems to take delight in chasing the sunbeams out of their lives.

First of all, our Church are

coming Lenten season out of a spirit of love for Christ cannot but perform a moral miracle in our lives. It should be all the easier return!" for us to see the wisdom of the Church in prescribing a season of fast when we call to mind the fact that the medical profession nowadays is one in admitting that the human race, as a whole, is over-eating to its physical detriment. If fasts and diets prove effective prescriptions for physical ailments, why should they not have the same effect in the spiritual order? And has not the Church given us her word that by bringing the body into subjection we free the soul's wings to fly faster to Christ?

follow the example of our Divine Saviour who, though not needing penance as a medicinal form of spiritual purification, still practiced it for our good and instruction. If we keep these thoughts before our minds during the Lenten days they will be for us what the Church intends them to be—days of grace, when in conscious imitation of the Master's example, we try to unite ourselves to Him -Rosary Maga-

#### OUR BOYS AND GIRLS

TO A CHILD ON ST. VALENTINE'S DAY

Wilt thou think of me and mine When I'm gone, my Valentine Thou art young and I am old, With our dreams so manifold, How can'st thou, sweet child of

Be an old man's valentine? When for thee the heavens beam bright In the glow of morning's light, And the glory of the skies Is less radiant than thine eyes;

When the springtime flowers that blow In the perfumed vales below, Cannot with thy soul compare In the precious sweetness there And the sleeping streams and rills, Soon to wake in all the hills, Have not music sweet as thine In their laugh, my Valentine! Ah, sweet child, so young so fair, With the sunbeams on my hair: And the glory of young day Sparkling o'er the dewy way; Oh, remember, I implore, That young hours shall soon be o'er That thy beauteous cheek of bloom May soon wither in the tomb; That the dreams that woo thee now Shall prove false as passions vow. Guard, then, well thy youthful

years From sin's taint, its shame, its

tears: Raise thy heart to God above, Centre of all purest love, And, responsive to thy prayer, He will guard thee everywhere With a loving Father's care. Then thy heart, forever young give praise with tender

tongue; And thy days with peace divine Shall be blest, my Valentine!

THE LENTEN SEASON

Lenten tide is the old Anglo Saxon name for "Spring time," so called, doubtless, because at this particular season of the year, nature divests herself of the shroud of seeming death in which the winter snows have wrapped her, and buds forth into new life and beauty thustypifying the resurrection of the soul from the death of sin to a new life of grace with Christ. It comprises the forty days from Ash Wednesday to Easter Sunday and is set apart and consegrated by the is set apart and consecrated by the Church as a time of fasting and prayer, of penance and abstinence from worldly and frivolous amusements.

Of Apostolic origin, the main purpose of its institution was and is through life.—The Echo.

LENTEN THOUGHTS

With the return of the Lenten season, many will be found—even the season, many will be found—even the forty days' fast of Our Divine Lord in the desert. Now, why did Christ undergo that long, protracted fast, and afterwards suffer Himself to be the considered by the Evil One? Infinitely holy as Christ was, it could not have been by way of penance for sin, and He was proof

First of all, our Church as a wise Mother prescribes penance and fasting, because these were enjoined upon her by her Divine Founder. She cannot be true to Christ's spirit if she fails to teach the "hard sayings" of the Cross.

Lent is frequently referred to as the "holy season." This is because it is a time of special graces both by reason of the extra services held in the Church during these days, and because the faithful by their fast.

Lent, but those we have adduced are sufficiently strong to convince each and every one, through the us that whatever we do during this voice of her minister, these simple

This solemn and awful warning is intended to remind us of our lowly origin and earthly destiny; to impress deeply upon our minds the incontrovertible truth that "our hearts like muffled drums are beat;" hearts like muffled drums are beating funeral marches to the grave."
But why sadden our hearts with such gloomy and foreboding thoughts? Is not life at best dashed with shadows, and full of dark and dreary days? Why be ever preaching to us of its passing and inevitable dissolution?

The reason is because the Church

wings to fly faster to Christ?

The reason is because the Church is our spiritual Mother, and therewise when it bids us for forty days about our souls' eternal welfare than about the temporal and fleeting interests of our bodies. She would have us keep well and con-stantly in mind that these frail bodies which we are so solicitous to serve are but the dust of the earth and into this dust they must one day return, while our immortal souls will live on forever either in eternal bliss or in unending misery. Hence she would have us mind the things that are above, and not set our heart and its affections on the

perishable treasures here below.

"Remember, man, that thou art dust and unto dust thou shalt return!" is a lesson which is of the greatest value on any day of the year, but on Ash Wednesday it seems to strike us more forcibly. The Monitor.

ST. VALENTINE, PRIEST AND MARTYR St. Valentine's Day is a day eve

dear to lovers, so, perhaps it will not be out of place to devote a few lines this morning to the patron of that day. The Feast of St. Valentine, priest and martyr, is cele-brated annually in the catacombs which bear his name by the college of the Cultores Martyrdum, with great solemnity. This saint suffered under Claudius the Goth and was interred about a mile outside the city on the Flaminian Way. A small cemetery grew around his tomb and Pope Julius the First built a basilica quite near, the ruins of which may still be seen. In the thirteenth cen-tury the body of the saint was trans-ferred to the Church of St. Frassede within the city and placed in the chapel of St. Zennon, where a relic of the Holy Pilar is also preserved. Some relics of the saint are also exposed in the Church of St. Augustine to this day. Regarding the catacombs of St. Valentine, Professor Maruchi gives a few interesting particulars. His is the only catacomb situated on the Flaminia Via. It is one of the nearest to the city and access to it is easier than to any other. Being of small dimensions, it lends itself to a more minute study of particulars, a remark which cannot be made about the other catacombs. Further it contains the most important epi-graphical collection of inscriptions, and so in it we can best study Christian Epigraphy. Professor Maruchi who is perhaps the ablest authority, was the first in our days to bring this cemetery into notice by his re-searches and learned publications. searches and learned publications.
The most important of the paintings found in this catacomb is the celebrated "Crucifixion." It is the only representation of this subject found up to this time in the Roman To the cross, which is by no John. means high, our Redeemer is attached by four nails, and His feet rest on a kind of foot-stool. The picture is in a bad state of preservation, but it can easily be restored, thanks to the famous Bosic, who has left us an incision of it in the Rome Sotterranae. Perhaps the most remarkable of the other pictures here found is the one representing the Blessed Virgin and child. Bosio in his time was unable to read "Ssa Dei Gentrix" alongside the picture. This is a precious in-scription, for, it is probably the oldest example of this title being affixed to images of Mary.—New World.

### LENT

Enter into yourself this month chief into yourself this month and study your own soul, Jesus Christ is suffering and dying for you anew. The Passion must be real to you. 'He is suffering for me;" "He is dying for me;" must upon her by her Divine Founder. She cannot be true to Christ's spirit if she fails to teach the "hard sayings" of the Cross.

Secondly, the Church's aim is to make Faith and the things of the spirit dominate our natural worldliness and love of ease. She tolerates nothing that helps the body to gain ascendency over the soul.

Teason of the extra services held in the Church during these days, and because the faithful by their fast-ing, acts of self-denial and special out of the ordinary for their souls' betterment. Moreover, Lent has ever been regarded as the Church's nothing that helps the body to gain ascendency over the soul.

The church during these days, and because the faithful by their fast-ing, acts of self-denial and special out of the ordinary for their souls' betterment. Moreover, Lent has ever been regarded as the Church's wants us all to realize that truth and she wants the spirit of love and atonement to run through every act. ness and love of ease. She tolerates nothing that helps the body to gain ascendency over the soul.

Thirdly, those of her children who have attained to any degree of holiness—who have in other words, realized in their lives her divine program of living—have ever been men of penance and mortification.

Fourthly, she believes that we are unworthy followers of the Divine Master as long as we do not "conform ourselves as water poured out" to His image. Now, water takes the shape of the vessel into which it is poured. Hence, if we are to become Christlike we can not escape the Cross.

There are many other reasons why we should welcome the return of love and atonement to run through every act of Lent. Is it a sin to do this or that during Lent? must yield to the other query: Would Jesus rather that thut and show and the wants the spirit of love and atonement to run through every act of Lent. Is it a sin to do this or that during Lent? must yield to the other query: Would Jesus rather have me to do this or that ? I have have in the purple garb of gaments.

Vested in the purple garb of the Christmas festivity, Mother Church invites her children, this opening day of the confession, and to a firm purpose of amendment.

Vested in the purple garb of the Christmas festivity, Mother Church invites her children think that any other than that thur day and stonement to run through every act of Lent. Is it a sin to do this or that during Lent? must yield to the other query: Would Jesus rather have in then, it seems, more than at any other time of the year, her children think thur any other time of the year, her children think that any of Lent. Is it a sin to do this or that during Lent? shat thur day and stonement to run through every act of Lent. Is it a sin to do this of Lent. Is it a sin to do this of Lent. Is it a sin to do this of Lent. Is it a sin to do their query: Would Jesus rather have in the hill than then, it says to fenses, have I salfed the purple says and stonement to run through every act of Lent. Is it a sin to

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We shall probably discover that we owe a heavier debt of gratitude to God for the trials we have endured than for the comforts we have enjoyed. For how many more are drawn towards Him by sufferings than by consolations.—Cardinal Gibbons.

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The Church does not ask much, besides the fast and absti-nence, under penalty of sin, but she does ask a great deal under penalty of love of G d and atonement for your sins. Do not be found wanting.—St. Anthony Messenger.

SPEAK A GOOD WORD

If you say anything about a neighbor or friend, or even a stranger, say no ill. It is a Chris-tian and brotherly charity to suppress our knowledge of evil of one another, unless the evil have such relation to society that our higher public duty compels us to bear accusing evidence. And if it be true charity to keep our knowledge of such evil to ourselves, how much more should we refuse to spread evil and false reports of one another.

Discreditable as the fact is, it is by far the commonest tendency to suppress the good we know of our neighbours and friends. We act in this matter as though we felt, by pushing our fellows down or back a peg, we were putting ourselves up or forward. We are jealous of commendation unless we get the larger share.
Social conversation, as known to

social conversation, as known to every observer, is largely made up of what is best understood by the term "scandal." It would be diffi-cult to find a talkative group of either sex who could spend ing or an hour together without evil speech of somebody.
"Blessed are the peacemakers,"

is not the maxim by which we are chiefly governed in our treatment of personalities.—Southern Cross.

Duty is the grandest of ideas, because it implies the idea of God, of the soul, of liberty, of responsibility, of immortality. It is also the most generous because, independently of it, there is neither pleas-

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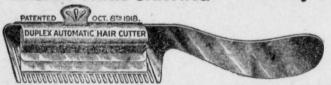


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